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EST.



2015

September 9, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Oven Roasted Potatoes



Ingredients

- 2 pounds red or yellow skinned potatoes
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 3 Tablespoons fresh herbs chopped (rosemary, parsley, thyme, basil)
- 1/2 teaspoon paprika
- to taste coarse salt and pepper

Instructions

- Preheat oven to 425°F.
- Scrub potatoes (do not peel them). Dice into 1" cubes.
- If time allows, soak potatoes in cold water for up to 1 hour. (This removes starch and makes for a fluffier potato). Drain and dry potatoes, if required.
- Toss potatoes, olive oil, herbs, and seasonings
- Place on a baking sheet and bake for 30-35 minutes until browned and tender.

Adapted from spendwithpennies.com

Tomato Cucumber Salad



Ingredients

- 1 cup grape tomatoes, halved
- 2 cucumbers, sliced into 1/4" coins
- 1 1/2 teaspoon olive oil
- 1/2 teaspoon red wine vinegar
- salt and freshly ground black pepper, to taste
- 1 Tablespoon yellow onions, diced
- 1 Tablespoon fresh basil leaves, chopped

Instructions

- Add cherry tomatoes and cucumbers to a bowl.
- Drizzle olive oil and vinegar on top. Season with salt and pepper.
- Toss everything to coat. Garnish with diced onion and fresh basil.

Adapted from tastesbetterfromscratch.com

**NEXT ORDER
DEADLINES**



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

ORDER BY **FRIDAY, OCT. 2.** PICK-UP **TUESDAY, OCT. 6**

Cabbage Roll Casserole



Ingredients

- 1 pound lean ground beef
- 1 medium onion chopped
- 3 cloves garlic minced
- 1/2 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground cayenne pepper
- 2 tablespoons brown sugar
- 1 (15 ounce) can tomato sauce
- 1 (14.5 ounce) can low sodium beef broth
- 1 cup long grain white rice (uncooked)
- 2 Tablespoons olive oil
- 1 medium head green cabbage chopped
- 1 1/2 cups finely shredded sharp cheddar
- 1 1/2 cups finely shredded Monterey Jack Cheese

Instructions

- Preheat oven to 350 degrees. Spray 9×13 inch casserole dish with nonstick cooking spray or olive oil spray.
- Brown ground beef. When about halfway browned add the onion; cook until the beef is fully browned. Reduce the heat to low. Add garlic and cook for 1 minute stirring continuously. Drain any excess fat from the skillet.
- Add paprika, onion powder, cayenne, brown sugar, tomato sauce, beef broth and rice. Bring the mixture to a low boil. Turn to simmer and cover with lid. Simmer for 20 minutes until rice is tender.
- Heat 1 tablespoon olive oil in large skillet over medium heat. Add 1/2 of the chopped cabbage and cook until slightly tender; 5-7 minutes. Spread cabbage over the bottom of the casserole dish. Top with 1/2 of the ground beef mixture. Sprinkle with 1/2 of the cheeses; blending them. Heat 1 tablespoon olive oil in large skillet over medium heat. Add the other 1/2 of the chopped cabbage and cook until slightly tender; 5-7 minutes. Spread the cabbage over the cheese in the casserole dish. Top with the other 1/2 of the beef mixture and then with the remaining cheese.
- Cover the casserole with aluminum foil and bake for 20 minutes. Remove the foil and bake for another 20 minutes or until the cheese is lightly browned.

Adapted from [smalltownwoman.com](#)

Spinach Avocado Apple Smoothie



Ingredients

- 1 apple, quartered with seeds removed
- 1 avocado, pitted and peeled (make sure it's soft)
- 2 large handfuls spinach
- 1 ripe banana
- 1 cup (8 oz) water
- 1 cup ice

Instructions

- Place all ingredients in a high-powered blender
- Pulse/blend until completely smooth.
- Serve and enjoy!

Adapted from [momsneedtoknow.com](#)

The Easy Way to Freeze Bananas



Ingredients

- 1 bunch very ripe bananas (or more or less according to what you have). You can even buy extra bananas just to have some to freeze!

Instructions

Peel the bananas and break in half and add to a freezer bag. Or, slice into rounds and add to a freezer bag. Remove as much air as possible. Press flat and seal. You want the bananas to be in a single layer to prevent them from freezing together. Place flat into the freezer and freeze for at least 4 hours or up to 6 months. You can store the bag upright after they have been in the freezer for at least 4 hours and they won't freeze together. Use frozen bananas in Veggie Smoothies, Sugar-Free Banana Muffins, Oatmeal with Fruit, or with yogurt.

Adapted from [yummytoddlerfood.com](#)