

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

05.05.21

### Baked Chicken Casserole with Basil and Roasted Peppers



#### Ingredients

- 1 1/2-pounds boneless, skinless chicken breasts
- Salt and fresh ground black pepper
- 2-3 red peppers
- 1/2 cup orange juice or fresh squeezed oranges
- 1/4 cup fresh lemon juice
- 2 garlic cloves, minced
- 1 bunch fresh basil
- 2 tablespoons butter or olive oil

#### Instructions

- Heat oven to 350 degrees F.
- Slice each chicken breast on an angle into 1-inch slices and season with salt and pepper.
- Slice red peppers into strips.
- Scatter garlic in the bottom of a 2-quart baking dish. Pour half of the orange juice and half of the lemon juice mixture over garlic. Starting in one corner of the baking dish, alternate chicken slices with pieces of red pepper and basil leaves then pour the remaining orange and lemon juice over chicken. Cut butter into small squares then scatter over chicken.
- Bake the chicken until the chicken is thoroughly cooked: 25 to 30 minutes. Serve chicken over mashed potatoes, rice or vegetables

*Adapted from inspiredtaste.net*

### How to Roast a Jalapeño Pepper in the Oven



*Kitchen Tip: While preparing, it may be necessary to wear plastic gloves to protect sensitive skin from the oils of the jalapeño peppers.*

#### Ingredients

- Jalapeño peppers

#### Instructions

- Cut the jalapeño peppers in half and remove the inner membrane and seeds.
- Place the jalapeño peppers, cut side down, on a foil-lined baking sheet.
- Set and preheat the oven to broil. Place the baking sheet on an upper rack of the oven and cook for 7-10 minutes. The pepper skin will wrinkle and start to char and bubble. This is good! Watch carefully and pull them out before they burn.
- Remove roasted peppers from out of the oven and place in a resealable plastic bag and close it. This causes the heat in the jalapeño peppers to create steam. This further cooks the peppers and pulls the skin away from the flesh of the peppers. Keep them in the sealed bag for a minimum of 20 minutes.
- Remove the jalapeño peppers from the bag and pull the skin off the pepper, discarding the skins. Use the peppers in any dish that you desire the sweet heat of the roasted jalapeno pepper, such as salsas, dips, beans, tacos and more.

*Adapted from theblackpeppercorn.com*

**NEXT ORDER DEADLINES**



**ORDER BY THURSDAY, MAY 13. PICK-UP WEDNESDAY, MAY 19.**  
**ORDER BY THURSDAY, MAY 27. PICK-UP WEDNESDAY, JUN. 2.**

## Cinco De Mayo Black Bean & Corn Bowl



### Ingredients

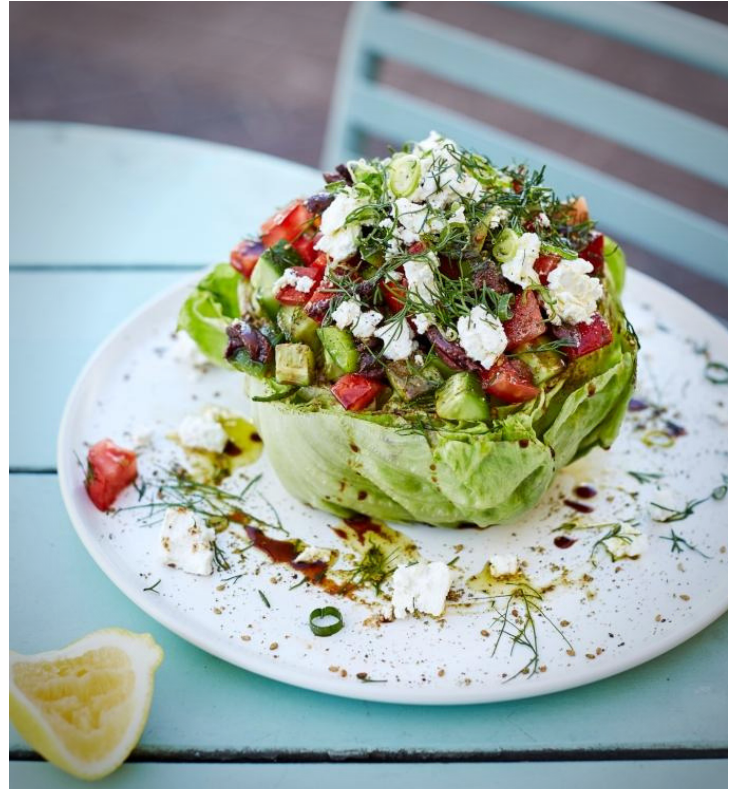
- 2 cans black beans drained and rinsed
- 1 1/2 cups corn kernels fresh, frozen or canned
- 1/4 cup red onion minced
- 1 red bell pepper diced
- 1 avocado peeled, pit removed and diced
- 1 jalapeno ribs and seeds removed, then minced
- 1/3 cup cilantro leaves chopped
- 1/3 cup olive oil
- 1/4 cup lime juice
- 2 teaspoons honey
- 1 teaspoon chili powder
- 1 teaspoon cumin
- salt and pepper to taste

### Instructions

- Place the black beans, corn, red onion, red bell pepper, avocado and jalapeno in a large bowl.
- In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin and salt and pepper.
- Pour the dressing over the beans and vegetables and toss gently to coat. Serve.

*Adapted from [dinneratthezoo.com](http://dinneratthezoo.com)*

## Iceberg Lettuce Wedge



### Ingredients

- 1/2 bunch basil
- 2 clove garlic
- 1 1/2 cups natural yogurt
- Zest & juice 1 lemon
- Salt & black pepper to taste
- 1 large iceberg, split in half lengthways
- 2 Roma tomatoes
- 1 cucumber
- 1/2 cup Kalamata olives, pitted, roughly chopped
- 3 Tablespoons olive oil
- Sprinkled cheese of your choice
- 2 Tablespoons dill, roughly chopped
- 2 Tablespoons onions, finely sliced
- 1 lemon

### Instructions

- First make the herbed yogurt, add all the ingredients in a blender and blend into a smooth sauce. Set aside in the fridge.
- Chop the cucumber and tomato.
- Cut the iceberg in half horizontally and lay one half of the lettuce cut side up on a serving plate. Season lightly with salt and pepper and generously spoon over the herbed yogurt so it runs all over and through the leaves.
- Top the iceberg with the cucumber, tomato and lightly season with salt and pepper. Scatter the olives over and dress the whole lot with olive oil. Crumble over the cheese, herbs and serve with lemon.

*Adapted from [harrisfarm.com.au](http://harrisfarm.com.au)*