

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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1.12.22

### Black Pepper Beef & Cabbage Stir Fry



#### Ingredients

*Makes 4 servings*

- 2 tablespoons vegetable oil
- 4 cloves garlic, chopped
- 1/2 medium white onion, sliced
- 1/2 pound ground beef or sirloin strips
- 1/2 small head cabbage, shredded
- 1 green bell pepper, cut into strips
- 2 carrots, sliced on the diagonal
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1/2 cup cold water
- 1 teaspoon ground black pepper, or to taste
- 1 pinch salt, to taste

#### Instructions

1. Heat a wok or large skillet over medium-high heat, and add oil. Sauté onion until soft but not brown. Add & sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown, 5 to 7 minutes; drain excess fat.
2. Stir in cabbage and carrots, a few minutes later the peppers. Cook until vegetables are tender and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with pepper; add salt to taste. Cook, stirring, until sauce has thickened. Serve over brown rice.

*Adapted from allrecipes.com*

## LET'S TALK ABOUT KIWI

**Kiwi are more than just fuzzy fun, they're nutritionally wonderful!**

Loaded with as much potassium as a banana and **more Vitamin C than an orange**, they're known to be heart healthy, immune-boosting fruits full of fiber and antioxidants.

#### Here's a Fun Fact

Researchers have found that eating 1 or 2 kiwi right before bed, improves sleep quality and quantity! Besides being rich in antioxidants, kiwi fruit are high in serotonin, a hormone that plays a critical role in many functions in the body, including initiating and maintaining a good night's sleep.

#### And They Are Easy to Eat!

Skip the slippery peeling operation and eat a kiwi with a spoon! Slice in kiwi half with a knife and run a spoon between the fuzzy skin and the green flesh for a simple, healthy, and "scoopable" snack.

*Adapted from thekitchn.com*



**NEXT ORDER DEADLINES**



ORDER BY **THURSDAY, JAN. 20.** PICK-UP **WEDNESDAY, JAN. 26.**  
ORDER BY **THURSDAY, FEB. 3.** PICK-UP **WEDNESDAY, FEB. 9.**

## Sweet Pickled Banana Peppers

*This is an excellent condiment for burgers, grilled meats, on top of pizzas and subs. Sweet tangy with a hint of hot, if you get a mildly hot pepper.*



### Ingredients

**Yields two 1/2 pint jars**

- 1/2 pound banana pepper, seeded and sliced crossways into rings

### Pickling Juice

- 2 cups white vinegar
- 2/3 cup white sugar
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon celery seed

### Instructions

1. Sterilize two 1/2 pint jars in boiling water.
2. In a medium pot, bring the vinegar, sugar, mustard seed and celery seed to a rolling boil.
3. Place washed, sliced and seeded peppers in the 1/2 pint jars. Really pack them in!
4. Pour on the hot pickling juice and bring liquid to within 1/2 inch of the top.
5. Wipe the lip of the jars. Be sure the edge of the jar has no juice on it.
6. Place lids and screw on bands finger-tip tight.
7. Seal jar and leave for 2 weeks.\*\*.
8. \*\*This is an heirloom recipe that uses a method no longer recommended by the USDA/NCHFP (National Center for Home Food Preservation). Current guidelines recommend processing in a boiling water bath at least 10 minutes at sea level to 1000 feet in elevation (more time at higher elevations) and left to cool, upright and undisturbed, on a cloth-protected counter for 24 hours. Check for seal; if the jar hasn't sealed, either re-process the jars within the 24 hours or refrigerate and use first.

## Broiled Grapefruit



### Ingredients

**Makes 4 servings**

- 2 large grapefruits, well chilled
- 1/2 cup firmly packed light brown sugar
- 2 Tablespoons unsalted butter, melted
- 1 teaspoon ground cinnamon

### Instructions

1. Preheat a broiler.
2. Cut each grapefruit in half crosswise. Cut a thin slice off the bottom of each half, if necessary, so that it will stand upright.
3. Using a serrated grapefruit knife or a small, sharp knife, loosen the grapefruit segments in each half by first carefully cutting between the fruit and the peel and then by cutting along either side of each segment to free it from the membrane. Leave all the segments in their shells. Place the halves upright in a baking dish.
4. In a small bowl, stir together the brown sugar, butter and cinnamon. Using your fingers, sprinkle the sugar mixture evenly over the grapefruit halves. Slip under the broiler about 4 inches from the heat source and broil until the sugar is uniformly bubbly, 2 to 3 minutes.

*Adapted from Williams-Sonoma Kitchen Library Series, Breakfasts & Brunches, by Norman Kolpas*

**HAPPY 2022!**

**As we enter 2022 we are so grateful for our participants, volunteers, supports and donors. Since our inception in 2015 we have launched packing and distribution hubs in nineteen counties serving almost every county in South Carolina! Thank you all! We look forward to another great year!**