



# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Gluten-Free Squash Casserole



### Ingredients

- 1 diced onion
- 1 Tablespoon fresh thyme leaves, chopped
- 1 cup cooked brown or white rice
- 1 Tablespoon extra-virgin olive oil
- 2-4 tomatoes, diced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2-3 medium yellow summer squash, thinly sliced
- 1/2 cup shredded Italian cheese blend (2 ounces)
- Fresh thyme (to taste), chopped

### Instructions

- Preheat the oven to 400 degrees.
- Spray 1 1/2 to 2-quart shallow casserole (gratin dish) with cooking spray.
- In small bowl, stir together onion, half of the thyme leaves, the rice, oil, tomato, 1/4 teaspoon of the salt and the pepper. Spoon into casserole; spread evenly. Alternately layer squash, overlapping slightly, on top of rice mixture. Sprinkle with remaining thyme and remaining 1/4 teaspoon salt.
- Cover; bake 20 minutes. Sprinkle with cheese. Bake uncovered 10 to 12 minutes longer or until cheese is melted and starting to turn golden brown. Cool 10 minutes before serving.

*Adapted from bettycrocker.com*

## Roasted Sweet Potatoes



### Ingredients

- 1 Tablespoon olive oil
- 2 sweet potatoes, peeled and diced
- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon each salt & pepper

### Instructions

- Preheat oven to 450 F.
- Peel sweet potatoes, then chop up into 1/2-inch pieces.
- Toss with olive oil, chili powder, cumin, paprika and salt & pepper.
- Bake on a parchment-lined baking sheet for 30 minutes, stirring once halfway through.
- Serve and enjoy!

*Adapted from thegirlonbloor.com*

**NEXT ORDER  
DEADLINES**



**ORDER BY FRIDAY, OCT. 30. PICK-UP TUESDAY, NOV. 3**  
**ORDER BY FRIDAY, NOV. 13. PICK-UP TUESDAY, NOV. 17**

## Chicken Vegetable Soup

**It's soup season, everyone!** This Chicken Vegetable Soup with Spinach is a keeper. This is a great one for cleaning out the fridge when you have those veggies in the crisper that need to be used up. Gluten free!



### Ingredients

- 1 yellow onion chopped
- 1 green pepper chopped
- 1-2 sweet potatoes cubed
- 2 stalks celery chopped
- 2 Tablespoons olive oil
- 3 cloves garlic minced
- 1/2 teaspoon dried dill
- 1/2 teaspoon dried basil
- 1 teaspoon dried parsley
- salt & pepper to taste
- 6 cups water or broth
- 2 chicken breasts chopped into bite sized pieces
- 2 cups chopped spinach

### Instructions

- Heat olive oil in a large pot over medium low heat
- Add onions, peppers, sweet potatoes, and celery and season with sea salt and pepper. Stir well and sauté, stirring occasionally, until softened, about 5 minutes.
- Add minced garlic and cook, stirring for 1 minute longer. Add spices and cook, stirring for another minute
- Add broth, stir, then add the chicken pieces. Bring to boil, then lower the heat and simmer for 30 minutes
- Stir in the chopped spinach and cook for another 5 minutes.

*Adapted from [thehonoursystem.com](http://thehonoursystem.com)*

## Taco Stuffed Peppers



### Ingredients

- 4-5 bell peppers
- Jar of salsa
- 1 Tablespoon olive oil
- 1 pound ground turkey or chicken aim for around 7% fat
- 1/2 medium onion chopped, about 1 cup
- 2 cloves garlic crushed or minced
- 1 Tablespoon chili powder
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 14 ounce can crushed or chopped tomatoes

### Instructions

- Preheat oven to 400°.
- Slice the peppers in half lengthwise and remove ribs and seeds. Place pepper halves on a baking sheet and bake for 20 minutes on the middle rack.
- Remove peppers from oven.
- Spread the salsa on the bottom of a 13x9inch casserole dish. Place the pre cooked peppers over the salsa and set aside until needed.
- Brown ground beef or chicken.
- Once the meat is no longer pink add the onions, chill, and garlic.
- Add the remaining taco seasonings: oregano, paprika, cumin and salt. Stir well. Stir in the crushed tomatoes.
- Turn off the heat and fill each pepper half with 1/4 cup taco meat. Top each pepper with cheese and salsa. Bake for 15 minutes.
- Top with avocado, guacamole or cilantro as desired.

*Adapted from [asaucykitchen.com](http://asaucykitchen.com)*