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EST.



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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

(All Fruit) Banana Split



Banana splits for breakfast, dessert or any time you want! Just use low-fat yogurt instead of ice cream. Add fresh fruits to your liking and top with granola and/or nuts.

Sweet Potato Rice



This Sweet Potato Rice is a great side dish that's both delicious and healthy, plus it's easy to make! It's nothing more than shredded, sautéed sweet potato, but it takes on a really fantastic texture that's soft but also slightly golden and crisp, and an intensified sweet flavor

Ingredients

- 1.5 pounds sweet potato
- 3 Tablespoons olive oil
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper freshly ground

Instructions

- Peel the sweet potato if desired, then shred using the shredding disk of a food processor or the large size of a hand shredder.
- Chop shreds 2-3 minutes with a knife until it resembles grains of rice .
- Heat a large nonstick skillet over medium heat, and add the olive oil, sweet potato, salt, and black pepper.
- Cook for 20-25 minutes, stirring every few minutes, until the sweet potato shrinks down considerably and starts to become golden and caramelized on the edges.
- If things start to look dry, add one tablespoon more oil.
- Serve and enjoy!

Adapted from fifteenspatulas.com

**NEXT ORDER
DEADLINES**



ORDER BY **FRIDAY, JUNE 12.** PICK-UP **TUESDAY, JUNE 16**
ORDER BY **FRIDAY, JUNE 26.** PICK-UP **TUESDAY, JUNE 30**

Spicy Roasted Broccoli



This Spicy Roasted Broccoli is crispy on the outside, tender on the inside, and packs some heat. It cooks quickly with minimal prep so you'll be able to enjoy it quickly!

Ingredients

- 12 ounces fresh broccoli florets
- 3 - 4 tablespoons olive oil, extra virgin
- 1/4 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes

Instructions

- Preheat oven to 425 degrees.
- Slice any large broccoli florets in half. Leave smaller ones whole.
- Spread florets in a single even layer on a baking sheet. Drizzle with olive oil. Sprinkle with salt and crushed red pepper flakes.
- Bake for 15 to 20 minutes. Florets should be soft with browning on the side that touches the pan.
- Remove from the oven and serve!

Adapted from thewholecook.com

Crispy Roasted Green Onions

Ingredients

- 1 bunch of green onions
- 1 tablespoon extra virgin oil olive
- 1/8 teaspoon salt



Instructions

- Pre-heat the oven to 375 degrees F.
- Wash and dry onions, trim the ends, and slice the bulbs in half length-wise.
- Gently toss onions with the oil and salt and spread them on a baking tray without letting them get too cozy with one another.
- Bake for 20-25 minutes, checking after 20.
- Remove from heat and let cool before serving

Adapted from hopehealcook.com

Healthy Egg Roll in a Bowl



Ingredients

- 2 Tablespoons olive oil, divided
- 1 pound ground chicken
- 5 cups cabbage, thinly sliced
- 1 cup carrots, julienned
- 1 Tablespoon ginger, minced
- 3 cloves garlic, minced
- 2 Tablespoons low sodium soy sauce
- 2 teaspoons sesame oil
- 1 Tablespoon rice wine vinegar
- 2 teaspoon Sriracha or other hot sauce, or more to taste
- sesame seeds for serving, if desired
- green onions for serving, if desired

Instructions

- Heat 1 tablespoon of oil in a large skillet over medium high heat.
- Add in ground chicken and cook for 3-4 minutes or until the chicken has browned and is no longer pink. Drain any excess grease and remove the chicken from the pan onto a plate and set aside.
- Add the remaining tablespoon of oil to the same pan. Add in cabbage and carrots and sauté over high heat until golden brown on the outside and tender, 4-5 minutes.
- Add in ginger and garlic and sauté for one minute.
- Add the chicken back to the pan along with the soy sauce, sesame oil, rice wine vinegar, and chili garlic sauce. Toss to coat the cabbage and chicken in the sauce.
- Serve immediately with sesame seeds and green onions for garnish, if desired.

Adapted from chefsavvy.com