

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

02.10.21

### Hummus Avocado Toast



#### Ingredients

- 2 Pieces of wheat or multi-grain bread, toasted
- 6 Tablespoons Hummus, divided
- 1 ripe avocado
- tomato slices
- pepper for seasoning

#### Instructions

- Toast your bread to desired brownness.
- Once the toast is done, let it cool a few minutes.
- Place about 3 Tablespoons hummus on each piece of toast.
- Top each piece of toast with half an avocado cut into chunky slices.
- Finish with tomato slices and season with pepper.

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

### Beet Carrot Apple Slaw



#### Ingredients

- 2 beets large, raw, about 1 pound, peeled and roughly chopped
- 8 ounces carrots, roughly chopped
- 2 apples cored and roughly chopped
- Zest & juice of 2 lemons ~1/4 cup
- 1 Tablespoon olive oil
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons honey, optional

#### Instructions

- Shred the beets, carrots, and apples with a food processor or box grater. Place the shredded beets, carrots, and apples into a very large bowl.
- Zest the lemons and add it to the bowl. Cut the lemons open and squeeze out the juice into the bowl. Be sure you don't put any seeds into the salad!
- Add the olive oil, salt, pepper, and honey (optional).
- Toss the salad well until everything is evenly combined.
- Keeps in the fridge for up to 3 days.

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

**NEXT ORDER DEADLINES**



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

## Sweet Potato Black Bean Boats



### Ingredients

- Sweet potatoes
- 15-ounce can black beans, drained and rinsed
- 1/4 cup grated cheddar or pepper jack cheese
- Fresh salsa, cilantro, and green onion for topping and dipping.

### Instructions

- Preheat oven to 400 °F. Bake sweet potatoes directly on baking rack for 40-45 minutes or until tender to the touch.
- Remove from oven to cool, but leave oven on.
- Carefully cut sweet potatoes in half and scoop out insides to make “boats.” Leave about 1/4–1/2 inch of flesh so they don’t become too fragile and difficult to handle. Reserve leftover sweet potato for another recipe of your choice.
- Place sweet potato boats face up on a baking sheet and fill with black beans and top evenly with grated cheese.
- Pop back in oven to warm through and remove when cheese is melted and bubbly.
- Remove from oven and arrange on a serving platter.
- Top with salsa, chopped green onion and fresh cilantro.
- Additional toppings might include guacamole, hot sauce and lettuce. It’s your meal, have fun with it!
- Will reheat well the next day or two in the microwave or oven.

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

## Yellow Squash Soup



### Ingredients

- 2 large sweet onions, chopped
- 2 tablespoons olive oil
- 6 garlic cloves, minced
- 6 medium yellow summer squash, seeded and cubed (about 6 cups)
- 4 cups reduced-sodium chicken broth
- 1/4 teaspoon salt
- 1/2 teaspoon dried thyme
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon hot pepper sauce
- 1 tablespoon shredded Parmesan cheese
- 2 teaspoons grated lemon zest

### Instructions

- Wash and cut potatoes into large chunks placing in a soup pan or stock pot.
- In a large saucepan, heat oil over medium heat. Add onions and leek; cook and stir until crisp-tender, 5 minutes. Add squash; cook and stir 5 minutes. Add garlic; cook and stir 1 minute longer. Stir in broth, thyme and salt. Bring to a boil. Reduce heat; cover and simmer until squash is tender, 15-20 minutes.
- Cool slightly. In a blender, process soup in batches until smooth. Return all to the pan. Stir in lemon juice and hot pepper sauce; heat through. Sprinkle each serving with cheese and lemon zest.

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