



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

01.27.21

Mandarin Orange and Spinach Pasta Salad



Ingredients

- 8 ounces whole-wheat pasta (bow-ties or spirals)
- 2 cups spinach leaves
- 3 fresh tangerines or mandarin oranges
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely diced onion
- 1/4 cup sliced Kalamata olives or dried cranberries
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

- Cook pasta according to package directions.
- Drain. Rinse with cold water then drain again.
- Peel one tangerine and cut into 1/2-inch slices, then separate the slices into segments.
- Squeeze juice from the other two tangerines.
- Combine juice, olive oil, salt and pepper in a small bowl and whisk until blended to make a dressing
- Place cooked pasta in a large bowl. Pour dressing over the pasta. Gently toss to coat pasta. Cover with lid and place in fridge for at least 2 hours.
- When ready to serve add tangerine segments, olives (or cranberries) and baby spinach. Toss gently and serve.

Adapted from life-in-the-loftthouse.com

Simple Banana Pancakes



Ingredients

- 1 1/2 large bananas, ripe to overripe
- 2 eggs
- 1/8 teaspoon baking powder
- Maple syrup, butter, or blueberries, to serve

Instructions

- In a mixing bowl, crack in the eggs and add in baking powder. Whisk with a fork to combine.
- In another bowl add in 1 1/2 large bananas. Lightly mash with a fork, but not too much. There should be chunks of bananas to make fluffy pancakes. And use only ripe bananas.
- Pour whisked egg mixture into mashed bananas and stir gently to combine.
- In a frying pan, cook mini pancakes over a medium low heat. 1 or 2 tablespoons of batter is enough for each mini pancake. When the pancake puffs up a little, flip it over and cook for about one minute more.
- Helpful Hint: Flip the pancakes SLOWLY by working a spatula about halfway under the pancake until half the pancake is just barely lifted off the skillet and flip the rest of the way over. It's a bit runnier than a standard pancake until fully-cooked.
- Serve hot.

Adapted from eugeniekitchen.com

NEXT ORDER DEADLINES



ORDER BY THURSDAY, FEB. 4. PICK-UP WEDNESDAY, FEB. 10.
ORDER BY THURSDAY, FEB. 18. PICK-UP WEDNESDAY, FEB. 24.

Roasted Broccoli and Carrots



Ingredients

- 6 medium carrots peeled (about 10 ounces)
- 1 large head broccoli cut into florets (about 3 cups florets)
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons finely grated Parmesan cheese

Instructions

- Preheat the oven to 400 degrees and generously coat a large rimmed baking sheet with non-stick spray.
- Cut carrots at an angle into 1 1/2-inch thick slices, then place the carrots in the center of the baking sheet. Add the broccoli florets to the baking sheet with the carrots.
- In a small bowl, stir together the Italian seasoning, salt, pepper, garlic powder, and onion powder. Drizzle the vegetables with the olive oil, then sprinkle on the spice mix. Toss to coat the vegetables evenly, then spread them into an even layer.
- Place in the oven and roast for 20 minutes, until they are browned and tender, tossing once halfway through. Sprinkle with Parmesan. Enjoy hot.

Adapted from wellplated.com

Skinny Red Potato Salad



Ingredients

- 2 1/2 pounds red potatoes (about 6-7 medium-sized potatoes)
- 2 Tablespoons Kosher salt
- 6 ounce container plain Greek yogurt
- 1/2 cup light mayonnaise
- 2 Tablespoons stone ground or Dijon mustard
- 1 Tablespoon yellow mustard
- 2 Tablespoons apple cider vinegar
- 3 stalks celery diced (diced, about 1 cup)
- 4 small dill pickles, diced
- 4 stalks green onions, diced
- 1 Tablespoon dried dill
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- salt & pepper to taste

Instructions

- Wash and cut potatoes into large chunks placing in a soup pan or stock pot.
- Cover potatoes with cold water. Add 2 Tablespoons salt and bring to a boil.
- Once boiling cook for 8-10 minutes or until tender with a little bit of resistance in the center.
- Drain potatoes in colander and let cool. Potatoes will continue to cook while draining.
- Chop veggies and add to a large bowl along with all other ingredients. Mix until potatoes have become desired consistency.
- Refrigerate for at least 2 hours. Garnish with chopped green onions.

Adapted from thefedupfoodie.com