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2015

April 21, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

We're All In This Together

As we continue to navigate these unusual times, we are grateful for the FoodShare community and the work we are honored to do with you. While our ordering and distribution systems have been thrown a bit out of whack, we know that many of you are also experiencing difficulties. Our goal is to continue addressing healthy food access in our community and in our State.

If you know of families or individuals who may be having difficulty purchasing a Fresh Food Box and you have the resources, please consider making a donation to "pay it forward" to help a family who may be out of work or otherwise unable to cover the cost of food at this time. On-line donations can be made at <https://bit.ly/FoodShareDonation>.



We hope our recipe cards are proving useful as people avoid going to restaurants and making unnecessary trips to the store. Now is a time to find ways to use shelf-stable foods. Sturdy and reliable, beans, grains, canned vegetables, pickles, pastes and condiments are a practical choice. Beyond the functionality of these foods, though, they embody an innate assurance that's especially welcome in times of uncertainty.

In addition to our resources, there are many others that will help you continue to eat healthy. Some we recommend are:

- **American Heart Association**
<https://recipes.heart.org>
- **American Diabetes Association**
<https://www.diabetesfoodhub.org>
- **US Department of Agriculture**
<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/recipes>

Mediterranean White Bean Soup



Ingredients

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 garlic cloves minced
- 1 large carrot chopped
- 1 celery rib chopped
- 6 cups vegetable broth (See recipe on other side)
- 1 teaspoon dried thyme
- 1/2 teaspoon oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 15-ounces canned white beans drained and rinsed
- 2 cups baby spinach
- Fresh parsley for serving
- Grated parmesan cheese for serving

Instructions

- In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until onions are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes.
- Add vegetable broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine all of the flavors together.
- Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes
- Remove from heat, sprinkle fresh parsley and grated parmesan cheese, if desired, and serve immediately.

Adapted from feelgoodfoodie.net

NEXT ORDER DEADLINES



ORDER BY **FRIDAY, MAY 1**. PICK-UP **TUESDAY, MAY 5**
ORDER BY **FRIDAY, MAY 15**. PICK-UP **TUESDAY, MAY 19**

Homemade Veggie Stock



No need to go to the grocery store when making your own stock couldn't be easier! Don't throw out your onion tops and zucchini caps any longer; use this recipe as a starting place and use whatever veggies you have on hand.

Ingredients

- 2 Onions, cut into quarters
- 1-2 Carrots, cut into thirds
- 3-4 stalks Celery, cut into thirds
- 2 Bay leaves
- 4-5 Thyme sprigs
- 6-8 Parsley sprigs
- 4 cloves Garlic (optional)
- 1 bunch Fennel fronds (optional)
- 1 bunch Leek tops (optional)
- As needed Whole peppercorn (optional)

Preparation on Stove-top

- Add vegetables and herbs to the pot. Add water to cover; return to a simmer. Simmer for at least one hour.
- Strain solids, reserving the liquids. Portion out stock and refrigerate or freeze.

Preparation in Slow Cooker

- Add all ingredients to slow cooker and add water until the slow cooker is 3/4 of the way full.
- Cook on low for 10 hours, or on high for 5 hours.
- Turn off heat and allow to cool. Strain solids through a cheesecloth, reserving the liquids. Cool in the refrigerator and then skim off excess fat. Portion out stock and refrigerate or freeze

Storage and Usage Tips

- Store in the refrigerator up to 5 days or in the freezer up to 1 month (sometimes longer).
- Perfect for use in soups, recipes, gravy, and more!
- Use it for cooking grains like rice or quinoa.
- Reheat pasta and stir-fries with broth to add additional flavor.
- Keep leftover casseroles from drying out by adding before popping back into the oven.

Perfect Roasted Asparagus



We don't feature asparagus often and we are thrilled to have it this week. This roasted asparagus recipe is a fantastic side dish that everyone will love. One cool thing about asparagus is that you can really season it however you'd like.

Ingredients

- 1 large bunch (about 1 pound) fresh asparagus
- 1 to 2 teaspoons olive oil
- 1 lemon
- Parmesan cheese
- Salt and freshly ground black pepper, to taste

How to Store Fresh Asparagus

- Place your asparagus in a heavy-bottomed jar or drinking glass when you get it home, and add a couple inches of water. You can place a plastic bag over the top to retain maximum freshness.
- Then, store the asparagus like this in your refrigerator. It will stay fresh for several days longer this way

Instructions

- Crush garlic in olive oil
- Preheat the oven to 425 and line a large, rimmed baking sheet with parchment paper for easy cleanup.
- Snap off the woody ends of the asparagus (if you sharply bend the asparagus near the base, it will snap in the right place). Discard the ends.
- Place the asparagus on the sheet and drizzle with 1 to 2 teaspoons olive oil, just enough to lightly coat the asparagus.
- Sprinkle salt and pepper over the asparagus, and toss until the spears are lightly coated in oil. Arrange the spears in a single layer on the pan.
- Bake just until the base of the asparagus is easily pierced through by a fork. Very thin asparagus, like the kind shown above, will take as little as 9 to 12 minutes, whereas thicker asparagus will need 15 to 20 minutes.
- Transfer the roasted asparagus to a serving platter and season however you'd like. You could keep it simple with a squeeze of lemon juice, or a sprinkle of Parmesan.
- Roasted asparagus is best served when it's fresh out of the oven, but it will keep at room temperature for up to 1 hour or up to 4 days in the refrigerator (gently reheat before serving).

Adapted from cookieandkate.com