

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

06.16.21

No-Mayo Potato Salad



Ingredients

- 2 pounds red potatoes
- 1/2 cup extra-virgin olive oil
- 1 Tablespoon Dijon-style mustard
- 1/2 cup minced white or yellow onion
- 1 teaspoon kosher or coarse salt or to taste
- 1/2 teaspoon freshly ground black pepper or to taste
- 1/2 cup sliced green onions (including green parts)
- 1/4 cup chopped fresh parsley

Cooking Instructions

- Peel or scrub the potatoes and cut them into 1-inch chunks, or halve or quarter baby potatoes so that the pieces are about 1-inch. Place them in a saucepan with salted water to cover by 2 inches. Bring the water to a boil over high heat, reduce the heat to about medium, and simmer the potatoes gently until they are tender and can be pierced with a sharp knife, about 15 minutes. Drain and let cool slightly.
- Meanwhile in a large bowl, combine the olive oil, Dijon mustard, onions, and salt and pepper.
- Add the warm potatoes and gently toss until the potatoes are well coated with the dressing. Let cool slightly, then gently mix in the green onions and parsley. Serve at room temperature.

Adapted from themom100.com

Best Ever Roasted Zucchini



Ingredients

- 4 zucchini (about 1 1/2 pounds), quartered lengthwise
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt-free seasoning (like Mrs. Dash®)
- 1/2 teaspoon dried Italian seasoning
- 1/8 teaspoon Kosher salt

Instructions

- Preheat oven to 450°F and position rack to middle. Spray a large baking sheet with cooking spray. Place cut zucchini, garlic, and olive oil on baking sheet. Toss to combine. Arrange zucchini so they are spread out and one cut side is down.
- Bake for 8 minutes, flip zucchini to other cut side. Bake for 8 minutes longer, or until sides turn golden. While zucchini is baking, mix together spices in a small bowl.
- Remove zucchini from oven and sprinkle with seasonings. Use a spatula to toss so seasonings are evenly coated. Serve immediately.

Adapted from mamagourmand.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, JUN. 24.** PICK-UP **WEDNESDAY, JUN. 30.**
ORDER BY **THURSDAY, JUL. 8.** PICK-UP **WEDNESDAY, JUL. 14.**

Peach-Glazed Roasted Pork Loin



Ingredients

- 2 pound boneless pork loin, trimmed of fat
- 1 1/2 teaspoons dried sage
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and black pepper, optional
- 1 Tablespoon vegetable oil
- 3 firm-ripe peaches, halved, pitted and cut into wedges
- 2 Tablespoons packed dark brown sugar
- 2 teaspoons cornstarch
- 1/8 teaspoon dried red pepper flakes
- 2 Tablespoons Dijon mustard

Instructions

- Preheat oven 425°F.
- Season pork with sage, garlic powder, paprika and salt and pepper, if desired. Heat oil in a large skillet over medium-high heat. Brown pork on one side 3 minutes; turn and place brown-side-up in a 13x9-inch baking dish.
- Roast pork 30 to 35 minutes or until internal temperature reaches 145°F.
- Meanwhile, in the same skillet, combine peaches, sugar, cornstarch and red pepper flakes; stir until cornstarch is dissolved. Cook 2 to 3 minutes over medium-high heat until mixture has thickened. Remove from heat and stir in mustard; set aside.
- When pork is done, spoon peach mixture over roast and return to oven to bake 5 minutes. Remove roast and let stand about 10 minutes before slicing.

Adapted from delmonte.com

Pasta with Mushrooms, Tomatoes and Spinach



Ingredients

- 1 pound whole-wheat pasta
- 2 tablespoons butter
- 8 ounces of mushrooms, sliced
- salt and pepper
- 2 tablespoons olive oil
- 1/2 medium red onion, peeled, quartered and sliced
- 5 cloves garlic, peeled and thinly sliced
- 2 cups of diced Roma or halved cherry tomatoes
- 1/2 cup low-sodium chicken broth
- 3 large handfuls spinach leaves
- Optional: 1/4 cup toasted pine nuts and/or grated Parmesan cheese

Instructions

- Cook pasta al dente following package instructions.
- While the pasta water is coming to a boil, melt butter in a large sauté pan over medium-high heat. Stir in mushrooms and season with a pinch of salt and pepper. Sauté for 4-5 minutes until they are browned around the edges and cooked through, stirring occasionally. Transfer mushrooms to a separate plate, and return sauté pan to the heat.
- Add olive oil to the pan and heat until shimmering. Add onion and sauté for 3-4 minutes, stirring occasionally. Stir in tomatoes and garlic and a few generous pinches of salt and pepper, and sauté for an additional 2-3 minutes, stirring occasionally. Add in broth and stir to combine, scraping up any browned bits on the bottom of the pan. Add spinach one handful at a time, stirring it in until it is slightly wilted before adding the next batch.
- Once the spinach is wilted and the pasta is cooked and drained, pour the vegetable mixture in with the pasta and stir to combine. Serve warm, garnished with optional toppings if desired.

Adapted from gimmesomeoven.com