

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

07.28.21

Simple and Quick Homemade Sauce

Homemade can be quick, delicious and extra nutritious! This recipe keeps ingredients healthy and simple and cooks very quickly! Once made, you can add sautéed zucchini, mushrooms, olives and onions for a heartier sauce that can be used multiple ways.



Ingredients

- 2 1/2 pounds fresh tomatoes
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 1 1/2 teaspoons tomato paste
- 1 garlic clove, minced, add more if you love garlic!
- 1 teaspoon dried oregano
- 1 basil sprig
- 1 bay leaf

Instructions

- Cut tomatoes in half horizontally. Squeeze out the seeds and discard. Press the cut side of the tomato against the large holes of a box grater and grate tomato flesh into a bowl. Discard skins. You should have about 2 cups.
- Put tomato pulp in a low wide saucepan over high heat. Add salt, olive oil, tomato paste, garlic, basil and bay leaf. Bring to a boil, then lower heat to a brisk simmer.
- Reduce the sauce by almost half, stirring occasionally, to produce about 1 1/2 cups medium-thick sauce, 10 to 15 minutes. Taste and adjust salt. It will keep up to 5 days in the refrigerator or may be frozen.
- Serve over whole wheat pasta, sprinkle with more basil, if desired.
- Yields about 1 1/2 cups (enough for 3 plates of pasta). Recipe doubles easily with more tomatoes.

From cooking.nytimes.com

Mango Lassi

(Traditional Indian Mango Smoothie)



Ingredients

- 1-1/2 cups mango cubed (fresh mango peeled and chopped, choose very ripe mango or frozen mango)
- 1 cup plain yogurt whole milk yogurt, cold
- 1/2 cup milk or buttermilk cold, can use dairy alternatives, too
- 2 teaspoon honey, optional, adjust to taste
- 1 pinch cardamom powder, optional

Instructions

- Put mango, yogurt, milk, and cardamom into a blender and blend until smooth.
- Taste for sweetness and add a little honey if desired.
- Adjust the consistency to your taste by adding water or blend in some ice cubes.
- Pour mango lassi into serving glasses. Keep it chilled before serving.

Servings: 2

From Salad People & More Real Recipes, Mollie Katzen

NEXT ORDER DEADLINES



ORDER BY THURSDAY, JUL. 22. PICK-UP WEDNESDAY, JUL. 28.
ORDER BY THURSDAY, AUG. 5. PICK-UP WEDNESDAY, AUG. 11.

Smashed Asian Cucumber Salad



This recipe is light, refreshing and perfect for the summer. It's packed with flavor from a zingy dressing, garlic, and cilantro and it only takes 10 minutes to make!

Ingredients

- 2 cucumbers (about 1 to 1-1/2 lbs)
- 1 teaspoon salt
- 2 1/2 teaspoons sugar
- 2 teaspoons sesame oil
- 3 teaspoons light soy sauce
- 1 1/2 tablespoons rice vinegar
- 2-4 cloves garlic (finely chopped)
- 1-2 teaspoons chili oil (optional)
- 2 teaspoons toasted sesame seeds
- a small handful of chopped cilantro

Instructions

- Wash the cucumbers and pat them dry with a clean towel. If not using European seedless cukes, scoop out seeds with the edge of a spoon and discard.
- Make the salad dressing by combining the salt, sugar, sesame oil, light soy sauce, and rice vinegar. Stir until the sugar and salt are completely dissolved. Set aside.
- On a cutting board, lay a large knife flat against the cucumber, and smash it lightly with your other hand. The cucumber should crack open and smash into four sections. Repeat along its full length. Once the whole cucumber is completely open (usually into 4 long sectional pieces), cut it at a 45-degree angle into bite-sized pieces.
- In a large bowl, mix the cut cucumber with the prepared dressing, garlic and chili oil, and toss it well. Serve immediately, garnished with sesame seeds and cilantro.

Servings: 4 - Adapted from thewoksoflife.com

The Magic Corn Cooking Trick



Instructions

- Remove a few of the outer husks that might be dirty.
- Cut off about an inch from the bottom end with a large, sharp knife.
- Place a moist paper towel on the bottom of the microwave or on top of the carousel and place the corn on the paper towel.
- Use this guide for your cook time. Remember the cook time can vary for each microwave.
 - 1 ear - 2 minutes
 - 2 ears - 3 to 4 minutes
 - 3 ears - 5 to 6 minutes
 - 4 ears - 7 to 8 minutes
 - 6 ears - 8 to 9 minutes
- After cooking, let the corn sit for 2-3 minutes. It will continue to cook and will be cooler and easier to handle. If you let it sit too long, the silk will stick to the ear and will be harder to clean.
- Pick the cooked corn up by the top (you might want to use an oven mitt if it is too hot to handle) and squeeze and lightly shake out the ear of corn. It should just slide out leaving the silk and all of the husks behind.
- Just like magic, your corn is cleaned and cooked!

Adapted from muse.ly.com

NUTRITION CORNER BLUEBERRIES

A true **SUPERFOOD**! Blueberries are a good source of several vitamins including **Vitamin K1** (good for bone health) and **Vitamin C** (an antioxidant important for skin health and immune function). Since blueberries have a low glycemic index score and high fiber they are considered a good fruit for people with diabetes and may have benefits for people with high blood pressure, a major risk factor for heart disease.



<https://www.healthline.com/nutrition/foods/blueberries>