WELCOME TO

Hillview Centers

HILLVIEW URBAN AGRICULTURE CENTER (HILLVIEW) is a 501(c)3 with the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- Building soil with food waste
- Educating and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

Hillview Centers

624 Vine Street, La Crosse, WI 54601
P.O. Box 1641, La Crosse, WI 54602-1641
info@hillviewuac.org | 608.782.2585

HILLVIEW URBAN AGRICULTURE CENTER (HILLVIEW)

is excited to introduce the Market Baskets Program—an easy, fun, and interactive way to bring low-cost, tasty, and nutritious meals to everyone in the La Crosse area. Designed to appeal to all ages, the free Market Baskets classes and demonstrations are created to quickly teach participants how to prepare meals with minimal preparation and clean up and by using as many locally grown ingredients as possible. Many classes include free kitchen tool giveaways and resources on growing your own to continue to foster a love of food.

Market Baskets Coordinator: Kirsten Arm, RDN
E-mail: marketbaskets@hillviewuac.org

Thanks to the generous support from

Mayo Clinic Health System

Franciscan Sisters of Perpetual Adoration

We also thank Coulee Region RSVP for their volunteers’ indispensable help with our classes and demonstrations.

RSVP

PHOTO: Lee
**Lemony Kale Chickpea Avocado Salad**

**Ingredients**

*Dressing:*
- ¼ cup Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Clove Garlic, Minced
- ¼ tsp Salt
- Pinch Black Pepper

*Salad:*
- 8 cups Kale (rinsed & chopped)
- 1, 15 oz. can of Garbanzo Beans (drained)
- 1 Ripe Avocado (diced)

**Directions**

1. In a small bowl, combine lemon juice, garlic, salt, and black pepper; whisk to combine. Slowly drizzle olive oil into mixture and whisk until creamy.
2. In a large bowl, pour dressing over the kale. Massage dressing into kale until all is covered and kale is softened.

**Nutrition Information (per serving)**

Serving size: 1 cup, Servings: 8
Calories: 168, Protein: 6g, Carbohydrate: 15g, Sugar: 2g, Fat: 11g

(Adapted from thekitchengirl.com)

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**Summer Cucumber Salad**

**Ingredients**

*Dressing:*
- ¼ cup Olive Oil
- 2 Tbsp. Red Wine Vinegar
- 1 Tbsp. Lemon Juice
- 1 tsp Dried Oregano
- ½ tsp salt
- Pinch Black Pepper

*Salad:*
- 1 Cucumbers (diced)
- 2 Roma Tomatoes (diced)
- ½ small Red Onion (diced)
- 1 Green Bell Pepper (diced)
- ¼ bunch Parsley (rinsed & chopped)
- 2 oz. Feta

**Directions**

1. In a small bowl combine olive oil, red wine vinegar, lemon juice, oregano, salt, and black pepper; whisk to combine.
2. In a large bowl, combine cucumbers, tomatoes, bell pepper, red onion, parsley, and feta.
3. Pour the dressing over the salad; toss to combine. Cover and refrigerate before serving.

**Nutrition Information (per serving)**

Serving size: 1.25 cups; Servings: 6
Calories: 123, Protein: 2g, Carbohydrate: 4g, Sugar: 2g, Fat: 11g

(Adapted from budgetbytes.com)