

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

11.03.21

## Potato, Spinach & Garlic Soup with Sausage



**Total Carbs**  
29 g/serving  
or 1 ½ Starch &  
½ Carbohydrate

*How you prepare your potatoes has an effect on how your blood sugar responds and what else you serve with it will impact your body's glycemic response. (Hint, the answer is more vegetables! Serve this soup with a salad.)*



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



## Ingredients

- 1 1/2 Tablespoons extra virgin olive oil
- 1 1/2 pounds diced Yukon gold potatoes (about 6 med.)
- 1 teaspoon fresh or dried rosemary
- 1 Tablespoon minced garlic, 4-6 cloves
- 8 ounces precooked chicken, turkey or meatless sausage, or mushrooms, diced
- 8 cups low-sodium chicken or vegetable broth
- 6 ounces baby spinach or 10-ounce bag frozen spinach
- 1/2 teaspoon black pepper
- 1/4 cup parmesan cheese, grated (optional) for serving

## Instructions

1. In a large stockpot, heat the oil over medium heat. Add the sausage, rosemary, and garlic and cook, stirring frequently, until the sausage is browned, about 15 minutes. Add the potatoes in the last few minutes of this time. If using mushrooms instead, cook until brown for about 10 minutes.
2. Add the broth to the pot, raise the heat to bring the soup to a boil, then partially cover and simmer for 20 minutes or longer until the potatoes are tender when poked with a fork. (Use this time to make your salad!)
3. Add the spinach and pepper, and heat until just warmed. Serve topped with Parmesan cheese, if using.

*Adapted from **The Six O'Clock Scramble Meal Planner, A Year of Quick, Delicious Meals to Help you Prevent and Manage Diabetes** by Aviva Godfarb*

## NEVER JUDGE A BOOK BY ITS COVER (OR AN ORANGE BY ITS PEEL)

As Fall and Winter arrive, FoodShare boxes and your grocery store will generally have access to both **Florida** and **California** oranges.

**What's the difference?** In this photo, Florida fruit is on the left and California is on the right. **All three of these oranges will cut fine and taste great**, but there is a big difference in the appearance. You may be surprised to find that the **Florida fruit is often SWEETER**, it just won't have the deep orange color and blemish-free skin of the California fruit.

The takeaway lesson? **Don't judge! Just enjoy!**



**NEXT ORDER DEADLINES**



ORDER BY **THURSDAY, NOV. 11**. PICK-UP **WEDNESDAY, NOV. 17**.  
ORDER BY **WEDNESDAY, NOV. 24**. PICK-UP **WEDNESDAY, DEC. 1**.



## 20-Minute Mushrooms



### Ingredients

- 10 ounces mushrooms
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 cloves garlic (minced)
- 3/4 teaspoon dried thyme flakes (finely chopped)
- 1 tablespoon butter (thinly sliced)
- parsley (dry, optional)
- salt & pepper

*Serves 4 as a side*

### Instructions

1. It's highly recommended that you do not wash your mushrooms. They will absorb water and will not cook as fully or as with as much flavor. Simply wipe any visible dirt from mushrooms with a crumpled paper towel.
2. In a bowl, combine olive oil, lemon juice, minced garlic, thyme, salt and pepper.
3. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil.
4. Place mushrooms in the bowl with oil, juice, butter and spices and gently toss with a spoon.
5. Transfer mushrooms to the baking sheet and top with the butter slices.
6. Bake at 400 degrees for 8 minutes, flip and cook for another 5 minutes.
7. Drizzle cooking juices over mushrooms, sprinkle with parsley and serve.

*Adapted from mydeliciousmeals.com*

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## Spicy Skillet Turnip Greens



### Ingredients

- 1 tablespoon olive oil
- 1 medium onion cut into wedges
- 1 pound turnip greens cleaned and chopped
- 1/4 cup water
- pinch brown sugar
- 1/8 teaspoon red pepper flakes adjust to preference

*Serves 6 as a side*

### Instructions

1. Drizzle olive oil into skillet over medium heat.
2. Add onion and cook until just tender, about 3 minutes. Then add 1/2 of turnip greens. Allow to cook down and add the remainder of the greens.
3. Add water, brown sugar and red pepper flakes. Adjust the amount of red pepper to your personal taste.

*Adapted from addapinch.com*