

EST.

2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

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@FOODSHARESC

06.29.22

### Corn Coconut Soup

#### Ingredients

#### Makes 4 Servings

- 2 large yellow onions
- 3 quarts water
- 4 large ears or 5 medium-large fresh corn, kernels cut from cobs, cobs reserved
- 1 (1-inch) piece ginger, peeled and thinly sliced
- 4 garlic cloves, sliced
- 2 Tablespoons canola, safflower, or another neutral oil
- 2 1/2 teaspoons kosher salt, plus more to taste
- 1 (13.5-ounce) can full-fat coconut milk, well-stirred
- Juice of half a lime
- To garnish: Fresh cilantro leaves, lime wedges, toasted coconut flakes, chili oil or hot sauce



#### Instructions

1. **Make corn stock:** Thinly slice one of the onions and set aside. Cut the second onion into quarters. Place onion quarters, water, corn cobs, and ginger in a large pot. Bring to a boil over high heat; reduce to medium, and simmer 1 hour — uncovered, to encourage it to reduce and concentrate. Pour stock through a strainer into a heatproof bowl; discard solids. Season with 2 teaspoons salt.
2. **Make soup:** Heat 2 tablespoons oil in a large pot over medium. Add corn kernels, sliced onion, garlic and 1/2 teaspoon salt. Cook, stirring occasionally, until onion is translucent and soft, about 15 minutes. Add 4 cups of the reserved corn stock; bring to a boil over high. Reduce heat to medium, and simmer 20 minutes. Add coconut milk and lime juice. Remove from heat.
3. **Working in batches,** pour mixture into a blender. Secure lid but remove the center piece to allow steam to escape. Or, you can use an immersion blender in the pot. Process until very smooth. Pour soup through a strainer into a pot and discard solids.
4. **Serve:** Ladle into bowls. Top with garnishes of your choice.

Adapted from [smittenkitchen.com](http://smittenkitchen.com)

### Peach and Black Bean Salsa (with Kiwi, Too!)

*This unusual but DELICIOUS combination is great over grilled fish or grilled chicken.*



#### Ingredients

- 2 peaches or nectarines, pitted, diced into 1/2-inch pieces (1 1/2 cups)
- 1 kiwi, peeled and diced (1/2 cup)
- 1/2 red or green pepper, diced (1/2 cup)
- 15 ounces canned black beans, rinsed and drained
- 1/3 cup mixture of chopped cilantro and 2 scallions, thinly sliced
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon Tabasco
- juice of 1 lime, divided

#### Instructions

1. In a medium bowl, toss all the ingredients with half of lime juice. Taste to see if it needs more lime juice. Refrigerate until ready to use.

*Original recipe from FoodShareSC Director of Culinary Medicine, Chef Christa D. Gonzalez*

**NEXT ORDER DEADLINES**



**ORDER BY THURSDAY, JULY 7. PICK-UP WEDNESDAY, JULY 13.**  
**ORDER BY THURSDAY, JULY 21. PICK-UP WEDNESDAY, JULY 27.**



## Smashed Asian Cucumber Salad

*This recipe is light, refreshing and perfect for the summer. It's packed with flavor from a zingy dressing, garlic, and cilantro and it only takes 10 minutes to make!*



### Ingredients

**Makes 4 servings**

- 2 cucumbers (about 1 to 1-1/2 pounds)
- 1 teaspoon salt
- 2 1/2 teaspoons sugar
- 2 teaspoons sesame oil
- 3 teaspoons light soy sauce
- 1 1/2 tablespoons rice vinegar
- 2-4 cloves garlic (finely chopped)
- 1-2 teaspoons chili oil (optional)
- 2 teaspoons toasted sesame seeds
- a small handful of chopped cilantro

### Instructions

- Wash the cucumbers and pat them dry with a clean towel. If not using European seedless cucumbers, scoop out seeds with the edge of a spoon and discard.
- Make the salad dressing by combining the salt, sugar, sesame oil, light soy sauce, and rice vinegar. Stir until the sugar and salt are completely dissolved. Set aside.
- On a cutting board, lay a large knife flat against the cucumber, and smash it lightly with your other hand. The cucumber should crack open and smash into four sections. Repeat along its full length. Once the whole cucumber is completely open (usually into 4 long sectional pieces), cut it at a 45-degree angle into bite-sized pieces.
- In a large bowl, mix the cut cucumber with the prepared dressing, garlic and chili oil, and toss it well. Serve immediately, garnished with sesame seeds and cilantro.

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

## Chicken Larb Gai in Lettuce Cups

*This salad which originated as Thai street food, is full of **umami**, the 5th flavor. It has the perfect balance of sour, spicy, salty, sweet and overall deliciousness! It comes together quickly, so chop everything before you start cooking. Pairs well with rice, to soak up more of the delicious sauce!*



### Larb Sauce

**Makes 6 servings**

- 1/4 cup fish sauce, or substitute soy sauce or Worcestershire sauce
- 6 tablespoons freshly squeezed lime juice
- 1/4 cup brown sugar (substitute honey, if preferred)

### Larb Gai Mixture

- 1 Tablespoon vegetable, canola or coconut oil (or any mild oil)
- 1 Thai chiles or serrano peppers, thinly sliced (or 1/2 teaspoon Thai chili powder)
- 1 shallot, finely chopped
- 4 garlic cloves, minced
- 1 1/2 pounds ground chicken
- 2 scallions (green onions), thinly sliced
- 1/2 red onion, thinly sliced
- 2 Tablespoons fresh cilantro, chopped
- 1/4 cup fresh mint, chopped

### Instructions

1. In a small bowl mix together the fish sauce, lime juice and sugar. Mix until well combined.
2. Heat a wok or medium size skillet over high heat. Add the oil. When the oil is hot, add the chiles, shallots and garlic and cook stirring for about 1 - 2 minutes or until the shallots become translucent.
3. Add the ground chicken and cook for about 4 - 5 minutes or until the chicken is cooked through and no longer pink.
4. Remove from the heat and add the scallions, onions and the Larb sauce. Toss to combine. Stir in the cilantro and mint.
5. Serve with your choice of lettuce leaves, carrots sticks, cucumber slices, green beans and more fresh herbs (optional).

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