

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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MARCH 23, 2022

Shaved Asparagus Pizza



Ingredients

- Your favorite unbaked pizza dough
- 1/2 pound asparagus
- 1/4 cup grated Parmesan
- 1/2 pound mozzarella, shredded or cut into small cubes
- 2 teaspoons olive oil
- 1/2 teaspoon coarse salt
- Several grinds black pepper
- 1 scallion, thinly sliced

Instructions

1. Preheat your oven to the hottest temperature it goes, or about 500 in most cases.
2. Holding a single asparagus spear by its tough end, lay it flat on a cutting board and using a vegetable peeler create long shavings of asparagus by drawing the peeler from the base to the top of the stalk. Discard tough ends. Toss peelings with olive oil, salt and pepper in a bowl and be sure to try one! You can hardly believe how good raw asparagus can taste.
3. Roll or stretch out your pizza dough to a 12-inch round. Either transfer to a floured or cornmeal-dusted pizza stone or tray to bake it on. Sprinkle pizza dough with Parmesan, then mozzarella. Pile asparagus on top. Bake pizza for 10 to 15 minutes, or until edges are browned, the cheese is bubbly and the asparagus might be lightly charred.
4. Remove from the oven and immediately sprinkle with scallions, then slice and eat.

Adapted from smittenkitchen.com

Simple Carrot Ginger Soup

*On an occasional basis, FoodShare will be featuring other partners in building a healthy Columbia. This week, we're excited to share this recipe from nutrition and lifestyle coach, **Meredith Mayo**.*



MM WELLNESS



Ingredients

- 1 Tablespoon avocado oil
- 3 cloves garlic, chopped
- 1 chopped onion
- 1 chopped small butternut squash (or 1 bag of pre-cubed)
- 5 large carrots, chopped
- 1 cinnamon stick
- 1/2 inch knob fresh ginger, grated
- 1/2 can coconut milk

Directions

1. Sauté onion, butternut squash and carrots with fresh ginger and a cinnamon stick in avocado oil over medium heat with a couple pinches of salt for 12(ish) minutes.
2. Add 1/2 cup water (or stock) and cover to let the veggies cook down.
3. Transfer to a blender and add coconut milk. Blend up and taste for seasonings (might need more ginger, cinnamon or salt). A splash of apple cider vinegar at the end is also a nice touch, as is adding cilantro!

NEXT BOX



ORDER BY **THURSDAY, MAR. 31.** PICK-UP **WEDNESDAY, APR. 6.**
COLUMBIA FOODSHARE HUB OPEN MON-FRI, 9:30 AM-5:00 PM

Asparagus and Egg Salad with Walnuts and Mint



Ingredients

- 4 large eggs, cold from refrigerator
- 1/2 cup grated parmesan cheese
- 1/2 cup finely chopped lightly toasted walnuts
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground black pepper
- Dried chile flakes
- 1 pound asparagus, tough ends trimmed
- 1/4 cup fresh lemon juice
- 1/4 cup lightly packed fresh mint leaves, chopped
- 1/4 cup extra virgin olive oil

Instructions

1. Bring a small/medium pot of water to boil. Gently lower in eggs and reduce heat to a simmer. Boil for 8 1/2 minutes, then quickly transfer eggs to an ice-cold water bath for at least 10 minutes.
2. Place parmesan, walnuts, and lemon zest in the bottom of a large bowl, along with 1 teaspoon salt, small grind of black pepper, and about 1/2 teaspoon chile flakes. Stir to combine.
3. Cut the asparagus on a sharp angle into very thin slices and add to the parmesan mixture. Add 1/4 cup lemon juice and toss some more. Taste and adjust the flavors to your preference by adding more salt, black pepper, chile flakes, or lemon juice, and go a little bit heavy, so the flavors don't disappear once you add the eggs. Add mint and olive oil and gently toss.
4. Peel your cooled eggs. Cut in half, then each half into 6 to 8 chunks. Add to bowl with asparagus and give it one or two gentle stirs (don't want to get them too mashed up here).
5. Eat as is, or scoop onto 6 to 8 toasts.

*From Six Seasons: A New Way
with Vegetables by Joshua McFadden*



**THANK YOU TO HAIGLER
FARMS IN CAMERON, SC FOR
THIS WEEK'S ASPARAGUS!**



Crepes with Strawberry Cream Cheese Filling



Crepe Ingredients

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons butter, melted



Strawberry Filling

- 2 cups fresh strawberries, diced, hold some for finished crepes
- 8 ounces cream cheese, room temperature*
- 2 Tablespoons honey

Instructions

1. Place the cream cheese in a food processor and pulse a few times to smooth it out. Add the strawberries and honey, and pulse for a minute or so until the mixture is smooth. Taste, and add more honey or strawberries as required. Set this filling aside.
2. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
4. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Remove from heat.
5. Spoon a tablespoon of strawberry cream cheese filling onto each crepe, and add fresh berries. Fold, and serve!

NOTE: Crepes can be cooked off and stored with a piece of wax paper between each one. Store in a resealable plastic bag for up to a week, or freeze. Filling can be refrigerated in a sealed container for 3 days.

From FoodShare's Culinary Medicine Teaching Kitchen

**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**

