

Ideas for This Week's Winter Shares Bag

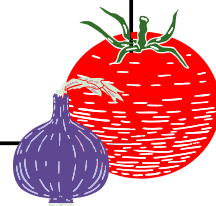
The Shares Team is excited to pass on our favorite ways of preparing this week's produce. What are some of your favorite ways to prepare the food in this week's bag? Let us know next week during pick-up or delivery!

Beet Soup

- 4 whole beets
- 4 cups vegetable stock (or any stock you prefer)
- 1 clove garlic (minced)
- 1 tsp sugar
- 2 tbsp fresh lemon juice (or 1 tbsp red-wine vinegar)
- Salt and pepper, to taste.

1. Preheat oven to 400 degrees F.
2. Wash beets and wrap them in foil. Roast them in the oven for about 30 to 45 minutes.
3. Once they have cooled, peel the beets. Cut the bottom off the beet so there is a flat surface, and then cut into medium-sized rounds. Cut these rounds into strips.
4. In a medium pot, bring the stock to a boil.
5. Add all ingredients to the pot and let simmer for 10 minutes.
6. Serve hot.

Recipe ideas from: thespruceeats.com



Sautéed Spinach and Kale

- 1 bunch kale
- 1 bunch spinach
- 2 to 3 cloves garlic (minced)
- 1 tbsp olive oil
- 3 green onions (optional)
- Salt, to taste
- Black pepper (to taste)

Sautéed Spinach and Kale Cont.

1. Make sure to rinse and dry your greens before beginning.
2. Once the greens are prepped, heat the garlic and olive oil over medium-high heat for about one minute,
3. After one minute, add the chopped green onions (optional).
4. Cook for an additional two minutes and then add the kale to the skillet and cook for 6-8 minutes.
5. Finally, add the spinach and cook until just wilted, about 2 minutes.
6. Season with salt and pepper, to taste. Serve immediately.

Mix these greens with rice and tofu or chicken, try them in an omelette, or just by themselves!

Did you know...

- In order to reduce the bitterness of kale, be sure to massage the leaves. It might sound silly, but massaging the leaves, or chopping them into very fine pieces, will result in better flavor and consistency.
- If the kale is attached to a thick stem, be sure to cut the leaves off each side. Small, thin stems are okay to eat.