

EST.

2015



# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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02.09.22

### 20-Minute Lemon Garlic Pasta



#### Ingredients

Serves 4

- 12 ounces dried spaghetti
- 3 tablespoons olive oil
- 2 tablespoons butter
- 5 large garlic cloves minced
- 1/4 teaspoon crushed red pepper flakes or more
- 1 large lemon juice and zest
- 1/3 cup chopped fresh parsley
- kosher salt and freshly ground black pepper to taste
- 2 ounces parmesan cheese freshly grated

#### Instructions

1. Bring a large pot of salted water to boil. Cook spaghetti until firm to the bite (al dente), about 8 minutes. Drain, reserving 1 cup of pasta water.
2. Meanwhile, heat olive oil and butter in a large skillet over medium heat until sizzling. Add minced garlic and red pepper flakes; cook and stir until fragrant, about 30 seconds. Remove from heat.
3. Once you've drained the pasta, set skillet with the garlic mixture over medium heat. Add drained, cooked pasta and 1/4 cup of reserved pasta water; toss to coat. Cook and stir until heated through, adding more pasta water if pasta seems too dry.
4. Remove pasta from heat and stir in lemon zest and juice, and parsley. Season to taste with salt and pepper. Transfer to serving bowl or platter; top with grated parmesan cheese and serve.

Adapted from [pinchandswirl.com](http://pinchandswirl.com)

### Banana Oat Pancakes

*Easy banana pancakes! These fluffy pancakes are gluten free and contain no added sugar, so use very ripe bananas.*

#### Ingredients

Serves 3

- 2 cups old fashioned rolled oats
- 1 cup plain Greek yogurt
- 2 **RIPE** bananas, about 1 cup mashed
- 2 eggs
- 1 1/2 teaspoon vanilla extract
- 1 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- Olive oil or grapeseed oil for cooking

#### Directions

1. Heat the oven to 325 degrees.
2. Blend oats in blender alone first, until a flour-like consistency.
3. Add yogurt and bananas and blend until combined. Add eggs, vanilla, cinnamon, salt and baking powder and baking soda. Pulse until blended. Let batter sit for about ten minutes while the pan heats up.
4. Heat a cast iron pan over medium-low heat, coating it with the oil.
5. Drop the batter by 1/4 cup portions on to the pan. Cook without disturbing for 2-4 minutes until bubbles begin to form on the edges and the top looks dry.
6. Flip over and cook for an additional minute or two.
7. Keep warm in a 325 degree oven until all are ready to be served. Serve with fruit sauce, a drizzle of maple syrup, or a smear of peanut butter.



From FoodShare's Culinary Medicine Teaching Kitchen

## NEXT ORDER DEADLINES



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



## Baked Broccoli Buffalo Bites

A great Game Day snack that's spicy and delicious! This is a really easy recipe to make with simple ingredients that will wow your friends! Dip with **Homemade Ranch Dressing**!



### Ingredients

- 1-2 crowns of broccoli cut into medium-sized florets
- 1/2 cup flour
- 1/2 cup water
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- cooking spray
- 1/2 cup hot sauce
- 2 Tablespoons butter melted
- 1/2 Tablespoon lemon juice
- Ranch or blue cheese dressing for serving
- Carrots and celery sticks for serving

### Instructions

1. Preheat oven to 450°F. Grease a baking sheet with cooking spray or line it with parchment paper.
2. In a large bowl, whisk flour, water, garlic powder, paprika, salt and pepper until batter is smooth. Add broccoli to batter and toss to coat.
3. Spread broccoli onto the prepared baking sheet in a single layer with space between them. Bake in the preheated oven until lightly browned, about 20 to 25 minutes, flipping over halfway through.
4. In another small bowl, combine the hot sauce, melted butter and lemon juice until well blended. Brush the buffalo sauce mixture on the broccoli.
5. Return to the oven and bake until they start to brown, about 15 minutes.
6. Serve hot with your homemade ranch dressing, carrots, grape tomatoes and sliced yellow squash, if desired.

from [feelgoodfoodie.net](http://feelgoodfoodie.net)

## Make Your Own Ranch Dressing

This creamy healthy Greek yogurt ranch dressing is made with ingredients that you can feel good about! It's an amazing, protein-packed option that will be your new go-to for salads, dips, and more!



### Ingredients

- 1/2 cup nonfat plain Greek yogurt
- 1 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 1/2 teaspoons fresh lemon juice
- 1/2 teaspoon dried dill
- 1/4 teaspoon salt, plus more to taste
- 2 Tablespoons water to thin dressing
- Optional: 1/4 teaspoon honey

### Instructions

1. Add all ingredients to a bowl or a mason jar and mix until well combined. If using a mason jar, you can simply put the lid on and shake the jar until well combined. Dressing serves 4, 2 tablespoons each.

Adapted from [ambitiouskitchen.com](http://ambitiouskitchen.com)

## STORAGE TIP LEMONS (& LIMES)

It's a great idea to keep lemons in the house at all times - for water, cooking, and cleaning! However, there's nothing worse than to grab a lemon and it's hard and dry! The solution? **Keep the lemons refrigerated and immersed in water!**

**Wash the outside** thoroughly, **place in a large container, fill with water** to cover the lemons completely and **seal the top!** The coolness of the fridge and the lack of exposure to air keep the lemons perfectly juicy and ready for you to use when you're ready! **Store for up to a month.**

