

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 TO ORDER

05.19.21

Sautéed Spinach and Mushrooms



Ingredients

- 2 Tablespoons olive oil, divided
- 1 medium onion, coarsely chopped
- 1 cup chopped Baby Portabella mushrooms
- 2 cloves garlic, finely chopped
- 1 medium tomato, chopped
- 1 (8 ounce) package fresh baby spinach
- 1/2 teaspoon salt, or to taste
- 1/8 teaspoon ground black pepper, or to taste
- 2 Tablespoons grated Parmesan cheese, or to taste

Instructions

- Heat 1 tablespoon oil in deep pan over medium heat. Add onion and sauté until soft, 3 to 5 minutes. Add mushrooms and sauté for 4 to 5 minutes. Add garlic and sauté 1 more minute. Add tomato and cook 1 to 2 minutes. Remove mixture to a dish and keep warm.
- Add remaining 1 tablespoon oil to the same pan over medium-high heat. Add spinach, salt, and pepper. Cook, tossing continually, until spinach begins to wilt, 1 to 2 minutes. Add onion mixture and mix until thoroughly incorporated. Continue to toss and stir until spinach is cooked to your desired doneness.
- Sprinkle with Parmesan cheese to serve.

Adapted from allrecipes.net

Easy Oven Roasted Eggplant



Ingredients

- 1 eggplant
- kosher salt
- olive oil
- black pepper

Instructions

- Cut off ends of eggplant and slice into 1/3 inch rounds. Place a wire rack on a baking sheet. Lay the eggplant on the rack. Liberally sprinkle each side of the steaks with the salt to draw out the moisture and let the eggplant sit for 15 minutes.
- Preheat oven to 400 F degrees. Line a large baking sheet with parchment paper.
- Rinse the eggplant under cool water and thoroughly pat dry with a towel.
- Arrange the eggplant in single layer on the parchment lined baking sheet. Brush both sides lightly with olive oil and a light sprinkle of black pepper.
- Roast the eggplant in the oven for 10 minutes. Flip and roast for an additional 10 minutes. Serve as desired.

Adapted from peelwithzeal.com

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, MAY 27.** PICK-UP **WEDNESDAY, JUN. 2.**
ORDER BY **THURSDAY, JUN. 10.** PICK-UP **WEDNESDAY, JUN. 16.**

Roasted Broccoli Pasta with Lemon & Feta



Ingredients

- 1 pound broccoli crowns
- 1 Tablespoon olive oil
- 1 teaspoon steak seasoning
- 1 fresh lemon
- 8 ounces whole wheat penne pasta
- 2 Tablespoons butter
- 1 ounce crumbled feta cheese

Instructions

- Preheat the oven to 400°F. Cut the broccoli into small florets. Line a baking sheet with parchment paper, then spread the florets out over the baking sheet. Drizzle the broccoli with olive oil and sprinkle the steak seasoning over top. Toss the broccoli until it is well coated in oil and seasoning.
- Roast the broccoli for 20-25 minutes, or until it is brown and crispy on the edges.
- While the broccoli is roasting, prepare the rest of the dish. Bring a pot of water to boil for the penne. Once boiling, add the pasta, and continue to boil until the pasta is tender (8-10 minutes). Reserve about ½ cup of the starchy pasta water, then drain the pasta in a colander.
- While the pasta is boiling, zest a lemon, then cut it into wedges.
- Return the drained pasta to the pot (heat turned off). Add the roasted broccoli florets, the butter, about 1 tsp lemon zest, and the juice from two of the lemon wedges. Stir the ingredients together, letting the residual heat from the pasta melt the butter. If the pasta seems too dry, add a splash or two of the reserved pasta water.
- Top the pasta with crumbled feta and a pinch or two more steak seasoning, if desired. Serve with extra lemon wedges.

Adapted from budgetbytes.com

Strawberry Banana Overnight Oats



Ingredients

- ¾ cup rolled oats
- 1 Tablespoon maple syrup
- ½ cup banana (peeled and diced)
- ½ cup strawberries (diced)
- ¾ cup milk

Instructions

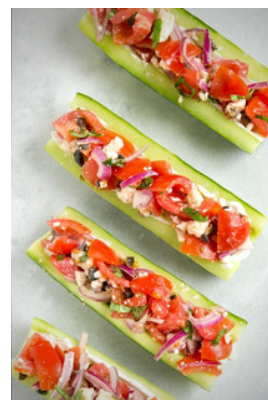
- Place rolled oats in a 16 ounce jar or other container with a leak-proof lid. Add in maple syrup, bananas, and strawberries. Pour in milk.
- Place the lid on securely and shake well. Place in the refrigerator fridge overnight.
- Stir and add more milk as needed before serving.

Adapted from thediaryofarealhousewife.com

Greek Cucumber Boats

Ingredients

- 4 Cucumbers
- 1 Small tomato, diced
- 2 Tablespoons Kalamata olives, finely chopped
- ½ Small red onion, finely sliced
- 3 ounces Feta cheese, crumbled
- 1 teaspoon dried oregano
- 2 Tablespoons olive oil
- 3 Tablespoons Greek yogurt



Instructions

- Cut cucumbers in half lengthwise, remove seeds using a small spoon. Set aside.
- In a medium bowl, mix in chopped tomatoes, olives, onion, oregano and crumbled feta cheese. Season with olive oil and salt and pepper to taste.
- Spread a little Greek yogurt over each cucumber boat, then spoon the Greek salad mixture into the boats and serve.

Adapted from thepetitecook.com