

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

LET'S GET SOCIAL! @FOODSHARESC



05.18.22

MAY is Mental Health
Awareness Month

TOGETHER
for Mental Health

#Together4MH

Mental and physical health are interconnected. Both can be improved—or harmed—by how we care for our bodies, including **what we eat**. What's good for your heart is good for your brain.

To **boost your mental health**, focus on eating plenty of **fruits and vegetables** along with foods rich in omega-3 fatty acids, such as **salmon** and **soy beans**. **Dark green leafy vegetables**, such as **spinach** and **kale**, are brain protective. **Nuts, seeds and legumes**, such as beans and lentils, are also excellent brain foods, as are whole grains, such as oats and wild rice.



National Alliance on Mental Illness

If you or someone you know is struggling, **you are not alone**. There are many support services and treatment options that may help. Call the **NAMI HelpLine** at **800-950-6264**. In a crisis, **text "TALK" to 741741** for 24/7, confidential, free crisis counseling.

We invite you to join our walk team on **Sat., May 21st!**

www.namiwalks.org/team/FoodShareSC

Pickled Okra "Refrigerator Style"



Ingredients

Makes 4 1-Pint Jars

- 1 1/2 pounds small, slender fresh okra
- 2 fresh Fresno chiles, quartered lengthwise and seeded
- 2 cloves garlic, peeled and halved
- 4 teaspoons dill seeds
- 4 teaspoons mustard seeds
- 3 cups cider vinegar
- 1 cup water
- 4 tablespoons granulated sugar
- 2 1/2 tablespoons salt

Instructions

1. Divide okra, chiles, garlic, dill seeds and mustard seeds among 4 (1-pint) canning jars, packing the mixture tightly in the jars.
2. Combine vinegar, water, sugar and salt in a medium saucepan; bring to a boil over high heat. Boil until the sugar and salt have dissolved, about 1 minute. Remove from heat. Carefully ladle the hot vinegar mixture over the okra mixture in the jars, leaving 1/2 inch at the top of each jar. Wipe the rims with a clean damp cloth. Cover with lids; screw on bands. Cool the jars to room temperature. Refrigerate for at least 1 day before serving.

To make ahead: Refrigerate for up to 2 months, or until the next delivery of okra from FoodShare!

Adapted from eatingwell.com

**NEXT ORDER
DEADLINES**



ORDER BY **THURSDAY, MAY 26**. PICK-UP **WEDNESDAY, JUNE 1**.
ORDER BY **THURSDAY, JUNE 9**. PICK-UP **WEDNESDAY, JUNE 15**.

Sesame Ginger Broccoli



Ingredients

Serves 8

- 1 pound broccoli (1-2 heads), broken into 1-inch florets
- 1 Tablespoon toasted sesame oil
- 1/2 medium sweet onion, chopped small or one shallot, minced
- 2 cloves garlic, minced
- 1 Tablespoon fresh ginger, grated
- 1 Tablespoon soy sauce, reduced sodium
- 1/8 teaspoon red pepper flakes, optional
- 2 teaspoons Sesame seeds, black or white

Instructions

1. Toast sesame seeds by placing a small skillet over medium high heat and adding the sesame seeds. Toast until golden brown, stirring occasionally, about 3-5 minutes. Immediately remove seeds from the pan to prevent burning (the hot pan will continue to toast the seeds after you turn off the heat).
2. In a medium sauce pot, heat the sesame oil over medium heat. Add the shallot or onion and cook until translucent, about 1 minute. Avoid browning!
3. Add broccoli, garlic, and ginger. Sauté for 1-2 minutes, until fragrant.
4. Add soy sauce, water, and red pepper flakes (optional). Cover the pan with a lid. Allow to steam until broccoli is **bright green** and tender, but not mushy, about 1 minute. Add more water if necessary to finish cooking broccoli to desired doneness.
5. Turn off the heat and toss in the sesame seeds. Serve warm.

From culinarymedicine.org

Make-Ahead Breakfast Burritos

Do your future self a favor and make a batch of these right away for healthy, fiber-and-greens-filled burritos to start to your day all week long! The best part? They can be made ahead & frozen once cooled!



Ingredients

Serves 6

- 1 Tablespoon olive oil
- 1 bag (5 or 6 ounces) baby spinach (about 4 packed cups)
- 10 eggs, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 burrito-sized whole grain tortillas (about 10 inches)
- 1 1/2 cups sharp cheddar or your favorite cheese
- 1 1/2 cups seasoned black beans or 1 15 oz. can chili beans

Instructions

1. Heat the oil in a large non-stick skillet over medium heat.
2. Add the spinach and cook until just wilted, moving it around gently with a wooden spoon or tongs.
3. Add eggs, salt and pepper and any other seasonings you'd like. Cook, stirring constantly until scrambled. Remove from heat.
4. Place each tortilla on a 12x12 piece of aluminum foil and sprinkle each with 1/4 cup of cheese. Divide the egg-spinach mixture among the 6 tortillas, placing in a line down the middle of the tortilla. Top each with a 1/4 cup of beans.
5. Roll each tortilla by folding the sides over the filling then rolling the bottom over the filling away from you, pushing the ingredients tightly into the middle. Wrap tightly in foil. Let cool completely.
6. Place in a gallon-size freezer bag and freeze for up to two months.

To reheat, unwrap from foil and place on a microwaveable plate. Microwave on high for 2-3 minutes, rotating after one minute until warm in the center.

*From **Run Fast, Eat Slow** by Shalane Flanagan & Elyse Kopecky*