



# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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06.02.21

### Honey Lemon Asparagus



#### Ingredients

- 1 pound fresh asparagus, cleaned & trimmed
- 2 Tablespoons honey
- 1 Tablespoon butter
- 1 Tablespoon lemon juice
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon balsamic vinegar
- 1/2 teaspoon Worcestershire sauce

#### Preparing Asparagus

- Line up all of the spears in a row on a cutting board and slice off the ends all at once. You should cut right where the stalks turn from white into green.
- Shave off any remaining "woody" exterior on the cut end with a vegetable peeler.

#### Cooking Instructions

- In a large saucepan, bring 4 cups water to a boil. Add asparagus in batches; cook, uncovered, 1-2 minutes or just until crisp-tender. Drain and pat dry.
- Meanwhile, in a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, 2 minutes or until slightly thickened.
- Transfer asparagus to a large bowl; drizzle with glaze and toss gently to coat. If desired, sprinkle with additional sea salt.

*Adapted from tasteofhome.com*

### Grilled Cabbage



#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1/2 head green cabbage, cut into 4 wedges
- 1 pinch garlic powder, or to taste
- 1 pinch red pepper flakes, or to taste
- salt and ground black pepper to taste
- 2 lemons, halved

#### Instructions

- Preheat oven to 450 degrees.
- Brush both sides of each cabbage wedge with olive oil. Sprinkle garlic powder, red pepper flakes, salt, and pepper over each wedge. Arrange wedges on a baking sheet.
- Roast in the preheated oven for 15 minutes; flip cabbage and continue roasting until browned and charred in some areas, about 15 minutes more. Squeeze lemon over each wedge.

*Adapted from allrecipes.com*

**NEXT ORDER DEADLINES**



ORDER BY **THURSDAY, JUN. 10.** PICK-UP **WEDNESDAY, JUN. 16.**  
ORDER BY **THURSDAY, JUN. 24.** PICK-UP **WEDNESDAY, JUN. 30.**



## Red Leaf with Apple and Orange Salad



### Dressing Ingredients

- 1/2 cup extra virgin olive oil
- 1/8 cup red wine vinegar
- 1 Tablespoon honey
- Salt and freshly ground black pepper

### Salad Ingredients

- 1 head of red leaf lettuce, cut into small pieces
- 1 orange, peeled and cut into slices
- 1 apple, cored and cut into slices
- 1/4 cup dried cranberries or raisins

### Instructions

- In a small bowl combine all of the dressing ingredients. Whisk until ingredients are well blended. Season with salt and freshly ground pepper to taste.
- In a large bowl, toss lettuce, orange and apple with the dressing. Sprinkle dried cranberries or raisins on top. Serve fresh or chilled.

*Adapted from [vitamedica.com](http://vitamedica.com)*

## Fruit Infused Water



The weather is getting hotter and Carolina summer is here! On these hot days, don't reach for a soft drink to cool off! Stay hydrated the natural way. Grab some oranges, collect the zest from one of them and place in a pitcher. Add fresh orange slices, squeezing a few before placing into the pitcher. Fill with water and place in the fridge for at least 30 minutes then enjoy. Add some mint or basil for some extra flavor or zing! Enjoy!

## The Perfect Baked Potato



*We know what you're thinking. Everyone knows how to bake a potato! Why is there a recipe for it here? Well, we think this is the best baked potato recipe ever! The end result is perfectly crispy and flavorful on the outside, soft and fluffy on the inside, and so flavorful and delicious.*

### Ingredients

- Medium or large Russet potato, scrubbed clean of dirt
- 1-2 teaspoons olive oil
- Coarse Kosher salt
- Freshly-cracked black pepper

### Instructions

- Heat oven to 450°F. Line a large baking sheet with foil (or parchment), and if you have a wire cooling rack, place it on top of the baking sheet.
- Using a dinner fork, poke the potato at least 10 times on all sides. Place the potato on the prepared baking sheet.
- Bake (round one) for 25 minutes. Remove baking sheet from the oven.
- Using a pastry brush, brush the outside of the potato with olive oil until it is completely coated on all sides. Sprinkle the potato with a generous pinch of Kosher salt, and place the potato back on the baking sheet reverse-side-up, so that it can cook evenly on both sides.
- Bake (round two) for an additional 20 minutes. Using an oven mitt, carefully squeeze the potato to check for doneness. If the insides are soft and give under pressure, remove the potato from the oven. Otherwise, continue cooking in 5-minute increments until the potato is soft.
- Cut the potato. Using a small paring knife, slice halfway through the potato lengthwise. Then give it a gentle squeeze to open and serve immediately, with your desired toppings.

*Adapted from [gimmesomeoven.com](http://gimmesomeoven.com)*