



Share Items, Local Farms and Recipes March 18-19, 2020

Share Items

Lettuce

English Cucumber

Colored Bell Peppers

Red Onions

Grapefruit

Fuji Apples

Avocados

Bonus



Local Farms

*Silver Leaf Farms

*Growing

Opportunities

*Schwebach Farms

*White Mountain
Farms

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Cucumber Salad with Peppers and Onion

Time: 15 minutes

3 cups thinly sliced cucumbers
 $\frac{3}{4}$ cup chopped red onion
1½ cups chopped bell peppers
 $\frac{1}{2}$ cup cider vinegar
2 Tbl. sugar

In a large serving bowl, combine the cucumbers, onion and peppers. In a small bowl, whisk vinegar and sugar. Pour over vegetables, and toss to coat. Chill until ready to serve.

From tasteofhome.com



Best Chicken Fajitas

Time: 25 minutes

1½ lbs. chicken thighs, boneless and skinless	2 Tbl. oil
3 bell peppers, cut into strips	$\frac{1}{2}$ - 1 tsp. ground chili
1 red onion, thinly sliced	1 tsp. salt
2 avocados, peeled, seeded and sliced	2 Tbl. lime juice
	2 garlic cloves, minced
	$\frac{1}{2}$ tsp. ground cumin
	<i>Optional - 1 Tbl. cilantro</i>

1) In a large shallow bowl, combine lime juice, oil, garlic, cumin, salt, chili and cilantro (if using). Mix together. Add the chicken thighs and if time allows, let it marinate for 30 minutes.

2) Heat a large pan or skillet on medium-high heat until smoking. Add a drizzle of olive oil to lightly coat the bottom of the pan. Sear the chicken on both sides until golden, charred and cooked right through (about 8 minutes per side, depending on the thickness). Flip them a couple of times while cooking so they get a nice even char.

3) Transfer chicken to a warm plate, loosely cover with foil and let it rest. Add the peppers and onions to the pan, drizzle with a little extra oil only if needed, and cook until the onion is soft and the peppers are slightly charred and cooked to your liking. Season with salt and pepper.

4) Slice chicken into strips. Serve with warmed tortillas, chopped cilantro (if using), sliced avocado and other of your favorite fillings.

From cafedelites.com