

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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**06.15.02**

### Massaged Mustard Greens Salad

*A few minutes of judicious massaging will transform bitter mustard greens into a mellow, well-balanced salad spiked with hints of lemon, garlic and Parmesan.*



#### Ingredients

**Makes 6 servings**

- 2 bunches mustard greens
- 1/2 cup freshly grated Parmesan cheese
- 1/3 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 3 large cloves garlic, minced
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt

#### Instructions

1. Strip leaves from the stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl.
2. Add Parmesan, oil, lemon juice, garlic, soy sauce, pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny. Taste and adjust seasoning with more Parmesan, lemon juice, garlic, soy sauce and/or pepper, if desired.

#### Options

Use this as a base for your creativity! Top with sliced strawberries or diced peaches and a light splash of balsamic vinegar for a sweet and tart taste. Add diced tomatoes and chopped carrots for more traditional salad.

*Adapted from eatingwell.com*

### Cumin Lime Coleslaw

*With a bright and sunny dressing made with fresh lime juice, earthy cumin, and a small pinch of cayenne, this easy, breezy coleslaw is great for your summer cookout!*



#### Ingredients

**Makes 6 servings**

- 1/2 cup Greek yogurt
- 2 Tablespoons fresh lime juice (about 1/2 lime)
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 teaspoon sugar
- 1/2 head green cabbage (about 6 cups shredded)
- 2 carrots
- 4 green onions

#### Instructions

1. Prepare the coleslaw dressing by stirring together the mayonnaise, lime juice, cumin, salt, sugar, and a pinch of cayenne pepper. Refrigerate the dressing until ready to use.
2. Remove the core from the cabbage and then finely shred. Peel the carrots, then use a large holed cheese grater to shred the carrots. Thinly slice the green onions.
3. Combine the shredded cabbage, carrots, and green onions in a large bowl. Pour the dressing over top, then stir until everything is well coated in dressing. Serve immediately or refrigerate until ready to serve. After refrigerating, make sure to stir the slaw well before serving.

*From budgetbytes.com*

**NEXT ORDER DEADLINES**

**ORDER BY THURSDAY, JUNE 23. PICK-UP WEDNESDAY, JUNE 29.**  
**ORDER BY THURSDAY, JULY 7. PICK-UP WEDNESDAY, JULY 13.**

## No-Fail Method for How to Cook Mushrooms

*Mushrooms are one of our favorite ingredients. They are delicious, nutritious, and simple to cook!*



### Ingredients

- 8 ounces mushrooms (about 2 1/2 cups chopped or sliced)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon sea salt or more to taste
- Fresh ground black pepper

### Instructions

1. Using a damp paper towel, brush all dirt from mushrooms. Cut away and discard any hard stems. Chop into 1/4-inch slices or, if there are larger mushrooms like portobello, cut into 1/4-inch cubes.
2. Heat olive oil in a large, wide skillet over medium heat. Add mushrooms and spread into one layer. Cook, without moving, until browned on one side, 3 to 5 minutes. Stir then cook another 3 to 5 minutes or until mostly golden brown on all sides. Season to taste with salt and black pepper.



## TRICKS FOR THE BEST COOKED MUSHROOMS

**Keep them dry.** If you notice any dirt on the mushrooms, use a slightly damp paper towel to brush it off. Don't submerge them in water or rinse them. Mushrooms act like a sponge so water will be absorbed, which causes the final cooked mushrooms to be squeaky instead of flavorful and browned.

**Cut or tear them to a similar size.** This applies to most things when cooking. If you are using a variety of mushrooms, cut — or if they are more fragile — tear the mushrooms so that they are all a similar size.

**Don't crowd mushrooms in the pan.** If you pile raw mushrooms up on top of each other in a pan, they will steam. If instead, you spread them out so that they are only just touching one another, they will brown and crisp around the edges.

**Salt mushrooms at the end of cooking.** Salt brings out moisture, which in the case of mushrooms, prevents them from browning in the pan. Salt once they are done!

*from inspiredtaste.net*

## Mustard Greens and Onion Sauté

### Ingredients

*Makes 4 servings*

- 1 tablespoon olive oil
- 1 onion, halved and thinly sliced
- Coarse salt and ground pepper
- 1 1/2 pounds mustard greens (2 bunches), stems removed, sliced 1 inch crosswise
- 2 teaspoons cider vinegar

### Instructions

1. In a large skillet, heat oil over medium-high. Add onion; season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6 to 8 minutes.
2. Add as many greens to skillet as will fit; season with salt and pepper. Cook until wilted, tossing and adding more greens as room becomes available, 2 to 3 minutes. Stir in vinegar; season with salt and pepper, and serve.



*from marthastewart.com*

## Pan-Grilled Chicken with Peach Salsa

### Ingredients

*Makes 4 servings*

- 2 Tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 garlic cloves, grated
- 4 (6-ounce) skinless, boneless chicken breasts
- Cooking spray
- 2 1/4 cups chopped peeled fresh peaches (about 2 large)
- 1 teaspoon crushed red pepper flakes
- 1 Tablespoon sugar
- 1 Tablespoon finely chopped fresh mint
- 2 teaspoons fresh lemon juice

### Instructions

1. Combine first 5 ingredients in a large bowl; add chicken, turning to coat. Heat a grill pan over medium-high. Coat pan with cooking spray. Add chicken to pan; grill 6 minutes on each side or until done. Remove from pan; let stand 5 minutes.
2. Combine peaches and remaining ingredients in a bowl; serve with chicken.



*from cookinglight.com*