

803-851-4461

EST.



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April 7, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

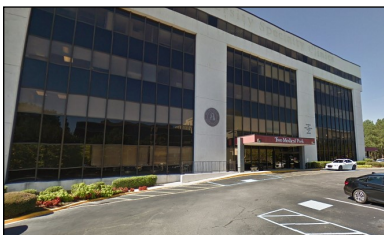
We've Moved (Again)!

With the closing of the Bellfield Center in response to the current health crisis, FoodShare South Carolina has moved operations to two different locations for the short-term.

Operating from two locations is not a permanent plan and we appreciate your patience as we get a little creative in our efforts to continue providing our Fresh Food Box to you and other members of the community.

Ordering

- If you place your order in person, we now ask you to come to our office at Prisma Health Richland.
- 2 Medical Park Road, Columbia, SC 29203
- **Call 803-851-4461 in advance for specific instructions for cash and SNAP orders.**
- Orders will be taken either over the phone or curbside.



Pick-Up

- Fresh Food boxes will be distributed near The Meeting Place Church at Spotlight Cinemas off Two-Notch Road
- 201 Columbia Mall Blvd., Suite 113, Columbia, SC 29223
- This is near the old Circuit City and Value City stores. Across the mall parking lot from Macy's and the Food Court.
- Boxes are available for pick-up **ONLY** on Tuesdays.
- Pick-up hours are 9:00am - 6:00pm.
- Pick-up will be curbside only to maintain proper social distancing.
- **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.**



Parmesan Zucchini Crisps



Ingredients

- 2 medium zucchini
- 1/2 cup shredded parmesan
- Black pepper and garlic powder, to taste

Instructions

- Preheat the oven to 425°F.
- Place parchment paper or foil on your baking sheet and spray with cooking spray (This seems like overboard, but the zucchini will easily stick to the parchment paper and you don't want to lose any of those delicious bites!)
- Slice zucchini very thinly so they crisp up nicely.
- Place zucchini slices on baking sheet and season with pepper and garlic powder.
- Generously cover with the shredded parmesan. Don't worry about getting it perfectly on top of just the zucchini. You can coat the entire pan. THIS is the key to having some crispies! The zucchini itself will not get super crisp; however, all the parmesan around it will!
- Bake in the oven at 425° for about 10 minutes. When the 10 minutes is up, broil for another 2-3 minutes.
- NOTE: Watch these pretty carefully so you don't burn them! This is definitely a recipe you can play around with to see how much cheese and seasoning you prefer.

Adapted from brittvincent.com

NEXT ORDER DEADLINES



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

ORDER BY FRIDAY, MAY 1. PICK-UP TUESDAY, MAY 5

Double-Decker Fruit Smoothie



Ingredients

- 2 large bananas, peeled and sliced
- 1 heaping handful spinach (about 1.5 cups)
- 1/2 of a large apple, chopped (or 1 small – use your favorite variety)
- 7 large strawberries, sliced
- 1/2 cup low-fat milk
- Kosher salt and freshly ground black pepper, to taste

Instructions

- Blend 1 banana, the spinach, apple and 1/4 cup milk together until smooth. Add more milk if it is too thick. Scrape down the sides of the blender as needed. Pour equally into 2 glasses.
- Rinse out the blender and blend 1 banana, 1/4 cup milk, and the strawberries together until smooth. Scrape down the sides of the blender as needed and add more milk if it is too thick. Pour the strawberry smoothie on top. Serve immediately.
- The layered smoothie look is optional, so you can just blend all of the ingredients together instead.

Adapted from sallysbakingaddiction.com

Spaghetti with Fresh Tomatoes



Ingredients

- 4 fresh tomatoes, diced
- 2 Tablespoons olive oil
- 3 cloves of garlic (Or as much garlic as you want. Remember, you should be social distancing.)
- Finely chopped fresh parsley
- Freshly ground black pepper
- Cooked whole wheat spaghetti
- Shaved or grated fresh Parmesan cheese

Instructions

- Crush garlic in olive oil
- Toss garlic, tomatoes, pepper and parsley together
- Serve over cooked pasta, topped with Parmesan cheese.

Roasted Carrots with Feta

Ingredients

- non-stick cooking spray
- 1 pound baby carrots, sliced lengthwise
- 1 1/2 Tablespoons olive oil
- 1/2 Tablespoon red wine vinegar
- 1 teaspoon honey
- Kosher salt and freshly ground black pepper
- 1 Tablespoon fresh-squeezed lemon juice
- 2 ounces feta, crumbled



Instructions

- Adjust oven rack to lower-middle position and preheat oven to 400°F. Line a 9x13-inch baking dish with foil and spray with cooking spray. Add carrots, olive oil, vinegar, and honey. Season lightly with salt and generously with pepper and toss to combine. Transfer to oven to roast, stirring periodically, until edges are starting to char and carrots are softened but still have some crunch, about 25 minutes.
- Remove from oven, toss with lemon juice and let cool to room temperature. Add feta, season with additional cracked black pepper, toss and serve.

Adapted from seriouseats.com