

803-851-4461

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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

SPECIAL LABOR DAY SCHEDULE

Our Labor Day Week Fresh Food Box Pick-Up will be on **Wednesday, September 9** to allow our staff and volunteers to enjoy the Monday holiday.

SIGN UP FOR FOODSHARE TEXT MESSAGES

Never miss a Fresh Food Box order deadline again!
Text **FOODSHARE** to **33222**
and receive reminders every two weeks to order your box and also to pick up your box.

Sweet Tangy Apple Cole Slaw



Dressing Ingredients

- 1/2 cup red-wine vinegar
- 1 Tablespoon honey
- 1/4 cup sugar (or less)
- 1/2 teaspoon salt
- 1/2 teaspoon celery salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper freshly ground
- 1/3 teaspoon cayenne pepper
- 1/4 cup olive oil

Slaw Ingredients

- 1 small head green cabbage shredded
- 2 Red apples chopped into small pieces
- 1/2 bag shredded carrots

Instructions

- Combine dressing ingredients in a bowl and mix vigorously.
- Combine shredded cabbage, shredded carrots and apples in a separate large bowl. Pour dressing over the coleslaw mix and toss to coat evenly.
- Refrigerate for at least 2 hours, tossing occasionally, before serving. Store covered, up to three days.

Adapted from allrecipes.com

NEXT ORDER DEADLINES



ORDER BY **FRIDAY, AUGUST 7**. PICK-UP **TUESDAY, AUGUST 11**
ORDER BY **FRIDAY, AUGUST 21**. PICK-UP **TUESDAY, AUGUST 25**

Fresh Peach Baked Oatmeal

Ingredients

- 2 cups old fashioned oats
- 1/4 cup chopped pecans
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 1/2 cups milk
- 1 Tablespoon melted butter
- 1 egg
- 1/2 teaspoon vanilla extract
- cooking spray
- 2 ripe peaches thinly sliced



Instructions

- Preheat the oven to 375 F.
- In a medium bowl, combine the first five ingredients.
- In a second bowl, whisk together the milk, melted butter and egg and vanilla extract.
- Add the wet ingredients to the dry. Stir to combine.
- Spray an 8x8 baking dish with cooking spray. Pour the oatmeal mixture into the prepped dish. Top with fresh peach slices.
- Bake 20-25 minutes or until the edges are bubbly and slightly browned.
- Serve warm. Top with additional peaches if desired.
- Store leftovers covered with foil in the refrigerator for up to 4 days.

Adapted from marisamoore.com

Baked Eggs Skillet With Peppers And Onions



Ingredients

- 1 Tablespoon olive oil
- 2 bell peppers (thinly sliced)
- 1 large white onion (thinly sliced)
- 1 teaspoon smoked paprika
- 1 cup chopped fresh tomatoes
- 1 red chili (finely chopped)
- Salt and pepper to taste
- 4 medium eggs
- Parsley to top

Instructions

- Heat the oil in a large saucepan over a medium heat and cook the onions and peppers, stirring frequently, until soft. About 6-8 minutes.
- Add the smoked paprika, chili, and chopped tomatoes and cook for 3-4 minutes.
- Season with salt and pepper to taste.
- Make 4 indents in the mixture.
- Break the eggs into each of the indents and place under the broiler under a medium heat for approximately 5 minutes until the eggs are cooked. Top with parsley

Adapted from thecandidadiet.com

Avocado Toast with Egg & Tomato



Ingredients

- 3/4 avocado pit and skin removed
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt
- 2 slices whole wheat bread toasted
- 2 tomatoes cored and sliced
- 1 teaspoon olive or canola oil
- 2 eggs
- dash of salt
- hot sauce if desired 1 teaspoon garlic powder

Instructions

- In a small bowl, smash the avocado with the back of a fork until fairly smooth. Stir in the cumin and salt.
- Divide the avocado mixture between the 2 slices of toast and spread evenly. Top with the tomato slices.
- Heat the oil in a small nonstick skillet set over medium-high heat. Crack the eggs into the skillet, taking care not to break the yolks.
- Cook until the whites of the eggs are set, but the yolks are still runny.
- Place one fried egg on top of each piece of toast. Sprinkle the dash of salt over top. Serve with hot sauce, if desired.

Adapted from cookincanuck.com