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FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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MARCH 9, 2022

Kale Colcannon

Colcannon is an Irish dish, blending potatoes and kale or cabbage. You can use any type of medium to low-starch potato, such as red, gold, or russet.



Ingredients

- 2 pounds red potatoes
- 2 Tablespoons butter
- 1 cup onion, chopped
- 1-2 bunches kale, ribs removed and chopped into small, bite-sized pieces (3 to 4 cups)
- 1 cup low-fat milk
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons thinly sliced green onion, divided

Instructions

1. Scrub potatoes but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter in a large skillet over medium high heat. Add onion and cook until clear, about 3-5 minutes.
3. Add kale and cook, stirring often, for 2 to 4 minutes, until the kale has wilted and turned dark green.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook an additional about 5 minutes.
5. Drain potatoes. Add kale mixture to potatoes. Mash with a potato masher or large fork to desired texture.

Adapted from cookieandkate.com & averiecooks.com

Assorted Veggie Grill

Sear or grill these vegetables to get great flavor from them. Using any vegetables and seasonings you have on hand you can top a grain bowl, cauliflower rice or add to salads. Our **Building Block Recipes** are designed to give you a foundation to grow your cooking and meal planning skills!

**BUILDING
BLOCK
RECIPE**



Ingredients

- 1 medium zucchini, cut into 1/2 inch slices
- 1 medium yellow squash, cut into 1/2 inch slices
- 1/2 red onion, cut into 1/4 inch slices
- 2 large tomatoes, cut in quarters
- 1 Tablespoon olive oil
- 2 teaspoon Italian seasoning
- 1 Tablespoon or less, avocado oil for pan
- Salt and pepper to taste

Directions

1. Wash & cut the zucchini and yellow squash into 1/2-inch-thick rounds. Cut the tomatoes into 4 pieces. Place all the vegetables in a large bowl.
2. Preheat the grill, or if using a cast iron pan, place over medium-high heat. Add avocado oil or other high heat oil.
3. Add the oil, salt, and pepper and seasoning to the vegetables and toss until evenly coated.
4. Place the vegetables on the grill and grill them until tender, about 4-5 minutes per side. Or sear them in your hot, but not smoking, pan. Three or 4 minutes undisturbed can get the same char result as the grill. Flip and cook only a minute or two more. Remove the vegetables from the pan or grill and serve!

From FoodShare's Culinary Medicine Teaching Kitchen

**DATES &
TIMES:**



ORDER BY THURSDAY, MAR. 17. PICK-UP WEDNESDAY, MAR. 23.
COLUMBIA FOODSHARE HUB OPEN MON-FRI, 9:30 AM-5:00 PM

Chocolate Zucchini Muffins



Ingredients

- 1 ½ cups grated zucchini
- 1 ½ cups rolled oats
- 1 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/4 cup coconut oil or canola oil
- 1/2 cup unsweetened applesauce
- 1/4 cup honey
- 1/4 cup dark chocolate chips



Instructions

1. Preheat the oven to 350° F. Grease or line the cups of a 12-cup muffin tin. Set aside.
2. Grate zucchini and place in a colander over the sink to drain some of the water out.
3. In a blender, process the oats until they resemble flour. Transfer to a medium mixing bowl and add the cinnamon, baking powder, and salt. Mix well.
4. In another large bowl, combine the egg, vanilla, oil, applesauce and honey. Stir to combine.
5. Press the zucchini into the colander, draining any liquid and add it to the wet mixture.
6. Stir the dry mixture into the wet mixture and mix gently until no dry spots remain. Fold in the chocolate chips.
7. Scoop the batter into the muffin tins, filling each about halfway. Cook for 16 to 18 minutes until the muffins are lightly browned and a toothpick inserted in the center comes out clean.
8. Option to add more protein, by adding 1/2 cup walnut pieces along with the chocolate chips.

From FoodShare's Culinary Medicine Teaching Kitchen

Massaged Kale, Strawberry & Feta Salad

To make kale tender enough to eat like a salad, you can give it the hands-on treatment of a massage! (Also good for kids to get involved with dinner prep!)



Ingredients

Serves 4

- 4 cups kale, rinsed, stems and ribs removed, leaves torn to bite-sized pieces
- 1/2 cup extra virgin olive oil (reserving 2 Tablespoons for use in Step 4 below)
- 1 1/2 Tablespoons lemon juice
- 1 teaspoon sea salt
- 2 cups fresh strawberries, rinsed & sliced
- 3/4 cup carrot, grated
- 2 Tablespoons feta cheese, crumbled
- 3 Tablespoons balsamic vinegar
- 2 small garlic cloves, super-finely minced
- Fresh ground black pepper to taste

Instructions

1. In a large bowl, whisk together lemon juice, olive oil and salt. Add rinsed and dried kale, it's important the leaves are dry so they can absorb the oil and lemon juice.
2. Massage gently, thinking about how good this will taste and all the nutrition it's bringing to your insides, for about 3-5 minutes. The leaves should turn a brighter, glossy green and feel more tender than when you started.
3. Toss in the strawberries, carrot and feta.
4. In a separate small bowl or jelly jar with lid, mix the remaining olive oil, balsamic vinegar, garlic, basil and a pinch of salt. Toss the salad with dressing just before serving.

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Celebrate National Nutrition Month® with us throughout March.

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, health advocates like us invite you to try our recipes, learn about making informed food choices and develop healthful eating and physical activity habits. **#NationalNutritionMonth**

