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EST.



2015

June 16, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Red Hasselback Potatoes with Fresh Rosemary



Ingredients

- Cooking spray
- 2 pounds medium red-skin potatoes, scrubbed
- 1/4 cup olive oil
- 3 heaping Tablespoons chopped fresh rosemary leaves
- 6 garlic cloves, chopped
- 2 teaspoons kosher salt
- Freshly ground black pepper

Instructions

- Preheat the oven to 375°F. Spray a baking sheet with cooking spray.
- Place rosemary in olive oil and let sit for 30 minutes
- Place each potato in a large wooden spoon. Thinly slice the potato vertically, about every 1/8 inch. Be careful not to slice all the way through to the bottom. The shape of the spoon should help prevent it.
- Place potatoes on prepared baking sheet. Sprinkle the garlic evenly over all the potatoes, and use your fingers to push it into the slits. Drizzle with the olive oil rosemary mixture and sprinkle with the salt and pepper. Bake until tender and browned, 60 to 70 minutes.

Adapted from epicurious.com

Grilled Chicken with Cantaloupe Salsa

Chicken

- 1 1/2 pounds chicken breasts (4 cutlets)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- Cilantro, garnish

Salsa

- 2 cups minced cantaloupe
- 1/2 cup minced onion
- 1 jalapeno, seeded and minced
- 1/2 lime, juice only
- 2 tablespoons fresh cilantro, minced
- Kosher salt, to taste

Instructions

- Slice cantaloupe into half and scoop out seeds. Slice each half into quarters, peel and mince flesh into 1/4-inch pieces.
- Cut pepper in half. Cut out seeds and stem. Mince finely and add to cantaloupe.
- Stir salsa together with other salsa ingredients. Set aside.
- Rub chicken with olive oil and sprinkle with spices. Preheat grill to medium-high.
- Grill chicken cutlets for 6-7 minutes per side until they are cooked through and reach 165 F° in the thickest part.
- Remove chicken and let rest for a few minutes.
- Serve grilled chicken topped with cantaloupe salsa and garnished with extra lime and cilantro.
- Leftovers keep great for 3-4 days. Store the salsa and the chicken separately.



Adapted from macheesmo.com

NEXT ORDER DEADLINES



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

ORDER BY **FRIDAY, JULY 10.** PICK-UP **TUESDAY, JULY 14**

Lemon Garlic Asparagus Pasta



Ingredients

- 8 ounces whole-wheat pasta
- 1 bunch asparagus
- 2 Tablespoons butter
- 2 cloves garlic, minced
- 1 lemon

Instructions

- Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Reserve about 1/2 cup of the cooking water, then drain the pasta and set it aside.
- While the pasta is cooking, prepare the asparagus. Remove the bottom 1/2 to 1-inch of the stems, or just the part that is tough and woody. Chop the remaining asparagus into 1-inch pieces.
- Place the asparagus in a large skillet and add about 1/2 inch water. Place a lid on the skillet and bring the water up to a boil. Let the asparagus steam and simmer for about 2 minutes, or just until it turns bright green and has become slightly tender (test with a fork). Drain the asparagus and return it to the skillet.
- Add the butter and minced garlic to the skillet with the asparagus and place it over medium heat. Sauté the partially cooked asparagus in the butter and garlic for about two minutes more, or until the garlic becomes soft and fragrant. Turn off the heat.
- Add the cooked and drained pasta to the skillet with the sautéed asparagus. Toss the pasta in the skillet until it is combined with the asparagus and coated with garlic butter. Top with a generous pinch of salt and freshly cracked pepper.
- Use a zester or small-holed cheese grater to zest the lemon peel onto the pasta. Once zested, slice the lemon in half and squeeze the fresh juice over the pasta. Toss the pasta until everything is well combined, adding a splash of the reserved pasta cooking water if it becomes dry. Taste the pasta and adjust the salt, pepper, or lemon if desired. Serve warm.

Adapted from hopehealcook.com

10-Minute Marinated Mushrooms



Ingredients

- 12 ounces small button mushrooms
- 1 teaspoon extra virgin olive oil

Marinade

- 1/4 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 2 cloves garlic (smashed and minced)
- 1/2 teaspoon maple syrup or sugar if desired
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 2 Tablespoons fresh chopped parsley or 1 teaspoon dried

Instructions

- Heat a pan to medium-high heat and add your mushrooms plus a little bit of olive oil.
- Sauté for 5 minutes until tender and slightly browned.
- While the mushrooms cook, whisk together remaining ingredients for a marinade and set aside.
- Transfer the mushrooms to a medium bowl and toss with marinade to coat.
- Enjoy right away, or save them for later! They're great at room temperature and awesome chilled!

Adapted from peasandcrayons.com