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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.

Easy Parmesan Roasted Carrots



Ingredients

- 1/8 cup olive oil
- 3 cloves minced garlic
- 1 1/2 Tablespoons grated parmesan cheese
- 1 Tablespoon panko bread crumbs (optional)
- 1/4 teaspoon kosher salt (more to taste)
- 1/4 teaspoon ground black pepper (more to taste)
- 2-3 cups baby carrots
- chopped parsley (optional)

Instructions

- Preheat oven to 400°F and line a baking sheet with foil. Spray with non-stick cooking spray.
- Place the olive oil, garlic, parmesan, bread crumbs, salt and pepper in a large zip top bag. Add the carrots and shake until they are well coated. Then spread out onto the prepared baking sheet.
- Bake for 30 minutes, or until tender. Toss with a spatula half way through.
- Remove from oven and serve immediately. Top with fresh parsley if desired.

Adapted from iheartnaptime.net

NEXT ORDER DEADLINES



ORDER BY **FRIDAY, SEPT. 4.** PICK-UP **WEDNESDAY, SEPT. 9**
ORDER BY **FRIDAY, SEPT. 18.** PICK-UP **TUESDAY, SEPT. 22**

Turkey Mushroom Meatballs



Ingredients

- 6 ounces Mushroom, chopped in blender
- 2 teaspoons Olive Oil
- 1/2 Large Yellow Onion, dice small
- 2 cloves Garlic, minced
- 1 Large Egg, beaten
- 1/3 cup Breadcrumbs, whole wheat
- 2 teaspoons Tomato Paste
- 2 tablespoons Parsley, dried
- 1/3 cup Parmesan Cheese
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper, ground
- 1/2 teaspoon Basil, dried
- 10 ounces Ground Turkey
- As needed Canola or olive oil spray

Instructions

- Preheat oven to 350 F.
- In a sauté pan, heat up olive oil and sauté diced onion for about 3-4 minutes until golden brown. Stir in garlic and chopped mushrooms.
- Sauté mushrooms for about 5 minutes and let the mixture cool slightly.
- In a large bowl, mix all of the ingredients. Make sure that all of the ingredients are evenly mixed.
- Begin shaping the meat mixture into meatballs, about 1-1/2 inches thick.
- Lightly spray a sheet pan with olive or canola oil spray.
- Cook meatballs in oven for 25 minutes or until done.
- Remove the meatballs from the oven and serve.

Adapted from culinarymedicine.org

Roasted Curried Cauliflower

Ingredients

- 1 large head cauliflower, cored, broken into large florets, florets sliced into 1/2-inch slices
- 1/2 onion, peeled, thickly sliced, root to tip
- 4 cloves garlic, sliced
- 2 Tablespoon lemon juice
- 1/3 cup extra virgin olive oil
- 1 1/2 teaspoons yellow curry powder
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground black peppers
- 1/8 teaspoon kosher salt



Instructions

- Pre-heat oven to 425°F with a rack on the top third of the oven. Line a large rimmed baking with foil.
- Put the garlic, lemon juice, olive oil, curry powder, cinnamon, salt, and pepper in a large bowl. Whisk vigorously until well combined.
- Add the cauliflower and onion slices to the bowl with the curry and toss to coat. Spread the cauliflower and onion slices on the baking sheet in a single layer.
- Roast in oven at 425°F for 25 to 30 minutes until well browned. Check halfway through the cooking, and rotate the pan for more even cooking.
- Serve immediately or at room temperature.

Adapted from simplyrecipes.com

Maple Roasted Apples & Plums

Ingredients

- 1 pound apples (about 2-3), sliced
- 1 pound plums (about 4), pitted and sliced
- 1/2 cup pure maple syrup
- 1/2 teaspoon cinnamon
- 2 tablespoons butter, cut into 1/4-inch cubes

Instructions

- Preheat oven to 375 degrees F.
- Toss together the apples, plums, cinnamon, maple syrup and butter on a large sheet pan or rimmed baking sheet.
- Bake for 20-30 minutes, until the apples and plums are tender. Let them cool slightly in the pan, then scoop them into a container with all of the juices that have accumulated.
- Serve over yogurt, sprinkled with some granola, if you like.



Adapted from eggsonSunday.wordpress.com