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November 17, 2020

EST.

2015



FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Mashed Carrots and Potatoes



Ingredients

- 3 medium carrots, peeled and cut into small chunks
- 4 medium potatoes, peeled and cut into rough chunks
- 1/4 cup Milk
- 1 Tablespoon Butter

Instructions

- Place the carrot and potatoes in a large saucepan. Cover with water and bring to the boil.
- Cover, reduce heat and simmer until very tender (around 20 minutes).
- Drain the potato and carrots thoroughly and return to the pan.
- In a small saucepan, melt the butter and milk together.
- Add to the potato and carrots and mash until smooth. The carrots do not mash as well as the potatoes and there will be lumps (that's okay).
- Season to taste.

Adapted from healthylittlefoodies.com

Apple & Corn Salad



Ingredients

- 2 large apples, cored and cut into 1/2 inch cubes
- 1 teaspoon lemon juice
- 4 ears corn, removed from the cob, cooked, then cooled
- 1/4 cup low-fat mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons parsley, fresh, finely chopped

Instructions

- In a large bowl, toss the diced apples with the lemon juice immediately to prevent the apples from browning.
- Add the corn, mayonnaise, salt, ground black pepper, and parsley.
- Toss well to coat.
- Transfer to food-safe container and refrigerate for a minimum of 2 hours before serving.

Adapted from lordbyronskitchen.com

**SPECIAL ORDER
DEADLINE**



**NEXT ORDER DUE WEDNESDAY, NOV. 25.
TO PICK-UP TUESDAY, DEC. 1.**

Curry Roasted Carrots



Ingredients

- 1 pound carrots
- 1 Tablespoon olive oil
- 1 1/2 teaspoons curry powder (hot or mild)
- 1/4 teaspoon salt

Instructions

Preheat the oven to 400 degrees and line a baking sheet with foil. Peel the carrots and cut off the rough ends. Slice the carrots on a diagonal, into 1/4" thick slices. Place the carrot slices in a bowl, drizzle with olive oil, then sprinkle the curry powder and salt. Toss the carrots until they're evenly coated in oil and spices. Spread the carrots out over the prepared baking sheet in a single layer. Make sure they're not piled on top of one another. Roast in the oven for 30 minutes, stirring once half way through. Serve warm

Adapted from budgetbytes.com

15-Minute Parmesan Mushrooms

Ingredients

- 1 teaspoon olive oil
- 8 ounces mushrooms, cleaned and quartered
- 1/4 teaspoon kosher salt
- Pinch of freshly ground black pepper
- 1 clove garlic, minced
- 1/4 teaspoon dried thyme leaves
- 1/4 cup finely grated Parmesan cheese



Instructions

Heat oil in a skillet until shimmering. Add mushrooms, stir to coat with the oil, and arrange in a single layer. Sear undisturbed until the bottoms are well-browned, about 3 minutes. Season with the salt and pepper and cook, stirring once or twice, until the mushrooms are browned all over, 5 to 6 minutes. Add the garlic and cook, stirring frequently, for 1 minute. Remove from the heat and stir in the thyme and cheese.

Adapted from thekitchn.com

Turkey and Stuffing Stuffed Peppers



Ingredients

- 1 large egg, beaten
- 2 cups leftover turkey, shredded
- 2 cups leftover stuffing
- kosher salt
- Freshly ground black pepper
- 4 bell peppers, hollowed out
- 1 1/2 cups shredded mozzarella cheese

Instructions

- Preheat oven to 350 degrees.
- In large bowl, combine beaten egg, turkey, and stuffing. Season with salt and pepper and mix together.
- Spoon mixture into bell peppers and top with mozzarella.
- Transfer peppers to baking dish and bake until peppers are tender and cheese is melted, 25 to 30 minutes.

Adapted from delish.com

Caramelized Apples and Onions

Ingredients

- 3 tablespoons butter
- 4 cups chopped sweet onions (4 large)
- 2 medium red apples, peeled and chopped (approximately 2 cups)
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Instructions

- In 10-inch skillet, melt butter over medium-high heat. Cook onions 10 minutes, stirring occasionally, until golden.
- Stir in apples; cook 10 minutes, stirring occasionally, or until caramel colored. Remove from heat; stir in salt and pepper. Sprinkle with parsley. Serve warm.



Adapted from bettycrocker.com