

Ideas for This Week's Winter Shares Bag

The Shares Team is excited to pass on our favorite ways of preparing this week's produce. What are some of your favorite ways to prepare the food in this week's bag? Let us know next week during pick-up or delivery!

Roasted or Sautéed Brussels Sprouts

Brussels Sprouts are perfect, like most veggies, for roasting and sautéing. Here are a few suggestions to help inspire you!

Roasted brussels add-in ideas:

- 4 fresh garlic cloves (chopped, leave in chunks)
- Sprinkle with freshly grated parmesan 10 minutes into cooking.
- Thinly slice a red onion and add to the baking sheet before cooking.
- Drizzle with balsamic vinegar five minutes before the brussels are finished, then put back in oven.

Sautéed brussels add-in ideas:

- Chop 4 pieces of bacon and cook them in the skillet before cooking the brussels sprouts. Combine the cooked bacon to the cooked brussels sprouts in a bowl.
- Add chopped walnuts or pecans to the skillet about three minutes before the sprouts are finished cooking.

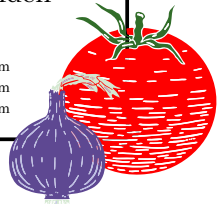
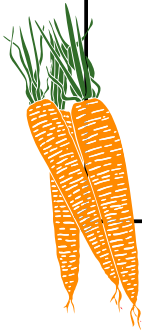
Roasted Brussels Sprouts

1. Preheat oven to 400 degrees F.
2. Put halved brussels sprouts in a bowl and coat with olive oil, salt, and pepper.
3. Place in a single layer on baking sheet.
4. Roast for about 20 minutes, or up to 30 if necessary. Take the brussels sprouts out of the oven once they are golden brown on top. Serve hot.

Sautéed Brussels Sprouts

1. Heat olive oil (2 tbsp) in a large skillet over medium-high heat. Put halved brussels sprouts, flat-side down, and cook for about 5 minutes without stirring.
2. Add salt and pepper, to taste, and stir. Cook brussels sprouts until they are a deep golden brown.

Buffalo bites recipe from: toasterovenlove.com
Brussels sprouts ideas from: wellplated.com
Potato facts from: idahopotatomuseum.com



Buffalo Bites

- 3 cups broccoli and cauliflower
- 1 tbsp olive oil
- 1/3 cup buffalo wing sauce (such as Frank's RedHot Buffalo Sauce)
- 1/3 cup breadcrumbs (can be plain or seasoned)
- 1 tsp dried parsley
- 1/8 tsp paprika

Buffalo Broccoli & Cauliflower Bites cont.

1. Preheat oven to 450 degrees F. Prep a baking sheet with non-stick cooking spray.
2. In a large bowl, mix together buffalo sauce and olive oil. Add in the broccoli and cauliflower and stir until coated.
3. In a shallow dish, combine the breadcrumbs, parsley, and paprika.
4. Remove florets from sauce a few at a time, shake off the excess sauce and then dredge in breadcrumb mixture until completely coated. Place coated florets on the prepped baking sheet.
5. Lightly mist coated florets with cooking spray just before baking.
6. Bake for 15-20 minutes until florets are crispy and golden brown. Serve with a side of ranch or blue cheese!

Potato Fun Facts

- Potatoes are about 80% water.
- In 1974, an Englishman grew 370 pounds of potatoes from one plant.
- Potatoes are grown in all 50 U.S. states and about 125 countries around the world.
- In October 1995, the potato became the first vegetable grown in space.