

December 19, 2018

# FOODSHARE

it's more than just a box of food.

## Holiday Greetings!

### What a Year It Has Been!

**We appreciate all of you more than words can express.**

This year, our Fresh Food Box participation has grown, our volunteer pool has increased to assist with packing boxes and teaching cooking classes and we have added new partner sites to spread fresh food access to more areas of our community. Our goal is to continue serving our community in 2019 by improving access to fresh food and we're excited to have all of you "along for the ride."

### How About That Weather?

**We apologize we were unable to include collards in your box this Christmas.** From hurricanes in the southeast to wildfires in California and rain in Texas, weather and natural disasters have greatly reduced the availability of collard greens this holiday season. Because of the weather and the Thanksgiving demand, growers in different regions of the country harvested fields earlier than usual, leading to a lack of supply. We know you will be pleased with the box this week, however, as you prepare your holiday meals.

### Thanks and Goodbye to Save-A-Lot

**As the news of Save-A-Lot's closing starts to get out, we want to acknowledge how thankful we are to the staff of the store.** When we moved into our current space in January of 2018, it was a bold leap of faith. Running any business is hard and when store management realized they were not seeing the volume of customers needed, a difficult decision made to be made. However, thanks to the Columbia Housing Authority, **FoodShare is here to stay!** We will continue to operate out of our current space and look forward to seeing each of you in the new year!

## Mark Your Calendars! Pick-Up Day Change!

**NEXT FOOD BOX ORDER DEADLINE IS FRIDAY, DECEMBER 28.**

**FOOD BOX PICK-UP WILL BE THURSDAY, JANUARY 3.**

JANUARY 2019						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY 2019						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## Crock Pot Chicken & Sweet Potato Soup



### Ingredients

- 1 to 2 pounds boneless chicken breasts
- 6 cups low or no sodium chicken broth
- 1/2 teaspoon ground pepper
- 2 to 3 tablespoons olive oil
- 2-4 medium sweet potatoes, cut in chunks
- 1 small onion, diced
- 5 cloves garlic, minced
- 1 can black beans, drained and rinsed
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground chili powder
- 1 tablespoon cornstarch
- 1 tablespoon water

### Instructions

- Place the chicken, broth, and ground pepper in the crock pot. Slow cook on high for 2 hours.
- Preheat oven to 400 F degrees. Toss veggies in olive oil, place on cookie sheet, and season with salt and pepper.
- Roast vegetables for 30 minutes, occasionally tossing.
- Once chicken is done, pull apart. Add veggies to crock pot. Add black beans, ground cinnamon, cumin, chili, and water to pot.
- Mix the cornstarch and water until lump free and stir into the crock pot.
- Replace the lid on the crock pot and heat for at least an hour to heat the vegetables and beans.

*Adapted from flouronmyface.com*

## Roasted Beets with Herb Citrus Dressing



### Ingredients

- 2 to 4 beets, washed and diced in chunks
- 1 grapefruit and/or orange, peeled and cut into chunks
- 2 tablespoons olive oil
- 1/4 cup water
- Salt and pepper

### Dressing

- Juice of 1 orange
- 1/4 teaspoon salt
- 1 teaspoon Dijon mustard
- 2 tablespoons extra virgin olive oil
- Dried basil or herbs (optional)

### Instructions

- Preheat oven to 450°F.
- Toss beets and chunked oranges in olive oil and place in oven safe baking dish with 1/4 cup water.
- Roast for 30 minutes or until done. Season with salt and pepper.
- Combine the dressing ingredients – the orange juice, olive oil, salt, Dijon mustard, and herbs. Pour over beets.

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



**DON'T  
WORRY!**

The romaine lettuce in this week's box is not linked to the latest recall It's from a farm in Yuma, Arizona and has received CDC clearance.

**ENJOY!**

## Cranberry Rosemary Apple Sauce



### Ingredients

- 1/2 bag (6oz) of fresh or frozen cranberries
- 2 granny smith apples (peeled or not), diced
- 1/3 cup sugar
- 1/4 cup water or fruit juice
- 2 large sprigs of fresh rosemary

### Instructions

- Rinse cranberries and pick through them, discarding the bad ones.
- In a medium sized saucepan combine the apples, cranberries, sugar, rosemary and water and give everything a big stir.
- Cook over med-high heat, stirring occasionally. When it comes to a boil, let it simmer until the mixture reduces and gets thick.
- Taste & stir in more sugar if you like your sauce a bit sweeter. Remove from heat, cool and store in a lidded jar in the fridge for about a week.

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

## Homemade French "Fried" Onions

### Ingredients

- 2 large yellow onions, thinly sliced into rings or half-moons (about 1/4-inch thick)
- 1/4 cup all-purpose flour
- 1/4 cup bread crumbs
- 1 teaspoon no-salt seasoning
- Olive oil cooking spray



### Instructions

- Preheat oven to 450F.
- Spray a baking sheet with cooking spray.
- Combine onion rings (make sure they are separated), flour, bread crumbs and seasoning in a large mixing bowl; toss to combine and coat evenly.
- Transfer onion rings to prepared baking sheet and spray the onions with olive oil cooking spray.
- Bake for 20 minutes, or until golden brown, stirring frequently.

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