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04.06.22

Cream of Turnip Soup

If you like potato soup, you'll like this turnip version. There's actually no cream in it. You'll blend it to get the smooth texture. Serve with green salad for a spring meal.



Ingredients

Serves 4

- 1 medium onion, chopped
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 large garlic cloves smashed or roughly chopped
- 1/2 teaspoon dried rosemary
- 3 - 4 medium turnips, peeled and chopped
- 1/2 teaspoon salt AND 1/4 teaspoon white pepper, or pinch of black pepper (it's just a little stronger than white pepper)
- 4 cups vegetable or chicken stock

Instructions

1. Over medium heat in a large soup pot, sauté the onion in olive oil and butter until soft and just beginning to brown, about 5 minutes. Add garlic, cook for 30-60 seconds.
2. Peel and chop turnips, add to the pot, along with rosemary, salt and pepper. Stir well. Cover and cook for 10 minutes.
3. Add broth, increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook until the turnips are tender, 10 to 12 minutes more.
4. Puree the soup in the pot using an immersion blender or transfer to a regular blender and blend until smooth. (Use caution when pureeing hot liquids.)
5. Season to taste with salt and pepper. Serve with sautéed greens or a green salad.

Adapted from Mark Bittman's Kitchen Express

Potato and Onion Frittata



Ingredients

Serves 6

- 3 to 4 medium potatoes, thinly sliced (1/4-inch)
- 1 large onion, very thinly sliced
- 1/4 cup vegetable or olive oil, divided
- Salt and freshly ground black pepper, to taste
- 8 large eggs
- 1/3 cup cream or half & half

Instructions

- Place the cut potatoes into a bowl and cover them with salted water. Soak about 15 minutes.
- In a large, deep, nonstick, oven-proof nonstick skillet, heat 2 tablespoons of the oil over medium heat. Add the sliced onions and cook until the onions are soft, fragrant, and turning golden.
- Drain the potatoes and pat them dry and toss in a large bowl with the remaining 2 tablespoons of oil. Season with salt and pepper. Reserve the bowl.
- Add the potatoes to the onions in the skillet.
- Cover and cook the potatoes over low heat until tender, stirring occasionally to keep them from sticking to the pan and burning.
- Pour the milk and egg mixture over the potatoes and onions in the skillet.
- Carefully flip the frittata by turning a plate upside down over the skillet then turn the skillet over so that the frittata falls onto the now right-side-up plate.
- Slide the frittata from the plate back into the skillet so the browned side is facing up and cook over low heat for a few more minutes.

Adapted from thespruceeats.com

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ORDER BY THURSDAY, APR. 14. PICK-UP WEDNESDAY, APR. 20.
ORDER BY THURSDAY, APR 28. PICK-UP WEDNESDAY, MAY. 4.

Classic Spring Salad Spinach, Strawberry & Poppy Seed Dressing

Say hello to COLOR to kick off Spring with this beautiful salad. Whether you need a healthy lunch light dinner, this is the recipe for you!

Salad Ingredients

- 3/4 cup raw pecans
- 1/2 small red onion, very thinly sliced, soaked in cold water while preparing
- 10 ounces fresh baby spinach (or a 50/50 arugula and spinach blend)
- 1 quart strawberries hulled and quartered (about 1 pound)
- 3/4 cup crumbled feta cheese (buy the block-style feta, not pre-crumbled; the texture is much better!)



Dressing Ingredients

- 1/4 cup balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons poppy seeds
- 1 1/2 tablespoons honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper

Instructions

1. **Toast the pecans:** Preheat the oven to 350 degrees F. Spread pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when nuts love to burn.) Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).
3. **Prepare the dressing:** In small mixing bowl or large liquid measuring cup, whisk together all of the dressing ingredients—vinegar, oil, poppy seeds, honey, mustard, salt, and pepper—until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight-fitting lid).
4. **Assemble the salad:** Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine.
5. Serve immediately, with extra dressing on the side as desired.

Adapted from wellplated.com

Stuffed Tomatoes



Ingredients

- 1 teaspoon extra virgin olive oil
- 4 large firm ripe tomatoes
- 1/2 teaspoon sea salt
- 1/2 sweet onion, peeled and finely chopped
- 1 teaspoon minced garlic
- 1 cup chopped fresh spinach
- 2 cups cooked brown rice
- 1/2 cup sunflower seeds
- 1 Tablespoon balsamic vinegar
- 2 teaspoons chopped fresh parsley
- sea salt & freshly ground black pepper

Instructions

1. Preheat oven to 350° F and lightly grease 8x8 baking dish with olive oil and set aside.
2. Carefully cut off top of tomatoes, scoop out the flesh, leaving shell intact. Sprinkle shells with sea salt and turn them upside down onto paper towels to drain for 30 minutes.
3. In a large skillet over medium heat, heat remaining 1 teaspoon of olive oil.
4. Add onion and garlic and sauté for about 6 minutes until softened.
5. Add spinach and sauté another 2 minutes.
6. Stir in brown rice, sunflower seeds, balsamic vinegar and parsley.
7. Season mixture with salt and pepper.
8. Rinse tomato shells and part dry with paper towels.
9. Evenly divide filling among tomatoes and place them in prepared baking dish.
10. Bake 30 minutes until tomatoes are softened and filling is heated through.

From Philip Anderson's The Mediterranean Diet Plan