

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

02.24.21

Chicken & Caramelized Pears



Ingredients

- 4 boneless skinless chicken breast halves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 Tablespoons butter
- 1 medium red onion, halved and thinly sliced
- 2 medium pears, thinly sliced
- 2 teaspoons brown sugar
- 1/2 cup light balsamic vinaigrette dressing
- 1/2 teaspoon dried thyme

Instructions

- Sprinkle chicken with salt and pepper. In a large skillet, brown chicken in olive oil; remove and keep warm.
- In the same skillet, sauté onion until tender. Add pears and brown sugar; cook 3 minutes longer. Stir in vinaigrette and thyme.
- Return chicken to skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until chicken is cooked to an internal temperature of 165°F.
- Serve with brown rice, wild rice or couscous.

Adapted from tasteofhome.com

Easy Grape Tomato Salsa



Ingredients

- 10 ounces of grape tomatoes
- 1/2 onion, peeled and chopped into 4 chunks
- 1 jalapeno (stem removed, de seeded if you want less spice)
- 1 garlic clove
- Juice of one lime
- 1 small handful of fresh cilantro
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

- Place all ingredients in a food processor or blender in the order listed.
- Using the "pulse" button on your food processor, pulse the ingredients off an on until you obtain small even pieces.
- Do not puree the mix, just pulse about 5 times, 1 second each. Place in serving dish or glass container with lid to store.
- Store in fridge for up to 3 days.

Adapted from sweetrusticbakes.com

NEXT ORDER DEADLINES



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

Pan-Seared Garlicky Mushrooms



Ingredients

- 1 Tablespoon butter
- 1-2 Tablespoons olive oil
- 8 ounces mushrooms sliced
- 2-3 cloves garlic sliced

Instructions

- Add 1 tablespoon butter to a large heavy bottomed skillet over medium high heat until it starts to melt. Add 1 Tablespoon of the oil and half of the mushrooms.
- Let the mushrooms sear without moving for 2-3 minutes then toss occasionally, until the mushrooms start to brown and soften. Add half of the garlic and season with a pinch of salt and pepper and continue to cook, tossing occasionally, until deeply brown and caramelized, turning down the heat if needed.
- Remove the mushrooms and set aside. Repeat with the remaining mushrooms and olive oil then enjoy with some garlicky toast, over wheat pasta or brown rice.

Adapted from minimalistbaker.com



Baked Bananas

A perfect, healthy dessert!

Ingredients

- 1 banana
- 1/2 Tablespoon honey
- Ground cinnamon

Instructions

- Preheat oven to 400F degrees.
- Arrange banana on an oven safe dish or foil. Sprinkle with cinnamon and honey.
- Cover tight with foil and bake for 10 to 15 minutes.
- Enjoy with light ice cream on the side.

Adapted from skinnytaste.com

Reviving Wilted Vegetables



Does your refrigerator often get full of wilted salad greens, bendy beans, flimsy carrots and celery? Don't worry! It happens to all of from time to time. Here's how to fix your vegetables so they don't go to waste.

Trim Any Parts You Don't Need

Cut away anything that is too wilted or not needed. Celery leaves may be too shriveled for resurrection, but the celery stalks can be saved. Beet greens might not be what you want from the beet bunches, so trim those and put them in your compost pile. Keep only what you want to revive.

Place in Ice Water

For most produce, you can submerge the food in a large bowl of ice water. Then, put the container with the vegetables in the fridge to keep the water cool. Let the food soak for 15 to 30 minutes. Heartier produce, such as beets or carrots, may need longer, or up to one hour.

Pat Dry

You may need to rinse the food under cool running water to remove any remaining grit or dirt. Then, wrap the vegetable in absorbent towels to wick away excess water.

Use as You Normally Would

Most of the revived produce can be used just as you had planned. Some produce may have more water than normal, but this won't affect flavor. If you want to revive produce and save it for later, you need to get it very dry after the water bath. Water is a breeding ground for bacteria. Use any revived produce within two days to prevent deterioration.

Adapted from eatingwell.com