

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

03.24.21

Spicy Sweet Potato Salad



Ingredients

- 2 cups cubed sweet potatoes (about 2 large)
- 2 Tablespoons olive oil
- 1/3 cup onion, diced
- 1 red pepper, sliced
- 1 Tablespoon minced garlic
- 6 slices turkey bacon, cooked and crumbled
- Pinch ground pepper
- 1/2 cup low-fat mayonnaise
- 1/2 teaspoon chili powder
- Pinch paprika
- Pinch cumin
- 1 teaspoon lime juice

Instructions

- In a large skillet over medium heat, add sweet potatoes, olive oil, pinch ground pepper and minced garlic. Sauté for about 12-14 minutes, until soft.
- Add onion and red pepper to the skillet and sauté 3-4 minutes until soft.
- Remove from skillet and add to a large mixing bowl. Top with cooked bacon.
- Stir together the mayonnaise, chili powder, paprika, cumin and lime juice in a small bowl to make a dressing and pour over salad. Serve hot or cold.

Adapted from organicallyaddison.com

4 Types of Onions and How to Use Them

Many recipes call for an onion, and our box this week has yellow onions. Here's a simple guide to picking the right type of onion for various dishes.



Yellow Onions

Good for all recipes—especially caramelizing. If a recipe doesn't specify what type of onion to use, your safest bet is a yellow onion.



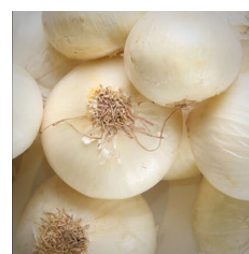
Sweet Onions

Good for salads, relishes, garnishes. Popular sweet onions include Vidalias. If you're looking for an onion that tastes amazing raw in salads, relishes or chopped as a garnish, go for sweet onions



Red Onions

Great on salads, sandwiches and other raw preparations because of the deep-purple color. With a peppery, spicy flavor to them, these are sweetest from March to September



White Onions

Great for Mexican dishes and grilling. Often used in prepared salads (potato and macaroni salads, for instance), white onions can be strong but they tend to have less aftertaste.

No matter the type, onions should be stored in a cool, dark place with plenty of ventilation. Avoid storing whole unpeeled onions in the refrigerator.

Adapted from tasteofhome.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, APR. 1.** PICK-UP **WEDNESDAY, APR. 7.**
ORDER BY **THURSDAY, APR. 15.** PICK-UP **WEDNESDAY, APR. 21.**

Turkey Mushroom Meatballs



Ingredients

- 8 ounces mushrooms, chopped
- 1 small onion, chopped
- 1 stalk celery, sliced
- 4 cloves garlic
- 1 tablespoon extra-virgin olive oil
- 1/2 cup fine dry breadcrumbs
- 1/2 cup finely chopped Italian parsley
- 1/4 cup grated Parmesan cheese
- 2 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 pound lean ground turkey

Instructions

- Finely chop mushrooms, onion, celery and garlic in a food processor. Heat oil in a large skillet over medium-high heat. Add the vegetable mixture and cook, stirring occasionally, until the liquid has evaporated, 6 to 8 minutes. Transfer to a large bowl and let cool for 10 minutes.
- Preheat oven to 450 degrees F. Line a large rimmed baking sheet with foil and coat with cooking spray.
- Add breadcrumbs, parsley, cheese, Italian seasoning, salt and pepper to the cooled vegetables; stir until combined. Add turkey and mix gently to combine (do not overmix). Form into 30 meatballs (a scant 2 tablespoons each) and place on the prepared baking sheet.
- Bake the meatballs until an instant-read thermometer inserted in the center registers 165 degrees F, about 15 minutes.

Make Ahead Tip

- Freeze baked, cooled meatballs in a single layer on a baking sheet, then transfer to an airtight container. Freeze for up to 3 months. Reheat from frozen in a 350°F oven for about 25 minutes.

Adapted from eatingwell.com

Chili Lime Cantaloupe



Red pepper and salt on cantaloupe? Trust us! This quick and easy recipe is a refreshing way to dress this fruit. Pairs well with any spicy meal.

Ingredients

- 1/2 medium cantaloupe
- 1 1/2 or 2 Tablespoons fresh lime juice
- 1/2 Tablespoon honey
- 2 Pinches of salt
- 2 or 3 shakes crushed red pepper flakes

Instructions

- Cut the cantaloupe in half and scrape out the seeds with a spoon. Reserve half of the cantaloupe for breakfast or other meals. Take the remaining half and cut it into quarters. Using a sharp knife, carefully run the knife between the flesh and the rind. Once the rind is removed, slice the melon into thin pieces.
- In a small bowl, combine the juice of half a lime (about 1.5-2 Tbsp), honey, salt, and crushed red pepper. Stir until the honey is dissolved.
- Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. Serve immediately, or chill until ready to eat. Give the melon a brief stir before serving.

Adapted from realsimplegood.com