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EST.



2015

December 1, 2020

FOODSHARE

* GOOD HEALTHY RECIPES FOR ALL *

Garlic Smashed Sweet Potatoes with Parmesan



Ingredients

- 4 medium sweet potatoes (or 3 large sweet potatoes)
- A light spray of olive oil
- 3 tablespoons melted butter
- 4 cloves garlic, crushed
- 1 tablespoon fresh chopped parsley
- Kosher Salt and Black Pepper to taste
- 2 tablespoons Parmesan Cheese

Instructions

- Cut each sweet potato into quarters (or 1 1/2 - inch pieces).
- Bake sweet potato pieces for 25-30 minutes, or until they are fork tender. Allow to cool for about 5 minutes.
- Lightly grease a large baking sheet or tray with cooking oil spray. Arrange sweet potatoes onto the sheet and use a fork to LIGHTLY flatten each piece.
- Mix together the butter, garlic and parsley. Pour the mixture over each sweet potato. Sprinkle with salt and pepper and lightly spray with olive oil spray.
- Broil (or grill) until they are golden and crispy (about 15 minutes). Remove from oven, sprinkle over the parmesan cheese and return to the oven until the cheese is melted.
- Season with a little extra salt and parsley, and serve.

Adapted from cafedelites.com

Veggie & Cabbage Soup

Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 stalks celery, minced
- 1/2 teaspoon chili powder
- Salt
- Freshly ground black pepper
- 1 (15-ounce) can white beans, drained and rinsed
- 2 cloves garlic, minced
- 1 teaspoon thyme leaves
- 4 cups low-sodium chicken (or vegetable) broth
- 2 cups water
- 1/2 large head cabbage, chopped
- 1 (15-ounce) can chopped fire-roasted tomatoes or diced tomatoes
- Pinch red pepper flakes
- 2 Tablespoons freshly chopped parsley, plus more for garnish



Instructions

- Preheat oven to 350 degrees.
- Heat olive oil over medium heat. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
- Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
- Remove from heat and stir in red pepper flakes, and parsley. Season to taste with salt and pepper. Garnish with more parsley, if using.

Adapted from delish.com

**NEXT ORDER
DEADLINE**



ORDER BY FRIDAY, DEC. 11. PICK-UP TUESDAY, DEC. 15.

WE WILL NOT HAVE A BOX ON DEC. 29!

How to Cook Spaghetti Squash (The Best Way!)



Slice Squash in Half

- Rest your cutting board on a wrung-out paper towel or kitchen towel to prevent it from moving around
- With a sharp chef's knife, carefully cut off the tip-top and bottom edges.
- Then, turn the squash upright, with the widest end against the non-slip cutting board. Start at the top and slice downward. Your hands should never be beneath the knife, or in danger's way.

Bake Squash

- Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
- Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
- Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork. Small squash will be done sooner than large squash, naturally!
- Once the squash is done baking, fluff the interiors with a fork to make the inside spaghetti-like. Serve as desired.



Adapted from cookieandkate.com

Cheesy Spaghetti Squash with Spinach and Garlic

Ingredients

- Prepared spaghetti squash from recipe to the left
- 2 tablespoons minced garlic
- 1 teaspoon olive oil
- 1 handful of fresh spinach, chopped
- 1/2 cup whole milk
- 1 tablespoon cream cheese
- 1/2 cup freshly grated parmesan cheese, plus extra for topping
- salt and pepper, to taste
- Sliced mozzarella



Instructions

- In a medium skillet, warm 1 Tablespoon of olive oil over medium-high heat until it shimmers, then add garlic and sauté 1-2 minutes.
- Add spinach and stir until wilted. Add milk, cream cheese, and parmesan cheese and stir well.
- Season with salt and pepper to taste and remove from heat.
- Pour your sauce over squash boat, stir to mix, and top with a little mozzarella cheese and additional parmesan cheese.
- Place the sheet pan with the squash in the oven. Bake at 350 degrees for 20 minutes or until hot and bubbly.

Adapted from amenuforyou.com

Let's Get Ready for 2021!

*We're winding down the year and are excited about the New Year to come!
Please make note of these important changes!*



Our Next Box

- Next order deadline is **FRIDAY, DEC. 11.**
- Boxes will be available **TUESDAY, DEC. 15.**
- We will **NOT** have a box on Dec. 29th.

Starting Next Year

- Order deadline is moving to **THURSDAY.**
- Pick-Up days are moving to **WEDNESDAY.**
- First box of 2021 is JAN 13. Order by JAN 7.