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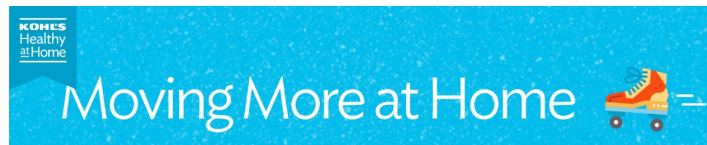
May 19, 2020

# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Local Farmer Spotlight

This week, we have squash from **Hickory Bluff Berry Farm** in Holly Hill, SC and lettuce from **Vertical Roots** in Columbia, SC. These two companies are doing wonderful things to bring fresh produce into our local communities and we're so grateful for their hard work during this uncertain time to feed us all!



Physical activity breaks throughout the day help reduce stress and anxiety, boost the immune system, improve sleep, and support our physical and mental health. But during times of change and uncertainty, it's easy to forget how good it can feel to move our bodies.

That's why we are happy to share this resource presented by Alliance for a Healthier Generation and Kohl's. **Moving More at Home** is a collection of free, home-based activities, tools, and videos for students and parents to make moving more at home easy and fun for the whole family.

From customizable family adventures to indoor scavenger hunts, **Moving More at Home** will help you integrate quick and easy physical activity breaks into your daily routine so you can move more and feel better!

<https://bit.ly/MovingMoreAtHome>

## Crustless Spinach Quiche



### Ingredients

- 1 tablespoon extra virgin olive oil
- 2 garlic cloves minced
- 1/2 yellow onion diced small
- 8 ounces mushrooms sliced
- 5 cups spinach
- 4 large eggs
- 4 egg whites
- 3/4 cup Swiss cheese
- 3/4 cup skim or low-fat milk
- 1 teaspoon salt
- 1/2 teaspoon black pepper

### Instructions

- Preheat the oven to 350 degrees. Spray a nine inch quiche dish with cooking spray and set aside.
- In a large skillet, heat the olive oil. Then add the garlic, onion, and mushrooms. Cook, sautéing until the mushrooms are soft. About 5 minutes.
- Add in the spinach and stir until wilted. About two minutes. Remove from the heat and set aside.
- In a large bowl whisk together the eggs, egg whites, milk, salt, pepper, and cheese.
- Pour the vegetables into the quiche dish. Add the egg mixture over the top. Bake for 40 minutes or until the edges start to pull away from the side of the dish and the middle has just a slight jiggle to it.

*Adapted from simplejoy.com*

**NEXT ORDER DEADLINES**



ORDER BY **FRIDAY, MAY 29**. PICK-UP **TUESDAY, JUNE 2**  
ORDER BY **FRIDAY, JUNE 12**. PICK-UP **TUESDAY, JUNE 16**

## Kale Cranberry Salad



*The key to a good kale salad is taking an extra minute or two to massage the kale and soften it. Awkward sounding? Yes. Essential to soft, delicious greens? Yes.*

### Ingredients

- 3 Tablespoons olive oil, divided
- 1 green onion, thinly sliced
- 3 cloves garlic, coarsely chopped
- 1 cup dried cranberries
- 2 Tablespoons red wine vinegar
- 2 teaspoons honey
- juice and zest of half a lemon
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1 bunch kale, very thinly sliced
- 1/4 cup sliced almonds
- (optional) 1/4 cup crumbled blue cheese

### Instructions

- Heat 2 Tablespoons oil in a large sauté pan over medium heat. Add onion and sauté for at least 5 minutes or until tender. Add garlic and sauté for 1 minute.
- Add cranberries, red wine vinegar, honey and lemon juice and zest, and stir to combine. Season with salt and pepper.
- In a large bowl, toss the kale with olive oil and an extra pinch of salt, and massage kale with your fingers for 1 minute until tender.
- Add in the cranberry/shallot mixture and almonds, and toss to combine.
- Serve topped with crumbled cheese if desired.

*Adapted from [gimmesomeoven.com](http://gimmesomeoven.com)*

## Creamy Chicken Salad with Apples and Raisins



### Ingredients

- 1 pound boneless, skinless Chicken breast,
- 1 Tablespoon Salt free seasoning
- 1 Tablespoon light mayonnaise
- 1/2 cup non-fat, plain yogurt,
- 2 teaspoons mustard (Dijon or Creole)
- 2 Tablespoons apple cider vinegar
- 2 celery stalks, diced (or substitute diced cucumbers)
- 1/4 cup pecans, chopped
- 1 apple, diced small
- 2 Tablespoons raisins
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon Black Pepper
- 8 Whole wheat sandwich thins or crackers
- Cucumbers (optional)

### Instructions

- Preheat the oven to 350 degrees.
- Trim chicken breast and season.
- In a preheated sauté pan, apply pan spray as needed and cook chicken. Brown on both sides and then place on a sheet tray and bake in the oven until the internal temperature reads 165 °F, about 10 minutes. Remove and allow to cool.
- While chicken is cooling, mix all other ingredients into a large mixing bowl.
- Dice or shred the cooled chicken breast and add it to the sauce mixture.
- Allow to set for 5 minutes (or you can leave overnight) in the refrigerator.
- Serve 1/2 cup of chicken salad with sliced cucumber and lettuce on top of crackers or whole wheat sandwich thins.

*Adapted from [culinarymedicine.org](http://culinarymedicine.org)*