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EST.



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March 10, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Stuffed Collard Green Rolls

Intimidated by collard greens? Looking for a new way to them? These rolls take a bit of time but will forever change your mind about what you can do with this healthy green!



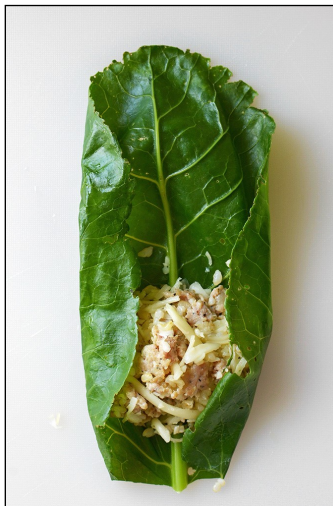
Ingredients

- 1 bunch of collard greens (10-16 leaves, stem removed)
- 16 ounce jar of marinara or crushed tomatoes (low sodium or no-salt added)
- 1 pot salted boiling water (1 teaspoon salt added)
- 1 pound ground chicken, sausage, beef or pork
- 1/2 cup diced onion
- 3 cloves minced garlic
- 1 1/2 cup cooked rice (3/4 cup dry)
- 1 1/2 cup part-skim low-moisture shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1/4 cup fresh basil or 4 teaspoons dried basil

Instructions

- Gently cook collard greens in pot of salted boiling water for 3 minutes or until just tender. Drain and rinse with cold water and arrange leaves so they're lying flat.
- Cook rice separately. Over medium heat, cook meat and onions in a skillet. Add minced garlic and remove from the heat. Allow rice and meat to cool before adding cheese.

- Add cooked rice, mozzarella and basil to the cool skillet with meat and onions. Stir.
- Line a baking dish with the jar of marinara sauce or crushed tomatoes.
- Place 1/3 to 1/2 cup meat mixture in each cooked collard green leaf, roll, and place in the baking dish until all of the rice mixture is used.



- Use toothpicks to hold together if needed. Cover with foil, and cook in a 350°F oven for 35-40 minutes. Allow 5 minutes to cool and then serve immediately.

Adapted from simpleseasonal.com

FOODSHARE KITCHEN TIP

Did you ever have your spinach turn damp and wilt before you have a chance to use it?

Try this simple tip to prolong freshness! Place spinach in a resealable

bag with a dry paper towel inside. The idea is to keep your spinach as dry as possible because excess moisture is what causes salad greens to get wet and spoil. You can also use this tip with celery and fresh herbs!

Happy cooking!



NEXT ORDER DEADLINES



ORDER BY **FRIDAY, MARCH 20.** PICK-UP **TUESDAY, MARCH 24**

ORDER BY **FRIDAY, APRIL 3.** PICK-UP **TUESDAY, APRIL 10**

Cabbage Soup



Ingredients

- 3 tablespoons olive oil
- 1/2 yellow onion chopped or 1/2 bunch of green onions chopped
- 4 cloves garlic, minced
- 8 cups low sodium chicken or vegetable broth
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper or to taste
- 1 head cabbage, chopped in 1 1/2-inch chunks
- 4 carrots, peeled and chopped
- 2 stalks celery, sliced thinly (optional)
- 14.5 ounce can low-sodium stewed tomatoes

Instructions

- In a large pot add the olive oil over medium heat then add in the onions and garlic. Cook until the onions are see-through, about 3-5 minutes.
- Add the broth, salt, thyme, pepper, cabbage, carrots, celery and tomatoes. Simmer for 30 minutes. That's it. Enjoy.

Adapted from dinnerthendessert.com

Mini Apple "Pizzas"

Ingredients

- 1 Tablespoon lemon juice
- 2 apples
- 2 Tablespoons peanut butter
- Suggested toppings: sliced bananas, berries of any type, mixed seeds, coconut, ground cinnamon, maple syrup (just guidance, use what you like!)



Instructions

- Core apples and slice into 1/4 inch slices. Place in a bowl filled halfway with cold water. Add lemon juice and let sit for a few minutes. (Stops apples from browning.)
- Drain apples and spread peanut butter onto one side of each apple ring.
- Top with desired toppings or set out all the topping ingredients into small bowls and let kids add what they like, encouraging them to try new flavors.

Adapted from veggiedesserts.com

Creamy Mashed Potatoes

Ingredients

- 10-15 potatoes, medium
- 5 cups water
- 1/2 cup butter
- 3 cups milk
- 3 Tablespoons garlic powder
- fresh basil leaves (optional)
- salt/pepper to taste



Instructions

- Cut potatoes into quarters and place in large pot.
- Add water (or enough to cover potatoes) bring to a boil.
- Cover and continue boiling for 20 minutes (or until soft).
- Remove from heat and let cool for 5 minutes.
- Mash the potatoes and add the butter, milk, and garlic powder.

Adapted from jaroflemons.com

Vegan Loaded Mashed Potato Bowls



Ingredients

- 1/4 recipe Creamy Mashed Potatoes (made in advance)
- 1 Tablespoon olive or canola oil
- 1 cup baby carrots or carrot chips
- 2 cups mushrooms
- 2 cups spinach

Instructions

- Heat oil over medium-high heat for 2-3 minutes.
- Add the carrots and sauté for about 10 minutes.
- Add the mushrooms to the pan and continue to sauté for another 10 minutes.
- Add the spinach and sauté for another 5 minutes.
- Place the Creamy Garlic Mashed Red Potatoes in each bowl and heat up in the microwave.
- Add the cooked carrots, mushrooms, and spinach to each bowl.

Adapted from jaroflemons.com