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March 24, 2020

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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

We Care About Your Safety



At FoodShare, we are taking all possible recommended precautions in the preparation and distribution of your Fresh Food Box and wanted to let you know the steps we have put in place.

Box Packing

- The number of FoodShare staff/volunteers packing boxes has been reduced to 10.
- Packing is taking place at the SC State Farmer's Market using EPA-registered sanitizer products in cleaning and sanitizing practices.
- All individuals packing boxes will be screened for fever before being allowed into the packing facility.
- Individuals packing will wear masks and gloves and also wash hands and change gloves at least once per hour.

Box Distribution

- All box distribution occurs in an outdoor setting via curbside with no hand-to-hand contact. Volunteers will carry boxes to and place in vehicles, using sanitizer between each placement of boxes.
- The number of volunteers/staff at distribution will be limited and remain at least 5 feet apart from each other.
- **Any program participant who is at a higher risk, including individuals who are over 65 and/or with underlying health conditions, should stay home and send someone else to pick-up boxes for them.**
- **All produce should be washed when you get it home.**

Ground Turkey Sweet Potato Skillet



Ingredients

- 2 tablespoons extra virgin olive oil
- 1 pound ground turkey
- 1 teaspoon garlic clove, minced
- 1/2 cup onions, diced
- 1/2 cup red bell pepper, diced
- 1 1/2 cups sweet potato, diced
- Freshly ground black pepper and Kosher salt
- Pinch of red chili flakes, optional
- 1/2 cup shredded mozzarella

Instructions

- Preheat the oven to 400°F.
- In an oven-proof skillet, heat the olive oil over medium-high heat and add the ground turkey and garlic. Use a wooden spoon to break up the turkey as it cooks. Stir occasionally, and cook for about 5 minutes.
- Add onions and peppers, and cook until onions are soft.
- Add sweet potato, red chili flakes, pinch of salt, and pepper to taste.
- Cover the skillet, and cook until the sweet potatoes are tender, stirring occasionally.
- When the sweet potatoes are tender, add the shredded mozzarella cheese, and put the skillet in the oven to melt the cheese.
- When the cheese melts, remove from oven and enjoy!

Adapted from primaverakitchen.com

NEXT ORDER DEADLINES



ORDER BY **FRIDAY, APRIL 3.** PICK-UP **TUESDAY, APRIL 10**
ORDER BY **FRIDAY, APRIL 17.** PICK-UP **TUESDAY, APRIL 21**

Baked Garlic Parmesan Mushrooms



Ingredients

- 1 container fresh white mushrooms
- 2-4 tablespoons olive oil, divided
- 1 lemon, juiced
- 4 tablespoons grated parmesan
- 1/2 teaspoon garlic powder
- 1 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste

Instructions

- Preheat the oven to 375F.
- In a small bowl combine 1 tablespoon lemon juice, thyme and 2 tablespoons olive oil.
- Spray canola oil on baking sheet and spread mushrooms in an even layer
- Drizzle with half the olive oil mixture evenly among the mushrooms, just spreading it across the top, sprinkle with salt and pepper to taste, and toss to combine.
- Bake for 10 minutes. Sprinkle the parmesan over the mushrooms and return to the oven for another 5 minutes, or until mushrooms turn a golden brown color. Toss occasionally.
- Remove from oven and drizzle the remaining olive oil mixture and 1 tablespoon lemon juice (or more to taste) over the mushrooms.
- Serve immediately.

Adapted from sugarapron.com

Mushroom Tips

- **Brush! Don't Wash!** Mushrooms will likely have a little dirt on them when you open the package but do not wash them! Mushrooms are like little sponges and will absorb that water, making them water-logged. Simply brush the dirt off with a dry paper towel.
- **Ditch the plastic wrap!** You can store mushrooms in the fridge for up to about 3-4 days. When you get them home, take the plastic off the tray they come in and cover with a damp paper towel. Leaving the plastic on will cause them to get slimy or shrivel.
- **Don't be impatient.** When you sauté mushrooms, be sure to let them sit before stirring or turning. Walk away for just a few minutes. You will be glad you did!

Roasted Red Peppers



Ingredients

- Red bell peppers
- 1 Clove Garlic (optional)
- 1 Tablespoon extra virgin olive oil

Instructions

- Preheat oven to 450 degrees.
- Wash and core peppers removing stem and seeds and Slice into long strips.
- Add peppers to baking sheet lined with parchment paper. Add Garlic whole. Drizzle olive oil over peppers.
- Bake 20 minutes until peppers have a charred look.
- Add them to your salads or wraps or use as a side dish to a meal.

Adapted from tastefulventure.com

Cinnamon-Baked Pears

Ingredients

- 2-3 ripe pears
- 1/2 cup rolled oats
- 1 tsp ground cinnamon
- 1/2 teaspoon cinnamon sugar
- 2 ounces butter, melted
- 1/3 cup brown sugar
- 1/8 tsp salt

Instructions

- Preheat oven to 400°F
- In a bowl, combine oats, cinnamon, sugar, and salt.
- Pour in half of the melted butter and mix.
- Cut the pears in half and scoop out some of the center.
- Brush the insides with the remaining butter, and sprinkle with cinnamon sugar.
- Spoon oats and cinnamon mix into the center of pears.
- Bake for 35 to 40 minutes or until the pears get soft.



Adapted from belgianfoodie.com