

EST.

2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 FOR ORDERING DIRECTIONS



@FOODSHARESC

07.13.22

### Honey Butter Grilled Corn



#### Ingredients

*Makes 4 servings*

- 3 Tablespoons honey
- 6 Tablespoons unsalted butter
- 2 teaspoons mild chile flakes
- 4 ears corn, shucked
- 1 green onion, finely sliced

#### Instructions

1. Combine the honey, butter, chile flakes, 1 cup water and 1 teaspoon of salt in a deep disposable 9-by-13-inch aluminum tray.
2. Adjust the burners on a gas grill or arrange the hot coals on a charcoal grill to build a fire that is hot on one side and medium-low on the other side. Place the aluminum tray on the cooler side. Cover and let heat for a few minutes, swirling the butter occasionally until it is all melted and the liquid simmers gently.
3. Transfer the corn to the aluminum tray and turn to coat in the liquid. Keep turning as the liquid reduces to a shiny glaze, 10 to 12 minutes. (You can also cook other foods over the hot side while the corn stays hot in the tray. Once glazed, you can continue to hold the corn in the pan for up to another 30 to 45 minutes, turning it occasionally and adding up to ¼ cup water as necessary to prevent the honey and butter from burning.)
4. When ready to serve, coat a final time, sprinkle the corn with the minced green onions and transfer to a serving platter.

*Adapted from Cooking section of The New York Times*

### Blended Beef & Mushroom Chipotle Burgers

*Put a healthy spin on your summer weekend cook-out!*



#### Ingredients

*Serves 4*

- 1 box (8oz) button mushrooms, diced fine
- 3 Tablespoons olive oil + some additional
- 4 Tablespoons onion, small, fine dice
- 2 Tablespoons garlic, chopped
- 1 pound lean ground beef
- 1/2 teaspoon chipotle powder
- 1/4 teaspoon cumin
- 1/4 teaspoon hot smoked paprika
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 4 whole wheat slider buns

#### Instructions

1. Over medium heat, sauté the mushrooms with olive oil and 2 tablespoons of finely diced onion until browned slightly. Lower heat and sauté until excess moisture is removed, about 10 minutes, add garlic. Let cool.
2. In a large bowl, combine sautéed mushrooms with remaining ingredients, mixing gently, and seasoning well. Form 4 palm-sized patties.
3. Sauté for 3 minutes on each side to brown and then bake in oven until done, about 5 more minutes.
4. Plate and add desired toppings to bun.

*From Healthy Kitchens, Healthy Lives® Conference*

**NEXT ORDER DEADLINES**



**ORDER BY THURSDAY, JULY 21. PICK-UP WEDNESDAY, JULY 27.**  
**ORDER BY THURSDAY, AUG. 4. PICK-UP WEDNESDAY, AUG. 10.**



## Banana Bites

*These healthy 3-Ingredient banana and oatmeal snacks are so easy, perfect for using up ripe bananas. It's a great recipe for "little hands" in your household to help put things together before you put it in the oven!*

### Ingredients

**Makes 12 bites**

- 2 very ripe bananas
- 1 cup old-fashioned oats
- optional: 1/4 cup of any of these: dried cranberries, walnuts, peanut butter, raisins or chia seeds

### Instructions

1. Preheat oven to 350 degrees F. Prepare baking sheet with a non-stick silicone liner or parchment paper.
2. Mash the bananas with a fork, add the oats plus other add-ins and stir. Once it's all incorporated, drop 1 1/2 inch balls on the baking sheet and press down (like peanut butter cookies but without the fork). They won't rise or change shape in the oven so make them the size and shape you want now. About 2 inches across works best. Bake for 12 minutes.
3. Store in an air-tight container in the refrigerator.

*Adapted from foodlets.com*

## FARMER SPOTLIGHT

**Bradford Watermelon Company has been growing fresh, local, delicious and organic produce for 180 years and have been reintroducing heirloom crops each year! This week's corn comes directly from their fields in Sumter. Enjoy!**



## CHECK IT OUT!

Our website has a treasure trove of healthy recipes to turn your Fresh Food Box into a delicious meal. You will also find downloadable copies of Recipe Cards from past Fresh Food Boxes. **Check it out!**



**<https://foodshareSC.org/recipes/>**

## Green Bean Salad with Citrus Dressing

*A quick steam, then plunge into ice water to keep the beans at peak freshness and flavor before bathing them in a bright citrus dressing. This makes good leftovers, too.*



### Ingredients

**Makes 4 servings**

- 1 pound fresh green beans, ends trimmed
- 1 medium lemon, zested and juiced
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1-2 Tablespoon olive oil
- 1/4 small red onion, finely diced
- 1 Tablespoon parsley, freshly chopped (optional)
- 1/4 cup slivered almonds

### Instructions

1. Steam or boil until just tender but still bright green (about 2-4 minutes).
2. Blanch: Immediately plunge beans in a bowl of ice water to stop the cooking process. Remove after about 1-2 minutes.
3. In a medium bowl, whisk together the lemon juice and zest, salt, pepper and garlic. Slowly drizzle in olive oil while whisking. Add the cooled and drained beans to the bowl with the dressing and toss to coat. Add the red onions and mix well. Taste for salt.
4. Right before serving, toast the almonds in a dry skillet over medium heat, stirring and tossing so as not to burn. Just until golden and fragrant.
5. Serve salad and sprinkle each serving with 1 Tablespoon of almonds and fresh parsley.

### Variations

- At the height of tomato season, diced fresh tomatoes are delicious in this salad.
- Add hard boiled egg, black olives and good canned tuna and serve over lettuce for a satisfying Salad Niçoise.

*Adapted from FoodShareSC Director of Culinary Medicine, Chef Christa D. González*