

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!

Sweet Potato and Mushroom Skillet

Sweet potato and mushroom skillet:

- 2 medium sweet potatoes, chopped and roasted
- 2 cups of sliced mushrooms (could be chopped, if you prefer)
- 1/2 an onion, chopped
- 3 cloves of garlic, minced
- 3 tbsp butter
- 2 tsp paprika
- Salt and pepper, to taste

Roasted Sweet Potatoes:

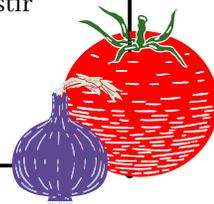
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Salt and pepper to taste

Optional:

- Flour tortillas
- Eggs

Smoothie recipe from: veggieinspired.com
Beet facts from: lovebeets.com

1. Preheat oven to 425 degrees F.
2. Wash sweet potatoes and mushrooms. Be sure to wipe mushrooms clean with a towel to remove any dirt.
3. If you would like, peel the sweet potatoes. Chop sweet potatoes and coat with olive oil, garlic powder, paprika, and salt and pepper.
4. Spread potatoes evenly on baking sheet, making sure that the potatoes do not touch. Roast for about 30 minutes, flipping the potatoes over every ten minutes while roasting.
5. While the sweet potatoes are roasting, chop up the onion and mushrooms.
6. Once the sweet potatoes are finished roasting, take them out of the oven and set aside.
7. Heat the butter in a large skillet over medium-high heat and add the onion, mushrooms, and garlic with remaining spices and sauté until soft.
8. Mix in the roasted sweet potatoes to the skillet and stir until everything is combined.
9. This can be served on its own, or as a breakfast burrito/taco if you add scrambled eggs.



Carrot Noodles

1. Using a vegetable peeler, remove the rough outer skin of the carrot.
2. Continue to use the vegetable peeler to make "noodles" out of the carrot strips.
3. Place in a glass microwave-safe bowl, then add a few tablespoons of water.
4. Cook on high in the microwave for around three minutes.
5. "Carrot noodles" pair best with cream-based sauces, but they can also be used as a replacement in most noodle dishes!

Apple Pie Smoothie

- 1 apple, cored, chopped and frozen
 - 1/4 tsp cinnamon
 - 1 tsp honey
 - 3/4 cup of milk (any type of milk you prefer)
 - 1 tsp vanilla extract
 - 4-5 ice cubes (if necessary)
1. Blend all the ingredients together.
 2. Add more ingredients for sweetness if necessary. You can also top with oats or more cinnamon if you'd like.

Beet Fun Facts

- Around 800 BC, an Assyrian text describes beets growing in the Hanging Gardens of Babylon, one of the wonders of the ancient world.
- Since the 16th century, beet juice has been used as a natural red dye. In 19th century England the Victorians used beets to dye their hair.

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Roasted Sweet Potatoes:

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