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EST.



2015

June 30, 2020

# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Slow and Steady Roasted Tomatoes



### Ingredients

- 1/8 cup extra virgin olive oil
- 2 teaspoons fresh thyme leaves
- 2 garlic cloves, finely minced
- pinch of kosher salt
- 5 tomatoes, cut in half lengthwise
- Grated Parmesan cheese

### Instructions

- Preheat oven to 275 degrees. In a medium bowl, stir together olive oil, thyme, garlic, and salt. Toss tomatoes in mixture until coated. Place tomato halves cut side up on baking sheet. Spoon remaining oil mixture over tomatoes.
- Transfer baking sheet to oven and cook for **2 1/2 hours**, depending on size of tomatoes.
- Remove from oven and sprinkle Parmesan cheese on them for the last 10 minutes of roasting.
- Remove from oven and cool completely before serving.

*Adapted from southernboydishes.com*

## Baked Apple Pork Chops



### Ingredients

- 4 boneless pork chops (3/4 inch thick)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 apples (peeled and chopped)
- 2 tablespoons butter
- 3 tablespoons honey

### Instructions

- Preheat the oven to 350 F.
- Place the pork chops in a glass or metal baking dish and sprinkle with the salt and pepper.
- Cover dish with foil and bake at 350 F for 30 minutes.
- After 25 minutes of baking, peel and chop the apples. (You're waiting this long so they do not turn brown).
- Uncover the dish and place chopped apple over the top of each chop. Dot with the butter and drizzle with the honey. Return the pan to the oven and bake, uncovered, for another 10 to 15 minutes until the pork chops are glazed and cooked to at least 145 F.

*Adapted from thespruceeats.com*

**NEXT ORDER  
DEADLINES**



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

ORDER BY **FRIDAY, JULY 24.** PICK-UP **TUESDAY, JULY 28**

## Mango Salad



### Ingredients

- 2 teaspoons balsamic vinegar
- 2 teaspoons fresh lemon juice
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons extra-virgin olive oil
- 1 firm-ripe mango, peeled and cut into 1/2-inch cubes
- 1 large tomato, cut into 1/2-inch cubes
- 1 small onion, halved and thinly sliced crosswise
- 1/3 cup fresh cilantro leaves

### Instructions

- Whisk together vinegar, lemon juice, sugar, salt, and pepper until sugar is dissolved, then add oil, whisking until emulsified.
- Add remaining ingredients and toss until coated.

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

## Baked Grapefruit

### Ingredients

- 1 grapefruit
- 2 teaspoons honey or maple syrup
- 1/2 teaspoon cinnamon

### Instructions

- Trim a thin slice off the bottom of each side of the grapefruit so it sits level
- Halve grapefruit and remove pith with a knife.
- Preheat oven to 400F. Line a rimmed baking sheet with parchment paper.
- Halve grapefruits and remove visible seeds. Cut the flesh into segments with a small pairing knife. Arrange the halves on baking sheet.
- Drizzle each half with 1 teaspoon of maple syrup, then sprinkle with 1/4 teaspoon of cinnamon.
- Bake for 16-17 minutes or until golden and juicy. Serve warm.



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

## Not Your Grandma's Collard Greens



### Ingredients

- 1 large bunch of collard greens
- 1/4 cup smooth peanut butter
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1/2 cup carrot, peeled and diced
- 2 tablespoons olive oil
- 2 tomatoes, peeled and diced
- 2 chipotle peppers in adobo, chopped
- 1 tablespoon apple cider vinegar
- Hot pepper sauce

*Now don't shake your head—peanut butter and greens go magnificently together. Plus, African cultures have long combined peanuts with their greens, so it's a classic flavor combination. The peanut butter doesn't make the greens overly nutty, and it adds a nice richness to the greens and the broth that can be missing in greens not made with meat.*

### Instructions

- Thoroughly clean each collard leaf and remove the ribs and stems. Tear each leaf in half.
- **To go meatless:** In a large pot or Dutch oven, sauté on medium heat the onions and carrots in the olive oil, until lightly brown, about 10 minutes. Add the garlic and cook for 1 more minute. Add the tomatoes and chipotles. Add torn leaves to the pot and add four cups of water. Bring water to a boil, and then turn heat down to a simmer. Add the vinegar and stir in the peanut butter. Cook greens for an hour and a half, or until they are the texture you prefer. Serve with pepper vinegar or hot pepper sauce.
- **Meat eaters:** Swap 1/2 pound of smoked turkey for the tomatoes, carrot, chipotles and peanut butter. Add meat to the pot after you cook the onion and garlic. Add six cups of water, bring to a boil and cook for half an hour. Add the greens and vinegar, and cook for another hour and a half. You might want to add a teaspoon of cayenne as well.

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