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EST.



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FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Sweet Potato Hash Browns



Ingredients

- 2 large sweet potatoes, skin on
- 1-2 Tablespoons canola oil
- 1 pinch each salt and pepper

Instructions

- Grate sweet potatoes using a box grater or the grater attachment on your food processor.
- Heat a large skillet over medium heat. Once hot, add a little oil and only as many sweet potatoes as will fit comfortably in the pan. If they crowd the pan, they won't brown as well.
- Season with a little salt and pepper and cook for about 5-8 minutes COVERED or until browned on the exterior and tender on the interior. Covering helps the sweet potatoes steam on the interior while still crisping up on the outside.
- Flip / toss at the halfway point to ensure even cooking. Continue to do this in batches until your sweet potatoes have all been cooked.
- Enjoy as is, or serve with fresh herbs, hot sauce or ketchup, or your favorite scramble. Best when fresh, but you can store leftovers in the refrigerator up to 3 days. Reheat in a hot skillet for best results.

Adapted from epicurious.com

Garlic Butter Mushrooms



Ingredients

- 1/2 pound mushrooms, cleaned and halved
- 1/2 Tablespoon butter
- 1/2 Tablespoon olive oil
- 1/8 cup low-sodium vegetable stock
- 2 cloves garlic, minced
- 1/2 medium onion, minced
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- Fresh chopped parsley, for garnish
- Red chili pepper flakes, for garnish

Instructions

- In a skillet over medium-high, heat the butter and olive oil and sauté the onion until softened. Add the halved mushrooms and cook for about 4-5 minutes until mushrooms are golden and crispy on the edges.
- Pour in the vegetable stock to deglaze the skillet and cook for 2 minutes, to reduce slightly. Stir through 1 tablespoon of parsley and minced garlic to the mushrooms. Cook for a further 30 seconds, until fragrant. Season lightly with salt and pepper, and serve the onion garlic butter mushrooms immediately, garnished with fresh chopped parsley and red chili pepper flakes. Enjoy!

Adapted from eatwell101.com

**NEXT ORDER
DEADLINES**



ORDER BY **FRIDAY, OCT. 2.** PICK-UP **TUESDAY, OCT. 6**
ORDER BY **FRIDAY, OCT. 16.** PICK-UP **TUESDAY, OCT. 20**

Crispy Baked Eggplant



Ingredients

- 1 eggplant sliced into 1/4 inch disks
- 1 egg whisked
- 1/2 cup Italian breadcrumbs
- 1/4 cup parmesan cheese grated
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt

Instructions

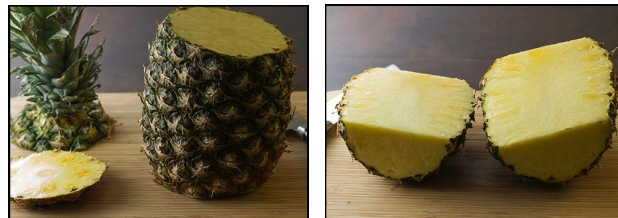
- **Prepare the eggplant.** Preheat the oven to 400°F. Slice the eggplant into 1/4 inch disks. Lay the eggplant out in a single layer on a cooling rack. Sprinkle with salt, and let sit for 15 minutes. Dab with a paper towel to absorb the expelled water, then flip to the other side. Salt the other side, let sit for 15 minutes, then dab again to remove excess water.
- **Prepare the dunking station.** In a small bowl, whisk an egg. Set to the side. In another bowl, mix the Italian breadcrumbs, parmesan cheese, and Italian seasoning.
- **Bread the eggplant.** Dip the eggplant in the egg first, then hover over the eggplant over the bowl to let the excess egg drip off. Dunk in the breadcrumb mixture, and lightly apply pressure so the breadcrumbs adhere better.
- **Bake the eggplant.** Arrange breaded eggplant in a single layer on a baking sheet. Bake for 15 minutes. Flip the eggplant, then bake for another 5-7 minutes. Remove the eggplant from the oven and serve!

Adapted from backyard-bohemian.com

How to Cut a Pineapple

Cutting a pineapple can be a little intimidating. Here's a step-by-step guide on how to cut one, complete with pictures so that you have no problems cutting your own pineapple at home. So, grab your pineapple, a sharp knife and let's go!

Place your pineapple on a cutting board or a towel and cut off the top and bottom. Then cut the pineapple in half.



Cut each half into half again so that you are left with quarters. There is a hard core that runs down the center of the pineapple. Stand each quarter up and cut straight down to remove the core. You will easily be able to see where the core is to know how much to cut off



Cut each quarter in half again so that you are left with 8 spears of pineapple. I do this so that it is easier to cut the outside skin off, it also makes it easier to cut the pineapple into chunks. Cut away the outside skin of the pineapple and discard it. Repeat this step for all 8 spears of pineapple.



If you need the pineapple cut into spears, at this point you're done. If you want your pineapple cut into chunks, begin cutting each spear into bite-sized chunks.



Adapted from centercutcook.com