

# Food Justice, the Transgender Resource Center of New Mexico & MoGro

A rewarding aspect of our efforts at MoGro is partnering with organizations that work tirelessly to support our communities, such as the Transgender Resource Center of New Mexico (TGRCNM). TGRCNM "...provides support, community, and connection to transgender, gender nonconforming, nonbinary, and gender variant people and their families through advocacy, education, and direct services" (TGRCNM, 2018).

Early last year Carri, the Food Justice Project Coordinator at TGRCNM, reached out hoping to partner with MoGro. The Food Justice Project uses a multifaceted approach to address food insecurity in the trans community. TGRCNM believes that food is political, and they are committed to reducing as many barriers to healthy food as possible. Difficulty accessing healthy food can negatively impact one's physical & mental health, which is why TGRCNM views food access as a harm reduction strategy. The center is the sole place through which some community members and clients can access food assistance of any kind. Each day there is a daily hot meal served, prepared by volunteers or staff members. Additionally, there is a small food pantry on-site, scheduled cooking and nutrition classes, and transportation to local food pantries. Staff members also help clients apply for SNAP benefits. The center is a MoGro pickup site with pickup times two days each week on Wednesday & Thursday. Check out our website for address & hours.



*"The Food Justice Project at TGRCNM exists to address the issues of food insecurity and chronic hunger in the transgender community, within a...social justice framework. TGRCNM is often the sole place through which our clients can access food assistance of any kind."*

The Food Justice Project is just one of TGRCNM's many vital services. While some folks just drop in for a hot meal each day, there are countless services that the center offers. For example, free confidential HIV testing, weekly syringe exchanges, support groups, medical care, case management, and an open donation closet for items like clothes, and other necessities.

We feel lucky to be partnered with TGRCNM because the work that they do is crucial to reducing harm and providing support to transgender, gender nonconforming, and gender variant people in our communities. Check out their website for ways to get involved with the center, and for more information on the services they offer!

## This week's Share items & Farms:

Living Lettuce  
Cilantro  
Avocados  
Broccoli

Lacinato Kale  
Apples  
Tangerines  
Bonus

Silver Leaf Farms

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### Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

### Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

### Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

**Skill level:** Intermediate

**Time required:** Moderate

**Extra ingredients:** Several



## Pan Seared Chicken with Cilantro Pesto

1 large bunch cilantro (stems trimmed)  
¼ cup pinon nuts  
1 clove garlic  
2-3 tablespoons lemon juice  
¼ cup grated Parmesan cheese  
½ cup oil  
Pinch of salt

2 boneless, skinless chicken breasts pounded to ¼ in.  
1 tablespoon olive oil  
2-4 handfuls mixes greens (kale, spinach, etc.)  
1 tablespoon balsamic vinegar  
1-2 teaspoons olive oil

### Ingredients

### Directions

- 1) For pesto: Place cilantro leaves, pine nuts, garlic, lemon juice, parmesan in the base of a food processor or blender. Pulse until ingredients are roughly incorporated. With the food processor on, slowly add grapeseed oil until smooth. Season with salt and adjust if necessary.
- 2) In a large saute pan, heat olive oil over medium-high heat. Season with salt & pepper. When pan is hot, place chicken in pan and cook chicken about 4-5 minutes per side. Turn heat down if necessary.
- 3) When chicken is cooked, remove from pan and allow to cool a bit. Place the greens in a large bowl and toss with olive oil and balsamic vinegar. Divide the greens between two plates and place a chicken breast on top of each plate of greens. Spread 2-3 (or desired amount) of cilantro pesto on each chicken breast.

**Skill level:** Easy

**Time required:** Quick

**Extra ingredients:** Several



## Hearty Kale & Sweet Potato Tacos

3 tablespoons olive oil  
1 small sweet potato, peeled, grated  
1 garlic clove, finely chopped  
4 cups lacinato kale ribs & stems removed, torn into bite-size pieces

2 tablespoons fresh lime juice  
Salt & pepper  
4 corn tortillas, warmed  
1 avocado sliced thinly  
¼ cup crema mexicana

### Ingredients

### Directions

- 1) Heat oil in a medium saucepan over medium heat. Cook sweet potato and garlic, stirring often, until potato is tender and just beginning to brown, 8-10 minutes. Add kale and cooked, tossing often, until it is wilted and tender, 8-10 minutes. Add lime juice and season with salt & pepper.
- 2) Serve sweet potato and kale mixture on tortillas, top with avocado, crema, and other toppings that you like! Try cilantro, green onion, jalapeno, hot sauce, or cabbage slaw. Also try adding other veggies like sauteed yellow squash, onions, mushrooms, etc.