

RECIPE

August 2015 Good Food Box

AUGUST SUPPLIERS
Thank you!

Chronos
Good N Plenty
Okanagan Grown Produce

Rebar's Corn & Zucchini Enchiladas

3-4 cups enchilada sauce
 2Tbsp vegetable oil
 1 small red onion
 4 cloves garlic
 1tsp salt
 1tsp coriander
 1/4tsp red chili flakes
 1 diced red pepper
 2 jalapeno pepper, seeded and minced
 1 1/2lb zucchini, diced
 3cups corn
 1/2tsp pepper
 2Tbsp cilantro
 2cups parmesan cheese
 2cups mozzarella cheese grated
 10 large tortillas

1. Heat oil in large skillet and saute onion until soft. Add garlic salt, coriander and chili flakes. Stir and cook for 5 minutes.
2. Add the jalapenos, pepper, zucchini and saute for several minutes, stirring often.
3. Stir in corn and cook until corn is just tender.
4. Turn vegetables into a large bowl to cool. Stir in cilantro, pepper, and 1 cup of each cheese.
5. Preheat oven to 350 degrees. Lightly oil a 9"x13" baking pan. Ladle enough sauce to cover the bottom of the pan.
6. Lay out the tortillas, and spoon about 1/4 cup of filling into the centre. Spread the filling out in a line to reach the sides of the tortillas. Roll the tortillas up from the bottom edge to form a cylinder around filling. Place seam side down in the baking pan. Repeat with remaining tortillas.
7. Spoon the remaining sauce over the enchiladas, cover with foil and bake for 20 minutes.
8. Remove foil, sprinkle with remaining cheese and bake 5-7 minutes. Serve hot



Many thanks to **SEAHORE SOLUTIONS**

who created our website: www.goodfoodbox.net

Good Food Box prices:

\$16.00 regular box

\$10.00 small box

If you have any recipe ideas that you would like to share please call

Diane at
250-306-7800



In the August Box...

5lb new potatoes
 2lb carrots
 2lb onions
 4 corn
 1lb roma
 1 lettuce
 1lb broccoli
 1lb zucchini
 3lb apples
 2lb peaches
 2lb plums

RECIPE

Classic Tomato Spaghetti

1 bunch basil, roughly chopped leaves, finely chopped stalks
 1 medium onion, finely chopped
 4 cloves garlic, finely chopped
 1kg tomatoes, roughly chopped
 1tbsp olive oil
 1tbsp wine or balsamic vinegar
 500g spaghetti

Salt and pepper to taste

Optional: Parmesan cheese, chopped spinach, green peas/or corn

1. In saucepan over medium heat, add oil and onion and cook 7 minutes, or until soft and lightly golden. Stir in garlic and basil stalks, cook 1 minute, add tomatoes and vinegar. Season with salt and pepper, and then continue cooking for another 15 minutes, stirring occasionally.
2. Stir in basil leaves, reduce to low.
3. Fill large pot 3/4 full with water, bring to boil. Add spaghetti and cook until soft enough to eat but not mushy. Drain, and then gently toss with sauce. Sprinkle with cheese before serving. 8 servings

Tips for Storing Greens

To keep greens fresh and tasty for a week, just follow these steps.

1. **SOAK** greens in cold water for five minutes- this will hydrate and clean the leaves- drain and rinse greens,
2. **Spin** in a salad spinner.
3. **AIR DRY** for 20 minutes by lying loosely on towels
4. **STORE** in a large plastic bag or container. Lay paper towel on bottom, add greens, and place another paper towel on top. The towels absorb excess moisture that causes slimy greens. Give the greens room to breathe.
5. **COVER** the container or loosely seal the bag
6. **STORE** in the crisper. Tip: Adjust your refrigerator's control. If it's too cold, your greens may freeze.
7. **ENJOY!** Your greens are ready to use in salads and sandwiches for a week!

We are a volunteer organization that appreciates your time, talents and ideas. For information about the Good Food Box call Diane Fleming at 250-306-7800.

**To those with a specific need living within the city of Vernon, you may qualify for delivery service
Cost is \$3.00 for 1-2 boxes/5.00 for 3-5 boxes**



Payment by Wed	Pickup on Thurs
Sept 9	Sept 17
Oct 7	Oct 15

Please remember to bring your own bags when picking up next month's Good Food Box!

**Please note: Boxes not picked up on these dates are sold or given to charity the following day.
Please call 306-7800 on pick-up day or leave a message for Diane if you can't pick up your box**

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 th Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's Association, 7000 College Way	2:00 – 6:00pm 2:00 – 4:00pm 2:00 – 4:00pm
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd	2:00 -5:00pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6:00 - 8:00pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall	11:30 – 1:00pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave	11:00 – 1:00pm
Cherryville	Tina		Cherryville	12:00