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EST.



2015

July 14, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Baked Eggplant Sticks



Ingredients

- 1 small or 1/2 large eggplant (10 ounces)
- 1 tsp olive oil
- 1/2 tsp kosher salt and fresh cracked pepper
- 1/2 cup Italian seasoned breadcrumbs
- 2 Tablespoons Parmesan cheese
- 1 large egg white
- oil spray

Instructions

- Preheat the oven to 450°F.
- Line baking sheet with parchment paper and lightly spray with oil.
- Place eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside.
- Combine breadcrumbs and parmesan cheese in a bowl, and egg whites in another.
- Dip a few strips of eggplant at a time into the egg whites, then into the breadcrumbs. Using a fork, remove eggplant from crumbs and place on the baking sheets. Spray with more oil and bake 10 minutes in the middle rack.
- Turn over and bake an additional 5 minutes, or until golden.

Adapted from skinnytaste.com

Apple and Corn Salad



Ingredients

- 2 large apples, cored and cut into 1/2 inch cubes
- 1 teaspoon lemon juice
- 4 ears corn, removed from the cob, cooked, then cooled
- 1/4 cup **low-fat** mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons parsley, fresh, finely chopped

Instructions

- In a large bowl, toss the diced apples with the lemon juice immediately to prevent the apples from browning.
- Add the corn, mayonnaise, salt, ground black pepper, and parsley. Toss well to coat.
- Transfer to food-safe container and refrigerate for a minimum of 2 hours before serving.

Adapted from lordbyronskitchen.com

**NEXT ORDER
DEADLINES**



ORDER BY **FRIDAY, JULY 24.** PICK-UP **TUESDAY, JULY 28**
ORDER BY **FRIDAY, AUGUST 7.** PICK-UP **TUESDAY, AUGUST 11**

Crispy Spinach, Mushroom and Onion Quesadillas



Why do we love Spinach and Mushroom Quesadillas? It's super easy! It's a great way to get kids to eat vegetables! It's a healthy and nutritious meal ready in just in 20 minutes! You can plan ahead by making the filling ahead of time!

Ingredients

- 1 large onion
- 8 ounces white mushrooms
- 6 cups baby spinach
- 1 cup low-fat shredded pepper jack cheese
- 3 Tablespoons olive oil
- 6-8 whole wheat tortillas

Instructions

- Thinly slice a large onion and white mushrooms.
- In a large skillet over medium heat, add 1 tablespoon oil. Add the sliced onions and cook them until they are lightly caramelized.
- Add sliced mushrooms and cook until tender for about 5 minutes on medium heat.
- Add the spinach, little bit at a time and mix it until the spinach is wilted. Remove from heat.
- Heat a large skillet/grilling pan on medium heat. Place a tortilla on the pan, apply little oil on both sides and cook for a minute. Flip with a spatula, spread a thin layer of the cooked veggies.
- Spread a layer of shredded cheese on top.
- Carefully place second tortilla on top of the cheese and press it gently with the spatula. Add few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over.
- **Pro Tip** – Depending on how big your tortilla is, it might be a good idea to just spread the filling and cheese on half of the tortilla and then fold over the other half on top.
- Cook the other side until both sides are nice and crispy golden brown and the cheese starts to melt. Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.

Adapted from ministryofcurry.com

Garlic Roasted Radishes

Ingredients

- 6 ounces radishes
- 1 teaspoon olive oil
- Pinch of salt and pepper
- 1 garlic clove, finely minced
- Pinch of dried parsley

Instructions

- Preheat oven to 425.
- Slice radishes in half length-wise
- In a bowl, combine the radishes, oil, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.
- Spread radishes in a single layer in a baking dish.
- Bake for 20-25 minutes, tossing every 10 or so minutes. Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.
- Optional: Serve with a side of light ranch dressing for dipping or drizzling on top and garnish with parsley, dill or chives.



Adapted from therealfoodrds.com

Black Pepper Zucchini Chips

Ingredients

- 2 zucchini
- 1 Tablespoon olive oil
- 1/2 cup Parmesan cheese
- 1 teaspoon pepper
- 1 teaspoon garlic powder

Instructions

- Preheat the oven to 450 degrees
- Thinly slice the zucchini into chips and toss them in olive oil, cheese, garlic powder, and pepper.
- Cover a baking sheet in foil and spread out the zucchini in a single layer. bake for 18-22 minutes until crispy.
- To make them extra crispy, place a rack on top of the baking sheet and cook the zucchini on the rack so the top and bottom both crispy up well.



Adapted from slenderkitchen.com