

EST.

2015

FOODSHARE

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06.01.02

Grilled Eggplant



Ingredients

- 2 medium eggplants, sliced into 1/4-inch thick rounds
- Extra-virgin olive oil, for drizzling
- sea salt
- 1/2 cup feta cheese, optional for serving
- 1/4 cup parsley, chopped fine, optional for serving.

Instructions

To salt, or not to salt? That is the question. If you eat eggplant often, you probably know that many recipes advise you to salt and drain eggplant for at least 20 minutes and up to a few hours before cooking it. Salting is said to improve the eggplant's bitter flavor and spongy texture. It isn't necessary here. Skipping this step will save you lots of time, and your grilled eggplant will still taste great (provided you do season it before you eat it).

Preheat a grill or grill pan to medium-high heat. When it's nice and hot, add the eggplant slices and grill for 2 to 3 minutes per side. Whatever you do, don't undercook them. You should be able to easily pierce the slices with a fork; they shouldn't be tough or spongy. The grilled eggplant slices are ready when they're completely tender and grill marks form on both sides. Sprinkle with feta cheese and parsley before serving, if desired. Enjoy!

Kale with Dates & Caramelized Onion

Did you know that one cup of kale contains 90% of your daily needs for vitamin C, among many other benefits!

Try this quick and different recipe to use kale in a new way.

Ingredients

Serves 6

- 2 Tablespoons extra virgin olive oil
- 1 red onion, cut into long slices
- Sea salt
- 1 clove garlic, minced
- Pinch of red pepper flakes
- 2 Tablespoons chopped dates
- 1 bunch kale, rinsed, stemmed, and chopped into bite-sized pieces
- Squeeze of lemon juice



Instructions

1. Place kale leaves in a bowl of water to rinse thoroughly. Shake off the water. Chop the stems away from the leaves, then chop leaves into bite-sized pieces. It's ok if they remain somewhat wet before going into the pan.
2. In a large sauté pan, heat olive oil over medium-high heat. Add the onion slices and pinch of salt. Sauté for 3 - 5 minutes. Decrease the heat to low and continue to cook, stirring while the onions caramelize.
3. Add garlic and stir for only 30 seconds before adding red pepper flakes and dates. Cook for 30 seconds and then add 2 Tablespoons of water to the pan, scraping with a wooden spoon to loosen flavorful bits from the bottom.
4. Add as many greens as you can at once. When they've wilted down enough, add the rest of the greens. With a tablespoon or two more water if the pan is drying. Cover and cook for 2- 3 more minutes until the greens are tender. Add lemon juice, if using, taste a leaf for salt and adjust as necessary. Serve immediately.

From The Healthy Mind Cookbook

NEXT ORDER DEADLINES



ORDER BY THURSDAY, JUNE 9. PICK-UP WEDNESDAY, JUNE 15.
ORDER BY THURSDAY, JUNE 23. PICK-UP WEDNESDAY, JUNE 29.

Loaded Cauliflower Casserole

If you're a cauliflower skeptic, try this tasty recipe. Bacon, sour cream and sharp Cheddar cheese coat good-for-you cauliflower in deliciousness for an easy side that will turn doubters into cauliflower fans.



Ingredients

Makes 8 1/2-cup servings

- 3 slices bacon
- 1 head cauliflower (about 2 pounds), cut into bite-size pieces
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt
- 1 1/4 cups shredded sharp Cheddar cheese, divided
- 1/3 cup sour cream or plain Greek yogurt
- 4 scallions, sliced, divided

Instructions

1. Gather all the ingredients. Preheat oven to 425°F.
2. Place bacon in a large nonstick skillet over medium heat; cook until crisp, 6 to 8 minutes. Transfer to a paper-towel-lined plate and let cool. (Reserve the drippings in the pan.)
3. Combine cauliflower, 1/2 teaspoon pepper, 1/4 teaspoon salt and the bacon drippings in a 9-by-13-inch baking dish. Roast, stirring twice, until tender, about 35 minutes.
4. Meanwhile, combine 1 cup cheese, 2/3 cup sour cream and half the scallions in a small bowl.
5. When the cauliflower is tender, stir the cheese mixture into the cauliflower in the pan. Sprinkle with the remaining 1/4 cup cheese. Bake until hot, 5 to 7 minutes more.
6. Chop the cooled bacon. Sprinkle the hot casserole with the bacon and the remaining scallions.

From eatingwell.com



Richland County Community Planning & Development

COMMUNITY DEVELOPMENT

Richland County is working on a 5-year plan for HUD funding and are asking for community input. Scan the code to the right with your phone's camera or follow the link below to fill out the survey.

If food access is a priority to you, enter that on questions 9 and 10!

www.surveymonkey.com/r/RichlandCountyCDBG



Turkey and Apple Sausage

Making your own breakfast sausage is easy and so much healthier. This recipe makes ten and they can be frozen to be cooked later. Fennel seed can be found in the spice section and gives sausage it's traditional flavor. After the first try, adjust the seasoning to your own tastes.



Ingredients

Makes 10 servings

- 1 small apple, shredded
- 1 pound ground turkey
- 2 teaspoons Worcestershire Sauce
- 3/4 teaspoon salt
- 2 teaspoons dried sage
- 1 Tablespoon fennel seed, crushed or ground
- 1/4 teaspoon ground nutmeg
- 1 Tablespoon brown sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon olive oil
- Oil spray, as needed

Instructions

1. Gather all ingredients and equipment. If baking the sausage, preheat oven to 400 °F (see alternative cooking option below).
2. Shred apple using a box grater or grater blade on a food processor.
3. Place shredded apple, turkey, Worcestershire sauce, spices, and 1 teaspoon olive oil in a bowl. Mix until just incorporated. Do not overmix.
4. Form 10 patties, about 1/4 inch thick.
5. Heat a nonstick or cast iron skillet over medium-high heat, spray well with oil spray.
6. Add the patties to the pan, making sure not to overcrowd the pan. You may need to cook the sausage in multiple batches. Cook about 3-4 minutes on each side, until browned and no longer pink in the center.

Alternative Cooking Option: Line a baking sheet with tin foil and spray with cooking spray. Arrange sausage patties on the tray and bake for 7-10 minutes or until internal temperature is 165°F in the center of the patties.

From CulinaryMedicine.org, FoodShare's Teaching Kitchen Curriculum