

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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01.13.21

How to Caramelize Onions



Caramelized onions can be added to pretty much anything your heart desires. They work well in pastas or salads. Here's an easy quiche recipe using them!

Ingredients

- 2 pounds onions
- 2 tablespoons olive oil
- 3/4 cup soft brown sugar
- 1/2 cup balsamic vinegar

Instructions

- Peel the onions and thinly slice (this can be done in a food processor).
- Take a medium or large sized saucepan or pot and heat the olive oil. Cook down the onions over a medium to high heat stirring often for around 10 minutes until soft and translucent.
- Add the brown sugar and stir over heat until the sugar dissolves then add the balsamic vinegar and stir.
- Reduce to a low heat stirring occasionally for around 40 minutes until the balsamic has reduced to the stage that the onions are nicely coated.

Adapted from almondtozest.com

Mushroom And Caramelized Onion Crustless Quiche



Ingredients

- 2 pints white mushrooms cut into into quarters
- 2 tablespoons olive oil
- 1/3 cup caramelized onions
- 8 eggs
- 3/4 cup half and half
- 1 cup grated cheese
- 1/4 cup chopped parsley
- salt and pepper

Instructions

- Heat oven to 350F and line a 11" x 7" glass baking dish or similar with parchment paper.
- In a medium to large saucepan heat the olive oil and sauté the button mushrooms until tender.
- Spread the mushrooms and caramelized onions over the baking dish.
- In a mixing bowl whisk together the eggs and half and half. Add the cheese and the chopped parsley. Season and stir.
- Pour this mix over the mushrooms and onions in the baking tray and put in oven for 18 minutes. You can allow to stand for 5 minutes before serving hot, or allow to come to room temperature and slice up into nice little squares.

Adapted from almondtozest.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, JAN. 21** . PICK-UP **WEDNESDAY, JAN. 27**.
ORDER BY **THURSDAY, FEB. 4**. PICK-UP **WEDNESDAY, FEB. 10**.

One-Pot Stuffed Pepper Casserole



Ingredients

- 1 tablespoon extra virgin olive oil
- 1 pound ground turkey
- 1 medium yellow onion
- 1 tablespoon Italian seasoning
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon ground pepper
- 3 cloves garlic minced (about 1 tablespoon)
- 12 ounces frozen chopped spinach thawed with as much water squeezed out as possible
- 2 bell peppers cored and diced
- 2 cups water
- 1 can 15-ounces no-salt added diced tomatoes
- 1 8-ounce can no salt added tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 cup uncooked brown rice rinsed and drained
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 cup shredded low-fat pepper jack cheese
- For serving: chopped fresh cilantro or parsley; Greek yogurt

Instructions

- Heat oil in a Dutch oven or great big skillet, then add the turkey and onion. Cook until browned, breaking the meat apart.
- Add the spices and garlic, cooking until fragrant. Then, add the spinach. Add the peppers, water, tomatoes and tomato sauce, Worcestershire, and rice. Stir to combine.
- Bring everything to a boil, then reduce to a simmer. Cover and cook for 30 minutes. Then, uncover, stir, and recover. Let simmer until the rice is tender. Sprinkle cheese on top.
- Let the casserole sit a few minutes, until the cheese is melted. Add fresh cilantro or parsley, and serve warm.

Adapted from wellplated.com

Taco Lettuce Wraps



Ingredients

- 1 1/2 teaspoons olive oil
- 1/3 cup onion
- 1/3 cup bell pepper
- 1 pound lean ground beef or turkey
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/3 cup salsa

Instructions

In a large frying pan, sauté the onion and bell peppers in the oil over medium-heat. Once onions are translucent, add ground beef and brown. Remove any grease. Mix in salt, pepper, cumin, chili powder, garlic powder and salsa. Let simmer for a couple minutes and then serve the taco meat inside a lettuce wrap or taco cup. Add your favorite toppings and enjoy!

Adapted from iheartnaptime.net

Pineapple Cucumber Salad

Ingredients

- 1 pineapple, roughly 2 1/2 cups, diced
- 1 cucumber, chopped
- 2 limes, zested and juiced
- 1 jalapeño, seeds removed, minced
- 1/4 cup onion, finely chopped
- 1/4 cup fresh cilantro, finely chopped
- kosher salt and freshly ground pepper, to taste



Instructions

Combine, pineapple, cucumber, jalapeño and onion in a large bowl. Add cilantro and lime juice, then season with salt and pepper. Refrigerate for 15-20 minutes, or until flavors have a time to blend together.

Adapted from 12tomatoes.com