

# CENTRAL KITSAP FOOD BANK

NEWSLETTER JUL - SEP 2021



**Central Kitsap  
Food Bank**

nourishing neighbors  
since 1989

## CKFB Information Corner BasicFood

### HOW WITHIN REACH HELPS FAMILIES

WithinReach is part of the Basic Food / EBT / SNAP organization. WithinReach is deeply connected to local communities across the state. They provide multiple ways for people to access support – in-person, over the phone and online – and find resources close to home. Their comprehensive database of more than 6,000 health and community resources, along with their multilingual staff, ensure that individuals and families come away with the information they need to be healthy and safe.

WithinReach



<https://withinreachwa.org/>

## KIWANIS FOOD & FUND DRIVE



Join our community event and help benefit the food bank on the second Saturday, every month, at the Silverdale Safeway.

## ZUCCHINI TOMATO BAKE

### INGREDIENTS

- 1 lb. zucchini (about 3 medium), chopped
- 1 pt. cherry tomatoes, preferably multi-colored, halved
- 2 cloves garlic, minced
- Extra-virgin olive oil, for drizzling
- kosher salt
- Freshly ground black pepper
- 1/3 c. freshly grated Parmesan
- 2 tbsp. torn basil, for garnish

### DIRECTIONS

1. Preheat oven to 350°.
2. In a large bowl, combine zucchini, tomatoes, garlic and a drizzle of olive oil. Season with salt and pepper and toss to coat.
3. Transfer vegetables to a small baking dish, then sprinkle with Parmesan. Bake until golden, 33 to 35 minutes.
4. Garnish with basil and serve.





# Swiss Chard and Kale Gratin

Serves: 8 to 10

## INGREDIENTS

- 2 pounds Swiss chard
- 1 pound curly kale, stemmed and cut into 1 inch wide strips
- 2 garlic cloves, peeled
- 3 cups rustic white bread, cut into ¾ inch cubes
- 5 Tablespoons olive oil, divided
- 1 cup Parmesan cheese
- ¾ teaspoon table salt, divided
- ½ teaspoon pepper, divided
- 1 onion, chopped coarse
- 1½ teaspoon minced fresh thyme
- 1 cup heavy cream
- ⅛ teaspoon ground nutmeg



## INSTRUCTIONS

1. Adjust oven rack to upper-middle position and heat oven to 375 degrees. Stem chard, then cut stems into 2 inch lengths and set aside. Slice leaves into 1 inch wide strips. Bring 2 cups water to boil in Dutch oven over high heat. Add kale, cover and reduce heat to medium-high. Cook until kale is wilted about 5 minutes, stirring halfway through cooking. Add chard leaves, cover and continue to cook until chard is wilted, about 4 minutes longer, stirring halfway through cooking. Transfer to colander set in sink and let drain. Do not wash pot.
2. Pulse garlic in food processor until coarsely chopped, 5 to 7 pulses. Add bread and 3 Tablespoons oil and pulse until largest crumbs are smaller than ¼ inch, 8 to 10 pulses. Add Parmesan cheese, ¼ teaspoon salt, and ¼ teaspoon pepper and pulse to combine. Transfer to bowl.
3. Add onion and chard stems to now empty processor and process until finely chopped, scraping down sides of bowl as needed, 20 to 30 seconds. Transfer to now-empty pot. Add thyme, remaining 2 Tablespoons oil, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper. Cook over medium high heat, stirring occasionally, until moisture has evaporated and mixture is just beginning to brown, 8 to 10 minutes.
4. Using spatula, press gently on greens in colander to remove excess moisture. Transfer greens to pot with onion mixture. Add cream and nutmeg and stir to combine. Transfer mixture to 13 X 9 inch baking dish. Sprinkle bread crumb mixture evenly over surface. Bake until topping is golden brown and filling bubbles around edges 20 to 25 minutes. Let cool for 10 minutes before serving,