

June 7th - 9th

“Good habits are as addictive as bad habits; and a lot more rewarding.” -Harvey Mackay



Cherry Tomatoes

Organic Cucumbers

White Potatoes

Organic Cantaloupe

Zucchini

Italian Basil

Organic Spaghetti
Squash

The French Pantry's
Honey Wheat

Storage Tips

Refrigerate - Store in Pantry

School is out for summer! That means our children will inevitably need snacks every hour on the hour. While we are all tempted to chain the pantry shut maybe having healthy refreshing snacks on hand would help kids and parents alike. Some great “don’t need permission” snacks are grab and go fruit. Cut some cantaloupe or watermelons and portion them out into cups with Greek yogurt and granola. Tuna fish on Triscuits topped with dill and a slice of cucumber will go a long way. That snack is packed with protein!

Congratulations to all the kiddo’s on feeding their minds & bodies & moving up another year. Congrats to the parents for helping them do in such a healthy way!



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Roasted Cucumbers with Cream & Dill

5 Cucumbers (12 ounces),
halved lengthwise
Salt & Pepper to taste
1 tbsp. unsalted butter,
cut into small pieces
1/3 cup heavy cream
1/2-inch piece fresh
horseradish, peeled
1 teaspoon finely grated
lemon zest (from 1
lemon)
1 tablespoon dill sprigs

Preheat oven to 450 degrees. Arrange cucumbers in a single layer in an 8-by-12-inch baking dish. Season with salt and pepper and dot with butter. Roast until cucumbers are slightly softened, about 15 minutes. Reduce oven temperature to 350 degrees. Drizzle cucumbers with cream. Roast until cream is slightly thickened, about 10 minutes more.

Grate about 1 tablespoon horseradish directly over cucumbers. Sprinkle with lemon zest and dill. Serve immediately.

Cantaloupe Salad with Mozzarella, Basil & Onion

1 medium cantaloupe, cut into
1 inch cubes
10-20 leaves of basil, (reserve a
few whole leaves for garnish)
10 green olives, sliced
1/4 red onion, thinly sliced
1 cup fresh mozzarella balls,
sliced into quarters
1 1/2 tablespoons olive oil
1 tablespoon red wine vinegar
2 tablespoons lime juice, from
1 lime
Salt and pepper to taste

In a large bowl, toss the cantaloupe, basil strips, olives, red onions and mozzarella balls together. Lightly dress the salad with a long pour of olive oil and even longer drizzle of red wine vinegar. Toss with the lime juice. Generously salt and pepper the salad and taste.

This salad is great straight away but even better chilled for a few hours before serving, to allow the flavors to really meld.

Parmesan Spaghetti Squash with Zucchini & Pine Nuts

3 tablespoons olive oil
4 zucchinis or 1 very large
zucchini, sliced
4 garlic cloves, minced
1 spaghetti squash, medium
size
1 cup freshly shredded
Parmesan cheese
1/2 cup pine nuts, toasted
salt and pepper

To cook spaghetti squash: Preheat to 425. Cut the squash in 2 halves, scrape out the seeds & fiber out of each half. Spray oil over the cut sides of the squash. Spray the baking sheet with oil & place the squash on the baking sheet cut side down. Bake for about 30-40 min. Remove it when it's cooked through & soft, & let it cool. Flip the squash so that cut side faces up - that will speed up the cooling. After squash cools, scrape squash with a fork to remove flesh in long strands & transfer to a bowl.

To cook zucchini: Heat olive oil in a large skillet on med-high heat. Add sliced zucchini & minced garlic - sauté about 3 min., stirring, on med heat, uncovered. Season with salt, stir, & continue cooking for another 3-4 min., covered, occasionally stirring, until zucchini softens & browns. Add spaghetti squash to the skillet with zucchini & mix to combine, on low heat. Add freshly shredded Parmesan cheese into the skillet and stir on low heat to melt the cheese. Add salt and pepper, to taste. Top with toasted pine nuts.