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EST.

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# FOODSHARE

\* GOOD HEALTHY RECIPES FOR ALL \*

## Baked Cheddar Eggs & Potatoes



### Ingredients

- 3 tablespoons butter
- 1-1/2 pounds red potatoes, chopped
- 1/4 cup minced fresh parsley
- 2 garlic cloves, minced
- 3/4 teaspoon kosher salt
- 1/8 teaspoon pepper
- 8 large eggs
- 1/2 cup shredded extra-sharp cheddar cheese

### Instructions

- Preheat oven to 400°. In a 10-in. cast-iron or other ovenproof skillet, heat butter over medium-high heat. Add potatoes; cook and stir until golden brown and tender. Stir in parsley, garlic, salt and pepper. With the back of a spoon, make 4 wells in the potato mixture; break 2 eggs into each well.
- Bake until egg whites are completely set and yolks begin to thicken but are not hard, 9-11 minutes. Sprinkle with cheese; bake until cheese is melted, about 1 minute

*Adapted from [tasteofhome.com](http://tasteofhome.com)*

## Roasted Cauliflower & Cherry Tomatoes



### Ingredients

- 1 head cauliflower, cut into florets
- 1 onion cut into chunks
- 1 package cherry tomatoes, rinsed and halved
- 3 bay leaves
- 1/2 cup water
- 1/4 cup extra virgin olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon ground paprika
- 1/4 cup green olives (optional)
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions

- Preheat oven to 375°F. In a large mixing bowl, combine the cauliflower, onions, tomatoes, olives, and bay leaves.
- In a separate bowl, combine the water, oil, lemon juice, paprika, cumin, salt and pepper. Drizzle over vegetables and toss to coat.
- Roast in preheated oven for 40 to 45 minutes or until cauliflower florets are golden and caramelized.

*Adapted from [calorganicfarms.com](http://calorganicfarms.com)*

**NEXT ORDER  
DEADLINES**



ORDER BY **FRIDAY, NOV. 13.** PICK-UP **TUESDAY, NOV. 17**  
ORDER BY **WEDNESDAY, NOV. 25.** PICK-UP **TUESDAY, DEC. 1**



## Zucchini-Parmesan Pancakes



### Ingredients

- 2 medium unpeeled zucchinis, grated with a box grater (about 3 cups)
- 1/4 cup minced onion
- 2 large eggs, lightly beaten using a fork
- 1/2 cup all-purpose flour
- 1/4 cup shredded Parmesan cheese
- 1 1/2 teaspoons chopped, fresh thyme
- 1 teaspoon baking powder
- 1 teaspoon black pepper
- 1 teaspoon canola or olive oil and 1 teaspoon canola or olive oil, divided use
- 1/4 cup fat-free, plain Greek yogurt

### Instructions

- In a large bowl, stir together the zucchini, shallot, eggs, flour, Parmesan, thyme, baking powder, and pepper until well combined.
- In a large nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the skillet. Place eight 1/8-cup mounds of the zucchini mixture in the skillet. Using the back of the measuring cup or a spoon, gently press down on the mounds, spreading them to make pancakes about 1/2-inch thick and 2 1/2 inches in diameter. Cook for 3 to 4 minutes on each side, or until golden brown all over. Transfer the pancakes to a plate. Cover to keep warm. Repeat with the remaining 1 teaspoon oil and zucchini mixture.
- Let the pancakes cool for 5 minutes. Just before serving, top each pancake with a dollop of the yogurt.

*Adapted from [recipes.heart.org](http://recipes.heart.org)*

## Orange Glazed Carrots



### Ingredients

- 1 pound baby carrots
- 1/4 cup freshly squeezed orange juice
- 1 Tablespoon maple syrup
- 2 cloves garlic finely minced
- 1/4 teaspoon kosher salt
- 1 tablespoon butter (optional)
- 1/2 teaspoon orange zest

### Instructions

- Place carrots in stock pan and cover with cold water. Bring to a boil, then reduce heat and simmer until carrots are just fork tender, about 10-12 minutes. Drain carrots and return to pan.
- Add in orange juice, maple syrup, garlic, salt, and butter if using, and cook over medium heat for 4 minutes, or until the carrots are coated and the glaze begins to caramelize.
- Turn off the heat and stir in the orange zest and serve.

*Adapted from [amindfullmom.com](http://amindfullmom.com)*

## Apple Banana Smoothie

### Ingredients

- 1 banana
- 1 apple
- 1/4 cup apple juice
- 1/4 cup plain yogurt
- 2 Tablespoons oats
- 1 pinch cinnamon

### Instructions

- Peel the banana and peel and core the apple.
- Put the apple juice, yogurt, oats, banana, apple and cinnamon in a blender and blend until smooth. Serve chilled.



*Adapted from [carolinescooking.com](http://carolinescooking.com)*