

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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12.01.21

10-Minute Buttery Chicken with Zucchini & Herbs



Ingredients

- 2 tablespoons butter
- 1 1/2 pounds chicken strips (uncooked chicken breasts sliced into strips)
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon salt for the chicken plus 1/2 teaspoon for the zucchini
- 2 zucchini or summer squash, cut in half lengthwise and sliced into half-moon shapes
- zest and juice of 1 lemon
- 2 tablespoons olive oil
- handful of fresh herbs, cut into small pieces (we like basil and parsley)

Instructions

1. Melt butter in large skillet over medium-high heat. While butter is melting, sprinkle lemon pepper and 1/2 teaspoon salt on the uncooked chicken.
2. Place chicken strips in the hot pan and DON'T MOVE THEM. Cook for 3 minutes on one side then flip. Cook for another 3 minutes.
3. Now add the sliced zucchini/squash and stir.
4. Add the lemon zest, juice, olive oil and remaining 1/2 teaspoon of salt. Stir.
5. Cook for about 4 minutes, stirring often, until the zucchini becomes soft.
6. Sprinkle chopped herbs on top and serve.

Adapted from foodlets.com

Chia Seed Pudding with Almond Milk & Blueberries



Research has shown that berries are a powerful addition to a diet to help prevent the development of **Type 2 Diabetes**. Especially blueberries which are rich in healthful anthocyanins, when eaten regularly with meals, can improve insulin resistance in overweight and obese individuals.

Ingredients

Serving Size: 3/4 Cup

- 2 Tablespoons chia seeds (on spice or health food aisle in most grocery stores)
- 1/2 cup **unsweetened** almond milk or milk of your choice
- 1 Tablespoon Stevia or other zero-calorie sweetener
- 1/8 teaspoon vanilla extract
- 1 pinch cinnamon
- 1/2 cup blueberries, frozen or fresh

Instructions

1. Pour all ingredients, except blueberries, into a jar and mix well with a fork or small whisk. Let sit for 2-3 minutes then mix again very well until you see no clumping.
2. Cover the jar and store in fridge overnight or for at least 1 hour.
3. When you're ready to eat it, top with blueberries and enjoy cold!

Adapted from culinarymedicine.org

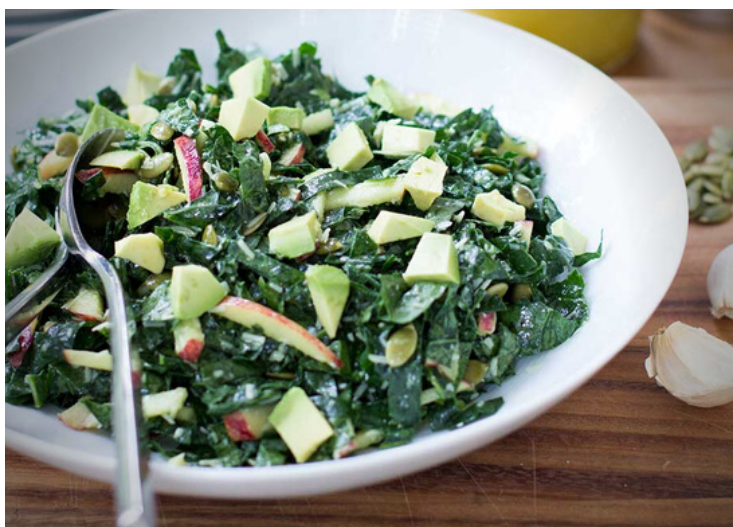
Check out additional resources at diabetesfree.sc.org

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, DEC. 9.** PICK-UP **WEDNESDAY, DEC. 15.**
THERE WILL **NOT** BE A FOODSHARE DISTRIBUTION ON DEC 29.

Massaged Kale Salad with Avocado & Apples



Why would I want to massage kale? Massaging kale does a couple of things: It breaks down the fibers, making it easier to chew and digest. It takes away some of that bitter “green” taste that some kale-haters dislike. Massage until the leaves turn a bright green then add the rest of your ingredients. Massage too long and your kale will become dark and sad.

Ingredients

- 1 bunch of kale, rinsed, stems cut out
- 1 lemon, zest first, then squeeze for juice (about 1 Tablespoon)
- 3 Tablespoons olive oil
- 1/4 teaspoon salt
- 1 avocado, halved & sliced
- 1 apple, preferably a tart variety like Granny Smith
- 1/4 cup sunflower seeds
- Shaved parmesan, optional

Instructions

1. Zest lemon, yellow part only, into a small bowl and set aside. Slice lemon in half.
2. To prepare kale, lay each leaf flat on a cutting board and run a sharp knife down each side of stem. Discard stems. Tear up leaves into bite-size pieces and place in a large bowl. Drizzle 2 Tablespoons of olive oil and juice of half a lemon over kale, then sprinkle with salt. With clean hands, work oil and lemon into leaves for a few minutes, about 3 minutes. Leaves will turn bright green and will soften considerably.
3. Slice apple and squeeze other half of lemon over it.
4. Add apples, avocado, sunflower seeds and parmesan cheese to the kale, and toss to distribute. Add a little more olive oil, if you'd like. It will help the apple and avocado not brown so quickly.

Notes

Just the massaged kale part of this recipe will keep well in the fridge for 5 days, use it with other salad toppings during the week.

Chef Christa's Original Recipe

Let's Talk About Bok Choy

It's fun to say, easy to cook and full of nutritional goodness! You might think you've never had it, but it's a common ingredient in Chinese food dishes, so maybe you already have tried it. **Bok choy** is in the same plant family as collards, mustard greens, Brussels sprouts and broccoli. It's mild-to-bitter flavor is easy to add to soups and stir fries.



Ingredients

- 12 to 16 ounces bok choy, rinsed well
- 1/4 cup chicken broth, vegetable broth or water
- 1 tablespoon rice wine or dry sherry
- 2 teaspoons soy sauce
- 1/4 teaspoon cornstarch
- 1 tablespoon peanut or canola oil
- 3 garlic cloves, smashed with the flat side of a chef's knife or minced
- 1 slice ginger, smashed with the flat side of a chef's knife or minced
- Salt to taste
- 1/4 teaspoon sugar
- 1 to 2 teaspoons sesame seeds, (optional, to taste)
- 1-2 medium carrots, grated
- Brown rice for serving

Instructions-

1. **Prep and measure all ingredients in advance of starting. At Step 5, this recipe moves FAST!**
2. Slice bok choy lengthwise into quarters or halves, about 2 inches thick. Rinse well, down towards the root and then shake off as much water as possible.
3. In a small bowl, combine broth or water, sherry, soy sauce, cornstarch and stir well.
4. In a large sauté pan, add the oil over high heat and swirl until it becomes glossy over the bottom and sides of the pan.
5. **FAST STEPS:** Add the garlic and ginger and cook for 10 seconds, just until you can smell it. Quickly add all the bok choy. Sprinkle with salt and sugar. Cook for 30 seconds without moving the bok choy. Then add the broth-soy sauce-cornstarch mixture and toss to coat, moving it all around the pan for about 1-2 minutes. If you have bigger bok choy it will be a minute or so longer.
6. Add grated carrots for a touch of sweetness, sprinkle with sesame seeds if using and serve over brown rice.

Adapted from cooking.nytimes.com