

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 FOR MORE INFO.

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FEB. 23, 2022

IMPORTANT UPDATES

Coordinating the delivery of Fresh Food Boxes to our community brings us such joy and we appreciate the positive feedback we receive from so many. In the past two years, box distribution from our hub here in Columbia has **doubled** and as we navigate the growth of our program, we have realized the need to change a few of our processes.

Starting March 1, all CASH & SNAP purchases must be paid for in advance and in person.

New regulations from the USDA and South Carolina DSS with regard to purchases made with SNAP require in-person payment, as well as in-person signatures on a form. This allows us to receive the necessary funding to offer our program at the cost savings we provide compared to purchasing produce at the grocery store.



FOODSHARE

fresh food box

it's more than just a box of food.



Additionally, as a result of these state-level policies, **we are phasing out our previous practice of taking orders for boxes over the phone.**

Box recipients who have been in our "pre-order program" now need to bring a SNAP card or cash to **pay for your next box in-person when you pick up next week.**

The FoodShare Hub at 201 Columbia Mall Blvd will now be open to accept in-person orders & payments **Monday-Friday from 9:30am - 5:00pm.**

Apple Cinnamon Oats

Ingredients

- 1 cup rolled oats
- 2 cups apple juice
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 apple, chopped into small pieces



Directions

1. In a small pot, add the oats, juice, cinnamon and salt.
2. Place it on medium-high heat, just until the juice comes to a boil.
3. Immediately turn the heat to low and place a lid on the pot.
4. Cook for 5 minutes, until the oats are soft and tender and most of the water has cooked off.
5. You can add more water if you like your oatmeal smooth and thin, or use slightly less if you want a thick oatmeal.

From FoodShare's Culinary Medicine Teaching Kitchen

Pantry Items to Build a Meal

Keeping the basics in your pantry can help build a quick healthy meal and our recipes rely on most of these. When you find them on sale and stretch it over several meals, some of the more expensive items work out to be a good value.

- | | |
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| • Olive oil & vegetable oil | • Brown rice, couscous (cooks super fast!), quinoa |
| • Wine vinegar or cider vinegar | • Cornmeal |
| • Mustard | • Old fashioned oats |
| • Soy sauce | • Whole grain bread |
| • Chili sauce | • Tortillas |
| • Worcestershire sauce | • Pasta |
| • Canned diced tomatoes | • All-purpose flour, baking powder, baking soda |
| • Canned beans (low sodium) | • White sugar & brown sugar |
| • Canned chicken and canned tuna | • Vanilla extract (pure) |
| • Canned coconut milk | |
| • Chicken or vegetable broth (canned or boxed) | |



DATES &
TIMES:



ORDER BY **THURSDAY, MAR. 3.** PICK-UP **WEDNESDAY, MAR. 9.**
COLUMBIA FOODSHARE HUB OPEN MON-FRI, 9:30 AM-5:00 PM

Roasted Cabbage Steaks

The good news is that this cruciferous vegetable is packed with nutrients. Cruciferous veggies are a diverse group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes. These are also rich in fiber and low in calories, a combination that will help you feel full and satisfied without overeating.



Ingredients

- 1 head of cabbage

Instructions

1. Remove dark outer leaves and slice cabbage into 1/2 inch thick rounds.
2. Brush with olive oil on both sides, sprinkle generously with salt and pepper.
3. Roast in a 400 degree oven for 17-20 minutes, watching carefully towards the end to not burn it, just get it caramelized golden brown.

Additional Benefits of Cabbage

- Keeps inflammation in check
- High in fiber which improves digestion
- Lowers blood pressure & cholesterol levels
- Keeps your heart healthy
- High in Vitamin C to boost your immunity
- Is an excellent source of Vitamin K which improves brain health
- Boosts energy with B vitamins including B1, B2, and B6

From FoodShare's Culinary Medicine Teaching Kitchen

Creamy Mexican Corn Soup

This vegetarian, hearty and filling, creamy Mexican corn soup is dense, bright, and full of flavour!



Ingredients

Serves 2-3

- 1 1/2 tablespoons olive oil
- 1/3 cup onions, chopped (approximately 1/4 onion)
- 2 large cloves garlic, minced
- 2 1/2 cups corn kernels, removed from cob (1/4 cup set aside)
- 2 cups vegetable broth
- 1 cup potato, chopped into small cubes (approximately 1 small potato)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- pinch of cayenne powder (optional)
- 1/4 cup sour cream or plain Greek yogurt
- 1/4 cup sharp white cheddar cheese, grated
- 1/4 teaspoon lime juice

Instructions

1. Heat oil in a medium sized pot over medium heat. Add onion, garlic and corn and sauté until soft and tender, about 4-5 minutes. Add in vegetable broth, potato, salt and pepper, and cayenne (if using). Bring to a boil and then reduce heat, cover, and simmer for 45 minutes.

Add the bare cobs to the simmering mixture for extra corn flavor!

2. While soup is simmering, toss 1/4 cup corn kernels with 1/2 teaspoon olive oil and a pinch of cayenne powder. Stir in a hot pan until brown and set aside.
3. Remove the soup from heat and add sour cream. Using an immersion blender or hand mixer, pulse the soup until desired consistency is reached. To keep this soup a little chunky, only puree about 3/4 of the soup. Then, stir in grated cheese until melted and combined.
4. Transfer soup to serving bowls, decorate with a swirl of sour cream, toasted corn kernels and fresh cilantro. Serve with a fresh green salad on the side.

Adapted from aheadofthyme.com