

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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01.26.22

### Emeril's Roasted Tomato & Jalapeño Salsa

#### Ingredients

- 1 pound Roma tomatoes, halved
- 1 medium onion, quartered
- 3 jalapeños
- 4 cloves garlic (unpeeled)
- 1 tablespoon olive oil
- Kosher salt and freshly ground black pepper, to taste
- Juice of 1 lime, or more to taste
- 2 tablespoons chopped fresh cilantro



#### Instructions

1. Preheat the oven to 400°F and position an oven rack in the upper third of the oven. Line a baking sheet with aluminum foil.
2. Place the tomato halves, onion, jalapeños, and garlic on the baking sheet and drizzle with the olive oil. Using your hands, rub to evenly distribute the oil all over the vegetables. Place the tomato halves skin sides up. Sprinkle with salt and pepper and transfer to the oven.
3. Roast, stirring once or twice, until the jalapeño and tomato skins are charred in places at least 50%, the vegetables are soft and tender, and the onion quarters are caramelized around the edges, 20 to 30 minutes.
4. Remove from the oven and set aside until cool enough to handle, then remove the tomato and jalapeño skins and transfer the vegetables to a blender.
5. Remove the peels from the onion and garlic and discard. Add onion and garlic to the blender along with a pinch of salt and pepper and the lime juice. Pulse until a chunky texture is formed. Transfer to a nonmetal bowl and add the cilantro, then season to taste with more lime juice, salt and pepper.
6. Serve warm or at room temperature with chips, tacos, enchiladas or burritos.

**Note:** If a less spicy salsa is desired, you can remove the seeds and membranes from the insides of the jalapeños before processing.

*Adapted from [www.emerils.com](http://www.emerils.com)*

### Caesar Salad Dressing

*We have some delicious green leaf lettuce in the box this week, a perfect base for a Caesar Salad!*

#### Ingredients

- 2 Tablespoons of mayonnaise
- 1 garlic clove minced
- 1 teaspoon Worcestershire sauce
- 1 teaspoon smooth Dijon mustard
- 1-2 Tablespoons lemon juice to taste
- 1/4 cup good extra virgin olive oil
- Salt and pepper to taste
- 1/4 teaspoon black pepper



#### Instructions

1. Add all ingredients to a jar, shake to combine..
2. Store refrigerated for up to a week.

*from FoodShare's Chef Christa*

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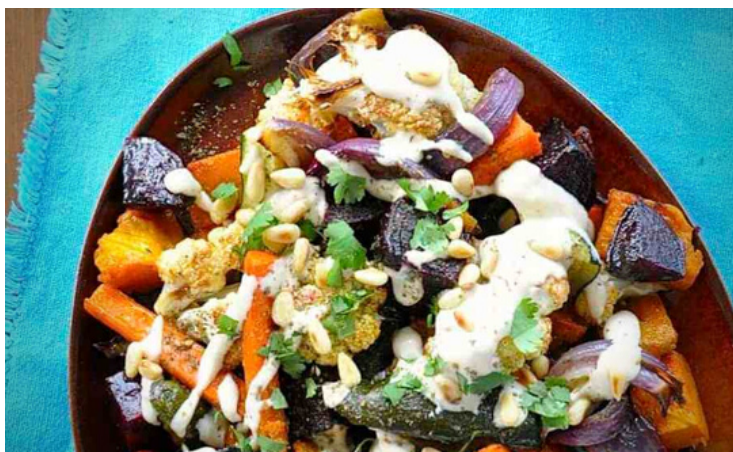
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**ORDER BY THURSDAY, FEB. 3. PICK-UP WEDNESDAY, FEB. 9.**  
**ORDER BY THURSDAY, FEB. 17. PICK-UP WEDNESDAY, FEB. 23.**

## Roasted Root Vegetables & Tahini Sauce

*This basic recipe should be a winter staple for easy, healthful treatment of any kind of root vegetable. Using beets will give everything a pink-ish hue. It tastes great but to avoid this, make a foil plate on your sheet pan and keep beets separate.*



### Ingredients

**Serves 4**

- 2 to 3 pounds root or dense vegetable, peeled if you like and cut into 1-inch chunks or wedges (carrots, beets, potatoes, sweet potatoes, turnips, radishes, rutabaga, winter squashes)
- 2 Tablespoons olive oil, grapeseed oil, or vegetable oil - enough to coat all the vegetables
- Salt and pepper
- 1-2 teaspoons other spices or herbs you like, or even without additional herbs and spices, this recipe is delicious!

### Directions

1. Preheat oven to 425. Spread out your vegetables, all cut to similar size, across a cookie sheet. Use two if needed, they need space between them so they roast, not steam.
- Bake for 30 minutes, flipping at the halfway mark. Continue to roast up until an hour, when vegetables should be tender when tender to knife and brown.
- Serve with Tahini Sauce recipe below.

### Yogurt Tahini Sauce

**Makes 1/2 Cup**

*Tahini is a sauce made from sesame seeds, which have great anti-inflammatory benefits. Tahini also lasts forever, you can buy a jar and keep it for up to two years while you experiment with its flavors.*

### Ingredients

- 1/2 cup plain yogurt
- 1/4 cup tahini
- 1 Tablespoon freshly squeezed lemon juice
- 1/4 teaspoon *each* sea salt, ground cumin, and maple syrup

### Directions

1. Put these ingredients in a small bowl and whisk until well combined. Will keep in an airtight container in the fridge for up to 5 days.

*From The Longevity Kitchen by Rebecca Katz*

## HOW TO RIPEN TOMATOES



**Even during peak tomato season, they may be a little too firm**, and missing the deep-red glow synonymous with a perfectly ripe tomato. But just because it's a little under ripe when you purchase it doesn't mean all hope is lost.

**Here are three easy ways to ripen tomatoes.**

### FIND A SUNNY WINDOWSILL

The most classic way to ripen tomatoes is to tuck them away on the sunniest windowsill in your kitchen. Place the tomatoes **stem-side down**, which will keep them from rolling and makes them less likely to bruise on the hard surface. After a few days of soaking up the sun, they'll be ripe and ready to enjoy.

### PUT THEM IN A BREATHABLE CONTAINER

If you want to speed things up a little, grab a breathable container — such as a plastic bag with small holes cut into it, a paper bag, or a cardboard box. Place the tomatoes inside but **don't overcrowd them**; they need room to breathe! This method works by trapping some of the ethylene gas that tomatoes naturally release, which in turn ripens them more quickly.

### REACH FOR A BANANA

The fastest way to ripen a tomato is by adding a banana to that breathable container. Bananas release the most ethylene gas of any fruit, so adding one into the mix will boost the level of ethylene in the container and **speed up the ripening process**. If you don't have a banana handy, an apple is a good second choice.

### WHEN THEY ARE RIPE

Once your tomatoes are the desired ripeness, you can pop them in the refrigerator to keep them at their peak for two to three days until you use them.

*Adapted from [www.thekitchn.com](http://www.thekitchn.com)*