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May 5, 2020

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# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Cabbage Hash Browns



**Trust us.** We know it might be hard to believe, but these hash browns really taste like they're made with potatoes! The onions make them taste a little like latkes. Serving it with an over-easy (or scrambled) egg and some turkey bacon make for a filling breakfast. We know what you're thinking...cabbage hash brown? **Trust us!**

### Ingredients

- 2 large eggs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 2 cups shredded cabbage
- 1/4 small yellow onion, thinly sliced
- 1 Tablespoon olive oil

### Instructions

- In a large bowl, whisk together eggs, garlic powder, and salt. Season with black pepper.
- Add cabbage and onion to egg mixture and toss to combine.
- In a large skillet over medium-high heat, heat oil.
- Divide mixture into 4 patties in the pan and press with spatula to flatten.
- Cook until golden and tender, about 3 minutes per side.
- Serve as a side as part of a healthy breakfast to start your day right!

*Adapted from delish.com*

## Bell Pepper Tacos

### Ingredients

- 4 bell peppers colors of choice
- 3/4 cup shredded cheese of choice
- 1 pound ground turkey
- Green onions, minced
- 1 tablespoon olive oil
- 1 packet low-sodium taco seasoning
- 1 cup water

### Optional Toppings

- 1 cup chopped lettuce
- 1/2 cup chopped tomato
- sliced jalapeños
- 1 lime cut into wedges
- Plain Greek yogurt
- fresh avocado or guacamole
- shredded cheddar or pepper jack cheese

### Instructions

- Pre-heat oven to 400F.
- Slice each bell pepper in half. Remove stem and seeds. Place peppers on sheet pan and bake for 10-12 minutes.
- While the peppers are roasting, Brown onion in 1 tablespoons oil in a large heavy-duty pan. When the onion starts to brown, add the ground meat. Crumble and stir meat for 2-3 minutes or until brown. Add taco seasoning and stir for 2 minutes. Next add 1 cup of water and simmer mixture for 2-3 minutes. Remove from heat.
- Fill each bell pepper with about 1/2 cup of taco meat mixture (or until full). Top with a sprinkle of cheese and return to oven to bake for 20 minutes.
- Remove from oven and serve with topping options on the side or assemble the toppings yourself. To store, place in an airtight container for 4-5 days in the fridge. Microwave for 2 minutes and top with fresh topping to serve. Enjoy!



*Adapted from gimmedelicious.com*

**NEXT ORDER DEADLINES**



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

ORDER BY **FRIDAY, MAY 29.** PICK-UP **TUESDAY, JUNE 5**

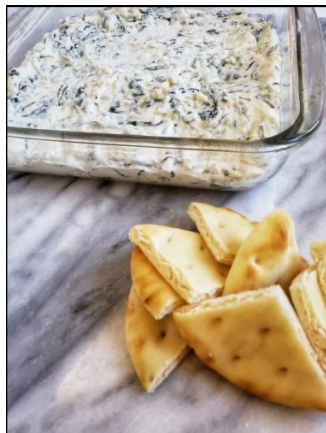
## Skinny Spinach Dip

### Ingredients

- 2 teaspoons extra virgin olive oil
- 3 cups spinach roughly chopped
- 1 Tablespoon minced garlic
- 1 medium onion chopped
- 1/2 cup light cream cheese (room temperature)
- 1 1/2 cup plain greek yogurt

### Instructions

- Preheat the oven to 350 degrees.
- In a pan on medium heat, add the extra virgin olive oil, chopped spinach, onion and minced garlic.
- Stir occasionally until spinach has wilted and onion is translucent.
- In a bowl, mix the Greek yogurt, light cream cheese, onion powder, salt, pepper and garlic powder with a hand mixer until smooth.
- Once the cream cheese-yogurt mixture is smooth, mix in the grated parmesan and grated white cheddar cheese with a spatula.
- In the bowl, add in the wilted spinach mixture.
- Spread the mixture out evenly in an 8x8 oven-proof dish.
- Bake for 20 minutes.
- Serve with pitas, naan bread or fresh vegetables for a low carb option.



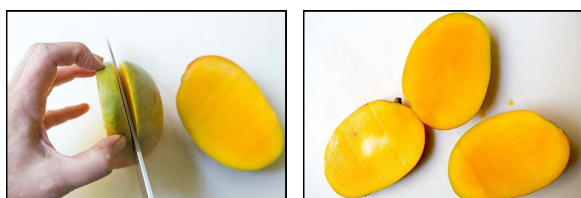
*Adapted from fitandfrugalmommy.com*

## How to Cut A Mango

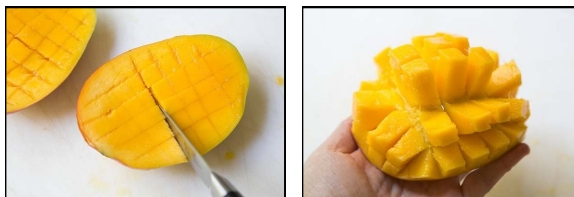
Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit.



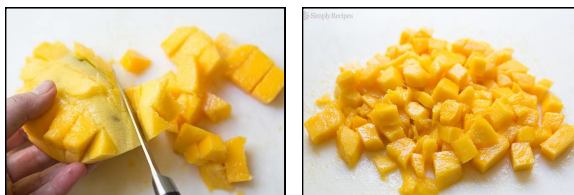
Then repeat with the other side. You should end up with three pieces: two halves, and a middle section that includes the pit.



Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel. Invert the mango half so that the cut segments are sticking out like a hedgehog.



At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.



Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel. You may be able to extract a little extra mango from around the pit.

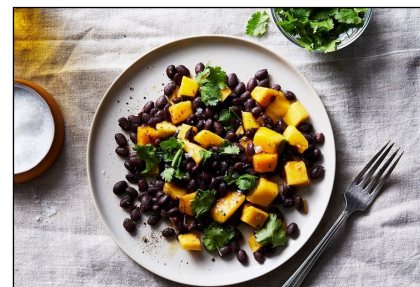
Here's a video tutorial to help you out, too!

[www.simplyrecipes.com/recipes/how\\_to\\_cut\\_a\\_mango/](http://www.simplyrecipes.com/recipes/how_to_cut_a_mango/)

## Black Bean with Mango and Chili Powder Salad

### Ingredients

- 1 cup cubed mango
- 1 can black beans (drained and rinsed)
- 1/8 cup olive oil
- 1 1/2 teaspoons lime juice
- 1 teaspoon chili powder
- 1 large handful fresh cilantro, stems removed, chopped (optional)
- Salt and freshly ground black pepper, to taste



### Instructions

- In a serving bowl, mix the mango and beans.
- In a small bowl, whisk olive oil with lime juice and chili powder.
- Add the cilantro to the serving bowl and then drizzle the dressing over the salad. Season to taste with salt and pepper. Toss to combine.
- Serve chilled or at room temperature. This salad can be assembled in advance without cilantro and refrigerated for a day.

*Adapted from food52.com*