

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

03.10.21

Skinny Mexican Street Corn



Ingredients

- 1 Tablespoon olive oil
- 2 ears corn, shucked and rinsed
- 1/2 jalapeño, seeded and diced
- 1 1/2 teaspoons Greek yogurt
- 1 tablespoons crumbled parmesan cheese (better to use cotija if you have)
- 1 tablespoons chopped fresh cilantro leaves
- 1/2 teaspoon chili powder
- 1 clove garlic, minced
- Juice of 1/2 lime

Instructions

- Heat a non-stick skillet with olive oil on high heat.
- Add corn and stir occasionally for 4 minutes.
- Towards the end add the garlic and jalapeño for 1 minute.
- Pour the contents of the pan into a bowl and add yogurt, cheese, cilantro, chili powder and lime juice.

Preparation Note

- Double or triple all ingredients if you have more corn.

Adapted from seriousspice.com

Pennsylvania Dutch Cabbage



Ingredients

- 2 cups shredded raw green cabbage
- 1/2 cup finely diced green pepper
- 1/2 cup finely diced celery
- 1/4 cup grated carrots

Dressing

- 1/2 cup cold water
- 5 Tablespoons white vinegar
- 1/4 cup sugar
- 1 teaspoon salt
- Pepper to taste

Instructions

- Place all the vegetables in a large glass bowl. Mix the dressing ingredients together in a smaller bowl, pour the dressing over the vegetables. Mix to combine. Cover with plastic wrap and refrigerate until chilled.

Adapted from bunnyswarmoven.com

NEXT ORDER DEADLINES



ORDER BY THURSDAY, MAR. 18. PICK-UP WEDNESDAY, MAR. 24.
ORDER BY THURSDAY, APR. 1. PICK-UP WEDNESDAY, APR. 7.

Brazilian Collard Greens



Ingredients

- 1 large bunch (about 10 ounces) collard greens
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon fine sea salt
- 2 medium cloves garlic, pressed or minced
- Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)
- A couple lemon wedges, for serving

Instructions

- To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the "cigar" as thinly as possible (1/8" to 1/4") to make long strands. Shake up the greens and give them a few chops so the strands aren't so long.
- Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all of the collard greens and the salt.
- Stir until all of the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges (this is delicious). This will take between 3 to 6 minutes.
- Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds. Remove the pan from the heat.
- Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.

Adapted from cookieandkate.com

Spanish Potatoes



Ingredients

- 2 pounds potatoes, cut into even sized cubes
- 3 Tablespoons olive oil
- 2 Tablespoons white vinegar
- 2 Tablespoon tomato paste
- 1 Tablespoon chili powder
- 2 teaspoon dried parsley
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon pepper

Instructions

- Preheat oven to 400° Fahrenheit and line a large sheet pan with parchment paper.
- Chop potatoes as noted and place them in a bowl.
- Mix together the oil, tomato paste and white vinegar. It should turn into a ketchup-like consistency. Pour the mixture over the potatoes and toss to coat.
- Mix together the dry seasonings in a small bowl. Sprinkle the seasoning mixture over the potatoes and toss to coat.
- Spread the potatoes out evenly on the sheet pan. Place in the oven to bake for 30-35 minutes, or until the potatoes are soft when pierced with a fork.
- Remove from the oven and serve.

Adapted from realsimplegood.com