

EST.



2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

06.30.21

## Baked Chicken with Pears



### Ingredients

- 6 boneless skinless chicken breast halves; (about 1 1/2 pounds)
- 3 Tablespoons low-sodium soy sauce
- 4 teaspoons cornstarch
- 1 cup apple juice
- 2 medium firm-ripe pears
- salt and pepper, to taste
- lime wedges

### Instructions

- Rinse chicken and pat dry; then arrange, skinned side up, in a 9- by 13-inch baking pan. Drizzle with soy sauce.
- Bake, uncovered, in a 450 degree oven, basting occasionally, until meat in thickest part is no longer pink; cut to test (about 20 minutes).
- Meanwhile, place cornstarch in a 1 1/2- to 2-quart pan; smoothly stir in apple juice.
- Peel and core pears, then cut lengthwise into 1/2-inch-thick slices. Add pears to pan and bring to a boil over medium-high heat, mixing gently. Then reduce heat, cover, and simmer until pears are tender when pierced (about 5 minutes).
- When chicken is done, add pear mixture to baking pan; gently shake pan to mix pears and chicken. Transfer chicken, pears, and sauce to a platter. Season to taste with salt and pepper; offer lime wedges to squeeze over individual servings.

*Adapted from epicurus.com*

## Fresh Veggie Pockets



### Ingredients

- 1 carton (8 ounces) spreadable low-fat cream cheese
- 1/4 cup no-salt sunflower kernels
- 1 teaspoon salt-free seasoning blend
- 4 whole wheat pita breads (6 inches), halved
- 1 medium tomato, thinly sliced
- 1 medium cucumber, thinly sliced
- 1 cup sliced fresh mushrooms
- 1 ripe avocado, peeled and sliced

### Instructions

- In a large bowl, combine the cream cheese, sunflower kernels and seasoned salt
- Spread about 2 tablespoons on the inside of each pita half.
- Layer with the tomato, cucumber, mushrooms and avocado.

*Adapted from tasteofhome.com*

**NEXT ORDER DEADLINES**



**ORDER BY THURSDAY, JUL. 8. PICK-UP WEDNESDAY, JUL. 14.**  
**ORDER BY THURSDAY, JUL. 22. PICK-UP WEDNESDAY, JUL. 28.**



## Banana Ice Cream



### Ingredients

- 4 over-ripe bananas, frozen

### Instructions

- Peel the bananas and slice into chunks. Place in a sealed air-tight plastic bag and place in freezer OVERNIGHT.
- Remove bananas from freezer and allow them to sit at room temperature for 5-7 minutes.
- Place bananas in blender.
- Blend until smooth and creamy. It takes a while, just keep blending!
- When smooth, place in airtight container and freeze for at least 2 hours then scoop and serve!
- **Chef's Note:** Add 1/2 teaspoon of cocoa powder, cinnamon, or peanut butter to create different flavors.

*Adapted from [culinarymedicine.org](http://culinarymedicine.org)*

## Oven Roasted Root Veggies



### Ingredients

- 3 Tablespoons olive oil
- 1 pound sweet potatoes - 2 small or one large, peeled
- 3/4 pound red potatoes scrubbed clean, peel on
- 1/2 pound beets, trimmed and scrubbed clean
- 1/2 pound turnips, peeled
- 1/2 pound carrots peeled and halved lengthwise
- 1/2 red onion peeled
- 6 whole garlic cloves
- 1/4 cup extra virgin olive oil divided
- 2 teaspoons dried thyme
- 3 teaspoons dried rosemary
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt or more to taste
- 1/4 teaspoon black pepper or more to taste

### Instructions

- Place a rack in the bottom of your oven and preheat oven to 400 degrees F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast.
- Place cut vegetables into a large mixing bowl. Add 3 Tablespoons olive oil, thyme, cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.
- Brush large rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Sprinkle the rosemary on top of the vegetables.
- Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return baking sheet to oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes.

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

## No-Mayo Carrot Raisin Salad

### Ingredients

- 1/2 cup raisins
- 1/2 cup hot water
- 3/4 cup diced pineapple
- 1 Tablespoon honey or maple syrup
- 4 cups shredded carrots



### Instructions

- Pour hot water over the raisins and let the raisins plump up for 5 to 10 minutes. Drain off the water.
- Mash 1/4 cup of pineapple to release juice and mix with rice wine vinegar and honey to make a dressing
- Toss together carrots, remaining pineapple, plumped raisins, and dressing together.
- Refrigerate for at least one hour before serving.

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