

FOODSHARE

PICKENS & OCONEE

Butternut Squash Hash

recipe adapted from babysavers.com



Serves 3

- 2 tbs oil
- 1/4 cup chopped red onion
- 2 cups butternut squash
- 1 cup chopped kale
- 1 apple, diced
- 3/4 cup diced ham
- 3 eggs
- 2 tbs crumbled feta cheese
- salt and pepper

Chopped Asparagus Salad

recipe adapted from aheadofthyme.com

Serves 4

- 1/2 bunch asparagus, trimmed and cut in half
- 3 cups mixed greens
- 15 oz can chickpeas, drained
- 1 cup grape tomatoes, halved
- 1 cucumber, quartered
- 1/2 cup red onion, diced
- 1/2 cup kalamata olived, pitted
- 1/3 cup crumbled feta cheese

Dressing:

- 3 tbs oil
- juice from 1/2 lemon
- 1/4 tsp dried oregano
- salt and pepper to taste

1. Preheat oven to 400 degrees. Peel the butternut squash and slice into two long halves. Scoop out the seeds and chop into smaller cubes.
2. Toss the butternut squash cubes in a large bowl with oil, salt, and pepper. Place the cubes evenly on a sheet pan and roast for 20-30 minutes, or until fork tender.
3. Heat oil in a skillet over medium heat. Add the onion and saute for 2-3 minutes. Add the butternut squash, apple, kale, and ham and stir gently for five minutes.
4. Reduce heat to medium-low and cook for five more minutes until the squash and apple are soft.
5. Using a spatula, make a space in the middle of your skillet and crack the eggs into it. Once the white is cooked, scramble the eggs into the rest of your hash. Season with salt and pepper, then sprinkle with goat cheese to serve.



1. Bring a medium pot of salted water to a boil and add asparagus. Cook for 2 minutes, then remove with a slotted spoon and place in a bowl of ice water. Let cool, then drain.
2. In a large bowl, combine mixed greens, asparagus, chickpeas, tomatoes, cucumbers, red onion, cucumber, olives, and feta cheese.
3. In a small bowl, whisk together the oil, lemon juice, oregano, salt and pepper. Pour over the salad and toss to combine!

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