

EST.

2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

10.20.21

### Oven Fried Okra



#### Ingredients

- 1 3/4 pounds fresh okra
- 4 tablespoons olive oil
- 1/2 cup breadcrumbs
- 2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Serves 8

#### Instructions

1. Preheat oven to 450° F.
2. Wash okra and drain.
3. Remove tips and stems and cut okra into 1/2 inch slices.
4. Coat the okra in the oil, seasonings, and breadcrumbs. Mix thoroughly. Add more oil if dry mixture is not sticking.
5. Spread in a single layer on a cookie sheet.
6. Bake at 450° for 30–40 minutes. Bake until crisp, stirring occasionally.

*Adapted from UNC Center for Health Promotion and Disease Prevention*

### Yellow Squash Casserole



TRY AS A  
THANKSGIVING  
SIDE!

#### Ingredients

Serves 8 as a side

- 4 cups yellow squash sliced (about 2 squash)
- 1 tablespoon olive oil
- 1 yellow onion diced
- 2 cloves garlic chopped
- 1 sleeve of Ritz crackers
- 1 cup cheddar cheese heaping cup
- 2 eggs beaten
- 3/4 cup milk
- 1/4 cup butter melted
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons butter

#### Instructions

1. Preheat oven to 400° F.
2. Heat olive oil over med heat in a large skillet. Saute onions and garlic for 2-3 min.
3. Add the squash on top, stir well. Add a tablespoon of water. Cover and allow to steam for about 5 min, until squash is tender.
4. In a medium bowl, crush crackers with your hands. Add in cheese and toss. Set half of the cracker/cheese mixture aside for topping at the end.
5. Stir in the milk, beaten eggs, and melted butter. Add in the squash mixture and season with salt and pepper.
6. Pour into a greased 9-inch x 13-inch baking dish. Top with the remaining cracker mixture and dab with 2 tbsp butter, cut into little squares.
7. Bake for 25 min until cracker topping is slightly browned. Serve warm.

*Adapted from realhousemoms.com*

**NEXT ORDER  
DEADLINES**



ORDER BY **THURSDAY, OCT. 28.** PICK-UP **WEDNESDAY, NOV. 3.**  
ORDER BY **THURSDAY, NOV. 11.** PICK-UP **WEDNESDAY, NOV. 17.**



# Stuffed Roasted Acorn Squash with Rice, Sausage and Greens



## Ingredients

*Serves 2 for main meal*

- 1 medium acorn squash (about 2 pounds)
- Olive oil, as needed
- Kosher salt and black pepper
- 1/4 cup raw nuts, your favorites for serving (optional)
- 1 cup chopped onions (about 1/2 large onion)
- 1/4 packed cup chopped fresh sage leaves
- 3 garlic cloves, minced
- 2 cups lightly packed chopped kale leaves, Swiss chard or spinach
- 1/2 pound bulk hot Italian pork sausage
- Generous pinch of ground nutmeg
- 1/2 cup dry white wine, such as sauvignon blanc (you can substitute apple cider vinegar or chicken broth)
- 1/2 cup to 1 cup cooked white or brown rice
- 1/3 cup grated Parmesan cheese
- Chopped fresh parsley, for serving (optional)

## Instructions

1. Preheat oven to 400° F. Carefully cut each squash in half through the stem, removing the stem if still attached. (tip: stab a few times with a knife and then microwave for 2 minutes to soften enough to get your knife into it to fully split.) Scoop out and discard the seeds, and place the squash halves on a sheet pan, cut-side up. (You may want to trim the bottom of the squash halves slightly so they don't wobble on the pan.) Brush each squash generously with olive oil and sprinkle with salt and pepper. Roast until the flesh is very tender when pierced with a knife, 35 to 40 minutes.
2. Meanwhile, if using the nuts, heat a large skillet slicked with olive oil over medium. Add the nuts and toast, tossing often, until the nuts are fragrant, about 4 minutes. Transfer the nuts to a cutting board to cool. Once cooled, coarsely chop the nuts, sprinkle lightly with salt, then set aside.
3. Add 2 tablespoons olive oil to the skillet and heat over medium-low. Add the onions and cook for 5 minutes, stirring occasionally, until translucent. Add the garlic and cook for 1 minute, stirring often, until the garlic is fragrant.
4. Raise the heat to medium-high and add the sausage. Raise the heat to medium-high and add the sausage, nutmeg, 1 teaspoon salt and 1/2 teaspoon pepper. Cook, crumbling the sausage with a wooden spoon as it cooks, until no longer pink, about 6 minutes. Add the kale or greens of choice and cook, tossing, just until it begins to wilt.
5. Add the wine/broth/water and cook, scraping any browned bits from the bottom of the pan, until about half the liquid has evaporated. Remove the skillet from the heat.
6. Using a small spoon, gently scrape about 3 heaping tablespoons of flesh from the cavity of each squash (you should have about 1/2 cup altogether) and add it to the sausage, along with the cooked rice and Parmesan. Mix thoroughly until combined, breaking up any chunks of squash.
7. Divide the sausage mixture among the squash halves, filling each one to the top. (Depending on the size of the squash cavities, you may need to slightly heap the filling.) (Option to top with more cheese here for more melting and browning.) Return the sheet pan to the oven to roast for 15 to 20 minutes, or until the filling is heated through and starting to brown on top.
8. Sprinkle with chopped nuts and parsley, if using, and serve hot

*Adapted from the New York Times and Chef Christa's own recipe.*