



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

10.06.21

One-Pan Spinach Pasta



Ingredients

Serves 4

- 14 ounces whole-wheat pasta
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 14 ounces mushrooms, sliced
- 10 ounces fresh spinach
- 1/2 cup low-sodium vegetable broth
- Fresh cracked pepper, to taste
- 1 teaspoon Italian seasoning
- 1/2 cup parmesan cheese, grated

Instructions

1. Cook pasta al dente, according to package instructions.
2. Heat 2 tablespoons of olive oil in a large skillet. Add the mushrooms and sauté for about 3 minutes until lightly browned.
3. Add the chopped garlic and cook for about 30 seconds longer. Deglaze pan with a bit of vegetable broth. Reduce the heat and cook for about 1-2 minutes longer. Remove mushrooms to a plate and set aside.
4. In the same skillet, add spinach and cook for 2 minutes until wilted. Adjust seasoning with salt and pepper.
5. Once the pasta is ready, pour off the cooking water. Push spinach on the side in the skillet and add mushroom back, then put drained pasta in the pan and toss to combine. Add parmesan and Italian seasoning and give a quick stir. Enjoy!

Adapted from eatwell101.com

Parmesan-Crusted & Smashed Turnips

Ingredients

Serves 6

- 12 small to medium turnips, tennis-ball sized, peeled (if larger, peel and cut in half)
- Salt
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Freshly ground black pepper
- 1 cup grated Parmesan cheese (more as needed)
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Instructions

1. Place peeled turnips in a pot of salted water to cover. Bring to a boil. Cook 20 to 30 minutes or until turnips can be pierced easily with a paring knife but not falling apart. Drain. Let cool slightly.
2. Preheat the oven to 375 °F.
3. Place the turnips on a clean kitchen towel or double layer of paper towels. Use the bottom of a mug to gently press each one down until it's approximately 1/2-inch high.
4. Let them drain for 15 minutes then carefully flip them over onto a dry section of the towel or onto fresh paper towels so the other side drains and dries a bit.
5. Combine garlic, olive oil and salt and black pepper, to taste in a small bowl.
6. Line a baking sheet with parchment paper or nonstick aluminum foil. Place the flattened turnips on the lined baking sheet. Brush each turnip with a little of the olive oil and garlic combination. Sprinkle Parmesan cheese over each turnip, gently pressing it down.
7. Carefully and quickly flip each turnip over. Repeat with the remaining olive oil and garlic combination and cheese.
8. Bake for 20 to 25 minutes. Flip each turnip and bake an additional 15 minutes. Serve hot!

Adapted from fromachefskitchen.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, SEP. 30.** PICK-UP **WEDNESDAY, OCT. 6.**
ORDER BY **THURSDAY, OCT. 28.** PICK-UP **WEDNESDAY, NOV. 3.**

ReGrow Your Green Onions



With a glass of water and a windowsill, you can regrow your FoodShare Green Onions and have another batch ready to eat in 10 days to two weeks! Simple!

Instructions

- Choose green onions with fat white bulb ends and some healthy roots showing.
- Cut 1"-2" above the root.
- Stand up your roots in a small, clean jar. Add enough water to cover the roots and halfway up the stem, but don't cover the whole stem.
- Place your jar in a bright window (that window above the kitchen sink?) and watch for growth in 2 or 3 days.
- Check water levels daily so that water levels stay about the same, tops peeking out, roots submerged. Change the water if it looks cloudy.
- In about 8-10 days, green stems should be ready for harvest! Clip the tops with scissors when you want to use in a recipe, let the others keep growing.
- If you love the fresh taste of these onions, you can shift your garden project to a small pot with soil and keep harvesting for up to a year!

Adapted from apieceofrainbow.com

Are you a SNAP Recipient?

SNAP households will receive an increased monthly SNAP benefit, beginning Oct. 1st.

Average Increase: \$12-\$16 per person per month

Scan or click to review FAQ from the USDA



Sweet and Sour Braised Cabbage



This is an easy and delicious way to cook cabbage, it tastes even better the next day! Serve it with sausages or pork chops, since the sweet and sour taste goes so well with earthy meats. This is even better the next day, dress it up with bacon if you're feeling fancy.

Ingredients

Serves 4

- 1/2 large red cabbage, 1 pound, cored & cut crosswise in thin strips
- 1 Tablespoon canola oil
- 1/2 small onion, thinly sliced
- 1 or 2 red apples, peeled, cored and sliced
- About 3 Tablespoons balsamic vinegar
- 1/4 teaspoon ground allspice or fennel seeds
- Salt
- freshly ground pepper to taste

Instructions

1. Cut the cabbage, place in a bowl and cover with cold water while you prepare the remaining ingredients. Don't skip this step, it helps steam while cooking.
2. Heat the oil over medium heat in a large, lidded skillet or casserole, and add the onion. Cook, stirring, until just about tender and translucent not browned, about three minutes. Add 2 tablespoons of the balsamic vinegar and cook, stirring, until the mixture is golden, about three minutes, then add the apples and stir for two to three minutes.
3. Drain the cabbage and add to the pot. Toss to coat thoroughly, then stir in the allspice, another 1-2 tablespoons balsamic vinegar, and salt to taste. Toss together. Cover the pot, and cook over low heat for one hour, stirring from time to time and adding a tablespoon of water at a time if it looks dry.
4. Add freshly ground pepper, taste and adjust salt, and add another tablespoon or two of balsamic vinegar as desired. If you'd like it on the sweeter side, add a tablespoon of brown sugar.

Adapted from The Healthy Mind Cookbook by Rebecca Katz