

803-851-4461

EST.



2015

August 11, 2020

# 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.

## Roasted Broccoli, Mushrooms and Onion Wedges



### Ingredients

- 1 head broccoli, cut into florets and pieces
- 1 pint mushrooms, quartered
- 2 small red onions, cut into wedges
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar or more to taste
- salt and ground black pepper to taste

### Instructions

- Preheat oven to 425°F.
- Place the broccoli, mushrooms and red onion on a large baking sheet.
- Drizzle with olive oil and toss to coat.
- Season to taste with salt and black pepper.
- Roast in preheat oven for 20-25 minutes or until lightly brown and tender.
- Remove from the oven.
- Drizzle with balsamic vinegar and toss to coat.

*Adapted from paleogrubs.com*

**NEXT ORDER DEADLINES**



ORDER BY **FRIDAY, AUG. 21**. PICK-UP **TUESDAY, AUG. 25**  
ORDER BY **FRIDAY, SEPT. 4**. PICK-UP **WEDNESDAY, SEPT. 9**



## Fresh Peach & Corn Salsa



### Ingredients

- 2 cups corn kernels (cooked and cut from the cob)
- 1 cup finely chopped peaches
- 1/2 cup finely chopped sweet onion
- 1/2 jalapeño, seeded and finely chopped
- 1/4 cup packed cilantro leaves, chopped
- juice from 1/2 a lime
- 1/4 teaspoon salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon freshly ground pepper

### Instructions

- In a large bowl, combine all ingredients until well mixed. Let rest on counter 10 minutes until flavors have a chance to blend. Serve with chips, over fish, whatever tickles your fancy.

*Adapted from farmfreshfeasts.com*

## Roasted Fresh Tomatoes & Herbs



### Ingredients

- 1 Tablespoon olive oil
- 1 pound tomatoes, halved
- 1 garlic clove, pressed through a garlic press
- 1 1/2 teaspoons minced fresh oregano leaves
- 1 teaspoon minced fresh thyme leaves
- 1/8 teaspoon kosher salt

*(Continued at top of next column)*

## Instructions

- Preheat the oven to 375 F.
- Brush a heavy rimmed baking sheet or other large baking pan with olive oil.
- In a bowl, toss together the tomatoes, olive oil, garlic, oregano and thyme.
- Arrange the tomatoes, cut sides up, on the prepared baking sheet. Sprinkle the tomatoes with the salt.
- Roast the tomatoes until they are soft and beginning to brown, about 50 minutes. Let the tomatoes cool to room temperature on the baking sheet. Serve at room temperature.

*Adapted from blog.williams-sonoma.com*

## Roasted Sweet Potatoes with Jalapenos



### Ingredients

- 1 pound sweet potatoes, peeled and cubed
- 3 cloves garlic, minced
- 1 jalapeno pepper, thinly sliced
- 1 Tablespoon olive oil
- salt and pepper, to taste

### Instructions

- Preheat the oven to 425 degrees F.
- Arrange the sweet potato cubes, garlic, and jalapeno slices on a baking sheet lined with parchment paper.
- Drizzle the olive oil and salt and pepper over the sweet potatoes. Use your hands to toss to coat.
- Bake in the oven for 25-30 minutes until the sweet potatoes are tender and lightly browned, stirring after 15 minutes.

*Adapted from veggiessavetheday.com*