

EST.

2015



# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

11.17.21

### Make It A Less Stress Thanksgiving! Prep Ahead & Freeze for Next Week



Thanksgiving Day cooking should be about the big bird! When the turkey comes out of the oven, it should rest before being cut. This is when your re-heating takes place. And someone else can be mashing the potatoes and stirring the greens.

Things that can be made ahead:

- Casseroles
- Stuffing/Dressing
- Gravy - will benefit from flavors marrying, on the day of, cook up gizzards in pan drippings from the roasted bird to add to gravy
- As many desserts as possible should be made ahead.

Tip: Best potatoes for mashed potatoes are Yukon Golds! (Save the red potatoes for roasting and potato salads, they turn glue-y when mashed.)



November is **Diabetes Awareness Month**. Visit [diabetesfoodhub.org](http://diabetesfoodhub.org) for more recipes & additional healthy-eating resources.



### Roasted Asparagus with Garlic-Lemon Sauce



#### Ingredients

*Makes 4 servings*

- 2 bunches asparagus, (about 2 pounds), peel the bottom inch or so, then chop off the woody/tough part
- 2 teaspoons extra-virgin olive oil, divided
- 1/8 teaspoon salt
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons shredded Parmesan cheese
- 2 tablespoons water
- 2 anchovy fillets, minced (still delicious if you leave them out!)
- 1 small clove garlic, minced
- 1 tablespoon lemon juice
- 2 chopped hard-boiled eggs, (optional; see Tip)

#### Instructions

1. Preheat oven to 400 degrees F.
2. Toss asparagus with oil and salt in a large bowl. Spread on a baking sheet and roast, stirring once halfway through, until tender, 15 to 20 minutes.
3. Combine mayonnaise, Parmesan, water, anchovies, garlic and lemon juice in a small bowl. To serve, drizzle the asparagus with the sauce and top with hard-boiled egg (if using).

*Adapted from livingwell.com*

**OUR NEXT ORDER DATE IS ONE  
DAY EARLIER THAN USUAL!**



**ORDER BY WED. NOV. 24  
PICK UP ON WED. DEC. 1**



## Homemade Cranberry-Orange Relish



Once you've made this yourself, you might never go back to the canned sauce. It uses less sugar and keeps for more than a week (think of the leftovers!) You can customize this how you'd like it, maybe add a little fresh ginger for even more zing, a cinnamon stick for fall flavors or a dash of black pepper for some savory spice.

### Ingredients Makes 2 1/4 cups

- Zest of one orange or two tangerines (zest first, then squeeze for juice)
- 1/2 cup fresh orange juice or tangerine juice
- 1/2 cup water
- 2/3 cup white sugar
- 1 (12 ounce) bag of fresh or frozen cranberries (do not use dried!)
- Pinch salt

### Instructions

1. In a medium saucepan over high heat, bring the juice, water and sugar to a boil. Do not leave unattended.
2. Add the cranberries, zest, and salt and return to a boil. Reduce the heat to medium and boil gently for 10-12 minutes. Most of the cranberries will pop open, and you may want to crush them with the back of a spoon.
3. Transfer to a serving bowl or jar, cover and chill until ready to serve.
4. If you freeze it, for up to two months, thaw overnight in refrigerator before using.

*Adapted from Julia Child's recipe to reduce sugar*

## Slow-Cooker Day-After-Thanksgiving Soup

When you don't want to cook anymore and there isn't quite enough leftover turkey for sandwiches, pull out the slow cooker. Take a few minutes to chop everything, toss it all in the pot and go for a walk with family and friends while this cooks. The key focus of this recipe is to **USE LEFTOVERS** of what you have, when you can!



### Ingredients

**Serves 8-10**

- 4 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1/2 cup red or yellow onion, chopped
- 3 cloves garlic, minced
- 2 cups fresh (trimmed and cut into 2-inch pieces) or leftover green beans
- 2 (15 ounce) cans no-sodium-added red kidney beans, rinsed
- 2 (15 ounce) cans no-sodium-added diced tomatoes, undrained
- 6 cups no-sodium-added vegetable broth (or one 4 cup carton + 2 cups water)
- 2 tablespoons Italian seasoning
- 1 teaspoon crushed red pepper
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground pepper
- 2 cups leftover turkey meat, chopped
- 4 ounces **dried** whole-wheat pasta elbows or other small pasta (about 1 cup)
- 2 cups fresh, chopped kale leaves
- 1/2 cup freshly grated Parmesan cheese

### Instructions

1. Combine carrots, celery, onion, garlic, kidney beans, tomatoes, broth, Italian seasoning, crushed red pepper, 1/4 teaspoon salt, and pepper in a **6- to 8-qt. slow cooker**. Cover and cook on Low for 3 to 4 hours.
2. Step 2 Stir in pasta, kale, and the remaining 1/2 teaspoon salt. Cover and cook on Low until the pasta is tender, 30 minutes more. Serve immediately, topping each serving with about 1 1/2 tablespoons Parmesan.

**Variation:** Brown some spicy sausage, out of its casings, in a separate pan to add more flavor, adding the carrots, onions, celery towards the end to get some browning too. Then add everything to the slow cooker and proceed with the recipe.

*Adapted from eatingwell.com*