



# Good Food Box July 2015

## RECIPES FROM THE GOOD FOOD BOX

### TUNA AND VEGETABLE SALAD

- 8 ribs      celery
- 6            tomatoes
- 1can        chickpeas, drained (15 oz.)
- 1            medium onion, chopped
- Handful    coarsely chopped parsley
- 1/2 cup     pitted black olives, chopped
- 2cans      tuna, drained
- 2            lemons
- 1/3 cup     olive oil
- Salt and pepper**

In a bowl combine celery, tomatoes, chickpeas, onions, parsley and olives.

Flake the tuna and add to the salad.

Dress salad with juice of 2 lemons and 1/3cup olive oil.

Season the salad with salt and pepper and toss.



### In the July Box

- 4lb new potatoes
- 2lb onions
- 2lb carrots
- 1lb broccoli
- 1lb tomatoes
- 1lb pepper
- 1/2lb blueberries
- 2lb apricots
- 1 romaine
- 5 corn



### BROCCOLI SALAD

- 1/4cup    non-fat Greek yogurt
- 2Tbsp    balsamic vinaigrette
- 5cups    chopped broccoli
- 2Tbsp    roasted sunflower seeds
- 1/4cup    raisins

In a small bowl, whisk yogurt and vinaigrette until smooth. Add a tablespoon of water to thin it out slightly. Season with 1/4 tsp salt & black pepper; set aside.

In a medium bowl, combine broccoli, sunflower seeds and raisins. Top with dressing and toss well. Place in the refrigerator for at least 30 minutes before serving to allow the flavors to marry.



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

**Diane at 250-306-7800**

### Good Food Box prices are:

- 16.00 For a regular box
- 10.00 For a small box

### July Suppliers... \*Thank You!\*

- Chronos
- Good n Plenty
- Okanagan Grown Produce

MANY THANKS to  
SEAHORSE SOLUTIONS,  
for creating our website for us!  
[www.goodfoodbox.net](http://www.goodfoodbox.net)

# Tasty Summer Salad

Salads provide a healthy and well balanced meal packed with nutrients. In the heat of summer, it's nice to eat a cool, refreshing salad as the main meal or a fruit salad for dessert. There are so many options to put in a salad such as greens, nuts, beans, seeds, cheese, meat, eggs and any vegetable or fruit. Salads are very portable and easy to bring for lunch at work or school.

A great way to store salads and save time is to make a salad in a jar. Just put your dressing on the bottom of a mason jar, and layer veggies and other salad items on top. When it time to eat the salad, open the jar and shake it into a bowl. Everything stays separated until you toss the salad together so the salad never gets soggy. These salads can last for days in the fridge so you can make 3-4 days' worth of lunches ahead of time. If your salad contains soft ingredients or perishable proteins, like avocado, tomatoes, hard boiled eggs or cooked chicken breast, it is best to add those ingredients on the same day you plan to eat the salad.



For information about the Good Food Box, call Diane Fleming at 250-306-7800

We are a volunteer organization that really appreciates your time, talents and ideas.

----- Clip and Keep this information -----

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 <sup>th</sup> Street..... 2 - 6pm Trinity United Church 3300 Alexis Park Dr..... 2 - 4pm Only Vernon Student's Assoc, 7000 College Way Big Chief Mobile Home Park, Clubhouse..... 2-4pm Only
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd..... 2 - 5pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd..... 6-8pm
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

\*\*\* To those with a specific need LIVING WITHIN the CITY of VERNON, you may qualify for delivery service

Cost is \$3.00 1-2 boxes and \$5.00 3-5 boxes \*\*\*

**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.*

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

