

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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08.25.21

Beet Cheats



While pickled beets are popular and roasting brings out great flavor, at this time of year it's too hot for either of those preparations! Cook your beets in the microwave and still win for flavor and nutrition.

Ingredients

- 2-3 medium sized beets

Instructions

1. Wash thoroughly under cold water and dry the beets. Don't peel yet!
2. Place the beets in a single layer in a microwave-safe dish. Add a small amount of water to the bowl -- 2 to 4 tablespoons should be enough. Cover the dish with a vented cover or plastic wrap with holes poked in it.
3. Microwave the beets on high for 5 minutes, shake the bowl to turn them, and microwave again on high for another five minutes or until they are easily pierced with a fork. Depending on the size of the beets and the power of your microwave, the beets should be ready in 10 to 15 minutes. Always use beets of a similar size to ensure even cooking.
4. When cool enough to handle, the skin of the cooked beets should slide right off. Wear gloves, an apron and be ready to scrub your cutting board after this step.
5. Chop to bite size and toss in salads, over other veggies, into a smoothie with fruit for amazing color, or drizzle with lemon and honey and eat as is.

Frozen Chocolate Banana Pops



These crowd-pleasers are loaded with potassium and antioxidants. Double the recipe for playdates and parties.

Ingredients

Makes 4 Pops

- 2 ripe bananas, with black specks on the skin
- 1 cup chocolate chips, semi-sweet or milk
- 2 Tablespoons vegetable or olive oil
- 1/2 cup granola, nuts or sprinkles (optional)

Instructions

1. Line a baking sheet with nonstick foil or parchment paper.
2. Cut the bananas in half and insert a Popsicle stick or chopstick into each half, up the middle. Place them on the baking sheet and freeze for 15 minutes.
3. Meanwhile, melt the chocolate with the oil in a Pyrex glass measuring cup in the microwave (check it every 30 seconds) or in a glass bowl over a half-full pan of simmering water (about 2 minutes). Stir until smooth.
4. Roll each banana half in the chocolate, then quickly sprinkle with your topping (if using).
5. Freeze until the chocolate sets, 30 minutes. Serve or freeze in an airtight container for up to a week.

Adapted from epicurious.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, SEP. 2.** PICK-UP **WEDNESDAY, SEP. 8.**
ORDER BY **THURSDAY, SEP. 16.** PICK-UP **WEDNESDAY, SEP. 22.**

What the Kale is This?!?



Collard greens and kale have much more in common than just their green color. Both are loaded with nutrients and phytochemicals that have been well-researched for their potential health benefits.

But, when it comes to packing a nutritional punch and warding off disease, is one better than the other? To find out, here is a side-by-side comparison of collards and kale for nutritional comparison. Did you know Kale can be cooked just like collards? Any recipe calling for cooked collards will also be delicious with kale. Whichever you prefer, remember:

EAT YOUR GREENS!

Collards vs Kale – Nutrition Side-by-Side

Like most other green leafy vegetables, both collards and kale are low in calories and fat, and high in fiber. Both also contain significant amounts of vitamins C, K, E and B2, as well as calcium, manganese, folate and pro-vitamin A. The biggest difference is that kale contains more of these vitamins and minerals, with the exception of calcium.

The following table highlights the key differences in the nutrient content of collards vs kale, showing the actual amount and the % Daily Value (%DV) for each nutrient. The values below are based on a 3.5 oz. serving of raw collards/kale.

Nutrient	Collards	Kale
Protein	3 g	4 g
Fiber	4 g (14% DV)	3.6 g (13% DV)
Calcium	232 mg (18% DV)	150 mg (12% DV)
Iron	0.47 mg (3% DV)	1.47 mg (8% DV)
Magnesium	27 mg (6% DV)	47 mg (11% DV)
Potassium	213 mg (5% DV)	491 mg (10% DV)
Vitamin C	35 mg (39% DV)	120 mg (133% DV)
Vitamin K	437 mcg (364% DV)	705 mcg (587% DV)
Folate (B9)	129 mcg (32% DV)	141 mcg (35% DV)

Source: <https://www.healwithfood.org/nutrition-facts/collards-vs-kale.php#ixzz73tv8jHnk>

Baked Buffalo Cauliflower Bites

Ingredients

Serves 4-6

- 1 large head of cauliflower cut into florets
- 1/2 cup flour
- 1/2 cup water
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- cooking spray
- 1/2 cup hot sauce
- 2 tablespoons butter melted
- 1/2 tablespoon lemon juice
- Ranch or blue cheese dressing for serving
- Carrots and celery sticks for serving



Instructions

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray or line it with parchment paper.
2. In a large bowl, whisk flour, water, garlic powder, paprika, salt and pepper until batter is smooth.
3. Add the cauliflower to batter and toss to coat.
4. Spread cauliflower onto the prepared baking sheet in a single layer with space between them. Bake in the preheated oven until lightly browned, about 20 to 25 minutes, flipping over halfway through.
5. In another small bowl, combine the hot sauce, melted butter and lemon juice until well blended. Brush the buffalo sauce mixture on the hot cauliflower.
6. Return to the oven and bake until they start to brown, about 15 minutes.
7. Serve hot with ranch or blue cheese dressing, celery and carrots.

Adapted from feelgoodfoodie.net

KITCHEN TIP FOOD SAFETY

We carefully pack your produce each week with a dedicated team of volunteers. That means between the farm and your table, your produce has been in the dirt, in a box, on a truck and touched by dozens of different people!

ALWAYS CLEAN YOUR PRODUCE BEFORE EATING IT!

The BEST way to wash your produce is in a baking soda and water bath. Add **1 teaspoon of baking soda** to every **two cups of water**. **Plunge and soak** your produce for **15 minutes** to remove dirt, pesticides, critters and bacteria. **Rinse and dry** thoroughly before storing in the refrigerator or eating. (Your refrigerator should be set at 40 degrees for storage of produce.)