



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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04.07.21

Roasted Radishes and Potatoes



Ingredients

- 1 1/2 pounds potatoes
- 6-8 ounces radishes
- 1-2 tablespoons no-salt seasoning, such as *Mrs. Dash*™
- 1/2 teaspoon pepper
- 2 tablespoons olive oil

Instructions

- Preheat oven to 450 degrees
- Wash and clean potatoes and radishes. Slice any large potatoes in half and put them in a large bowl.
- Drizzle with olive oil and mix well. Sprinkle with seasoning and pepper. Mix well to combine.
- Put all of the vegetables on a sheet pan. Make sure they are evenly spaced out so they can roast (not steam). Place cut sides down.
- Place in the preheated oven for 20 minutes - remove & flip all of the vegetables over, return to the oven for another 20 minutes.
- Can be served hot or room temperature.

Adapted from seriousspice.com

Cabbage Hash Browns



Trust us. We know it might be hard to believe, but these hash browns really taste like they're made with potatoes! The onions make them taste a little like latkes. Serving it with an over-easy (or scrambled) egg and some turkey bacon make for a filling breakfast. We know what you're thinking...cabbage hash brown? **Trust us!**

Ingredients

- 2 large eggs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 2 cups shredded cabbage
- 1/4 cup chopped green yellow onion
- 1 Tablespoon olive oil

Instructions

- In a large bowl, whisk together eggs, garlic powder, and salt. Season with black pepper.
- Add cabbage and onion to egg mixture and toss to combine.
- In a large skillet over medium-high heat, heat oil.
- Divide mixture into 4 patties in the pan and press with spatula to flatten.
- Cook until golden and tender, about 3 minutes per side.
- Serve as a side as part of a healthy breakfast to start your day right!

Adapted from delish.com

NEXT ORDER DEADLINES

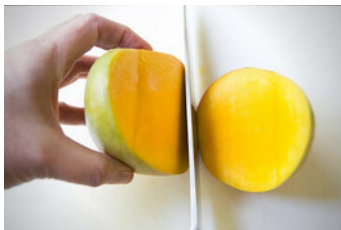


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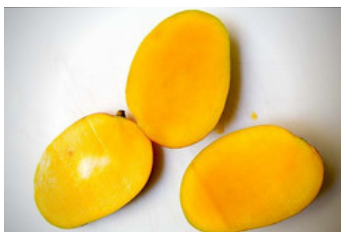
How to Cut A Mango

The first step is to cut away sides from the pit. A mango has a flat-ish oblong pit in the center of it. Your objective is to cut along the sides of the pit, separating the flesh from the pit.

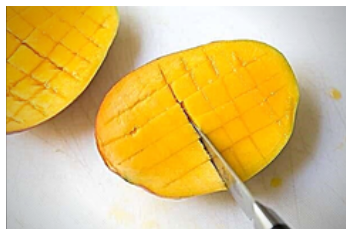
Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit.



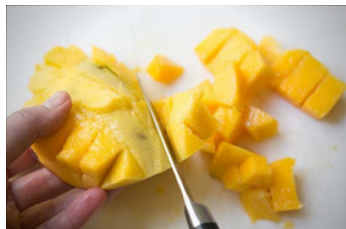
Then repeat with the other side. You should end up with three pieces: two halves, and a middle section that includes the pit.



Next, make crosswise cuts in flesh. Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel. Invert the mango half so that the cut segments are sticking out like a hedgehog.



At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.



Finally, take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel. You may be able to extract a little extra mango from around the pit.

Adapted from simplyrecipes.com

Black Bean with Mango and Chili Powder Salad



Ingredients

- 1 cup cubed mango
- 1 can black beans (drained and rinsed)
- 1/8 cup olive oil
- 1 1/2 teaspoons lime juice
- 1 teaspoon chili powder
- 1 large handful fresh cilantro, chopped (optional)
- Salt and freshly ground black pepper, to taste

Instructions

- In a serving bowl, mix the mango and beans.
- In a small bowl, whisk olive oil with lime juice and chili powder.
- Add the cilantro to the serving bowl and then drizzle the dressing over the salad. Season to taste with salt and pepper. Toss to combine.
- Serve chilled or at room temperature. This salad can be assembled in advance without cilantro and refrigerated for a day.

Adapted from food52.com

Honey, Garlic & Lime Vinaigrette Dressing

Great as a marinade for grilled chicken, or a dressing for a salad.

Ingredients

- 1/4 cup fresh lime juice
- 1/4 cup olive oil
- 1 tablespoon honey
- 1 garlic clove, pressed
- pinch of salt and pepper

Instructions

- Add all ingredients to a jar.
- Shake until combined.
- Refrigerate unused portion.

Adapted from tastykitchen.com

