

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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04.21.21

Lemon & Garlic Skillet Kale



Ingredients

- 1 large bunch kale
- 1 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- Pinch red pepper flakes (optional)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Juice of 1/2 small lemon

Instructions

- Pull the kale leaves from their stems. Coarsely chop the leaves. Rinse them, but do not dry.
- Heat the oil in large, wide, high-sided sauté pan over medium heat until shimmering. Add the garlic and red pepper flakes, if using, and cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
- Add the kale a few handfuls at a time, stirring after each addition so that it starts to wilt, until all of the kale is added. Stir in the salt and pepper. Cover and cook, stirring occasionally, until the kale is just tender, about 5 minutes. Remove from the heat, stir in the lemon juice, and serve.

Adapted from thekitchn.com

Simple Roasted Rutabaga



The exterior of a rutabaga is surely not going to lure you in when you see it sitting on the shelf at the grocery store. But this vegetable is worth a try. Rutabagas are a cross between cabbage and turnips and come from the same family as broccoli, Brussels sprouts, and kale.

Ingredients

- 1 rutabaga medium size
- 1 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper

Instructions

- Preheat oven to 425°F.
- Peel the rutabaga and cut into 1/2 inch thick slices, discarding the ends. Then cut into 1/2 inch cubes.
- Add to a medium size bowl and toss with the olive oil.
- Spread rutabaga onto a baking sheet and season with the salt and pepper.
- Bake for 30-40 minutes, tossing halfway through, or until fork tender.

Adapted from deliciouslittlebites.com

**NEXT ORDER
DEADLINES**



ORDER BY **THURSDAY, APR. 29.** PICK-UP **WEDNESDAY, MAY 5.**
ORDER BY **THURSDAY, MAY 13.** PICK-UP **WEDNESDAY, MAY 19.**

Baked Parmesan Yellow Squash Rounds



Ingredients

- 2 medium-sized yellow summer squash
- Garlic powder
- Kosher Salt
- Freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese

Instructions

- Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper.
- Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic powder, salt, and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.
- Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately!

Adapted from fivehearthome.com

Roasted Roma Tomatoes



Ingredients

- Fresh Roma Tomatoes

Instructions

- Preheat oven to 400°F .
- Remove the core from each tomato with a paring knife. Gently scoop out the seeds from each tomato half with a spoon or your fingers.
- Toss tomato halves with olive oil, salt, and pepper—plus any desired flavorings (such as balsamic vinegar, Italian seasoning, and garlic powder).
- Place tomatoes on a sheet pan and roast until softened and slightly browned, about 40 to 45 minutes.
- For an extra burst of flavor, sprinkle chopped fresh herbs like oregano, thyme, rosemary, basil over top these roasted tomatoes when they come out the oven.

Adapted from allrecipes.com

Household Uses for Lemons

Refresh cutting boards. While other citrus fruits would work, a little lemon juice is the best natural cleaner around.

Wash fruits and vegetables. Lemon is a great natural disinfectant that is incredibly effective, but won't harm produce or change the taste. Dry with a soft cloth, and enjoy! You can even squeeze lemon juice on them once you've chopped them up to keep things fresh!

Clean your garbage disposal. Grind a bit of lemon peel in your garbage disposal periodically. Run hot water, then cold water through your faucet as you're grinding.

More lemon tips at:

wideopeneats.com/household-uses-lemons-youve-never-heard/

