

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 FOR ORDERING DIRECTIONS

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia

**JUL
27
2022**

Banana Kiwi Smoothie

This delicious creamy beverage is prepared by blending banana, kiwi, orange juice and honey without any milk or yogurt to allow fruit flavors to flourish.

Ingredients

- 1.5 ripe Kiwi
- 1 ripe banana
- 1/4 cup to 1/3 cup orange juice
- 1/2 tablespoon honey

Makes 1 serving

Instructions

1. Peel and cut banana and kiwi into medium pieces.
2. Pour orange juice in the jar of a blender.
3. Add chopped banana, kiwi and honey.
4. Blend them until smooth. Kiwi banana smoothie is ready; pour it into a serving glass and serve.



Variations

Check whether the consistency and taste of smoothie is according to your liking or not before filling up serving glasses. Add more orange juice to reduce thickness or add more banana to thicken it and blend again. Add more honey to increase the sweetness.

Adapted from foodviva.com



Summer Zucchini & Squash Salad with Tomatoes

A stevia sweetened dressing coats vegetables in this simple zucchini and squash salad. Stevia is a sugar substitute made from the leaves of the stevia plant. It's about 100 to 300 times sweeter than table sugar, but it has no carbohydrates, calories, or artificial ingredients.



Ingredients

Makes 8 servings as a side

- 1 large summer squash
- 1 large zucchini
- 1 cup diced tomatoes or halved cherry/grape tomatoes
- 3 Tablespoons olive oil
- 1/4 cup cider vinegar
- 2 Stevia packets
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- dash salt
- dash pepper

Instructions

1. Slice squash and zucchini into half moons. Arrange in steamer over boiling water. Cover and steam for a minute, then place in cold water to stop cooking. Drain well.
2. Combine squash, zucchini and tomatoes in large bowl.
3. Mix other ingredients in small bowl and pour over vegetables. Toss to coat. Can be served chilled or at room temperature.

Adapted from lowcarb yum.com

**NEXT ORDER
DEADLINES**



ORDER BY THURSDAY, AUG 4. PICK-UP WEDNESDAY, AUG 10.
ORDER BY THURSDAY, AUG. 18. PICK-UP WEDNESDAY, AUG. 24.

Health Benefits of Pineapple



Don't let that spiny skin intimidate you. Pineapple is sweet enough to rival most candies — and it packs way more health benefits. Pineapple's impressive nutrition profile makes it a healthy dessert, side dish or anytime nosh. A one-cup serving offers just 75 calories with ZERO cholesterol, sodium or fat and it delivers:

Vitamin C: You'll get one-third of your daily value of vitamin C which aids in tissue growth and repair. Vitamin C may also help fight cancer, heart disease and arthritis.

Fiber: Nearly 10% of your daily fiber needs are in one cup of pineapple. Fiber is necessary for a healthy gut and can help you stave off hunger.

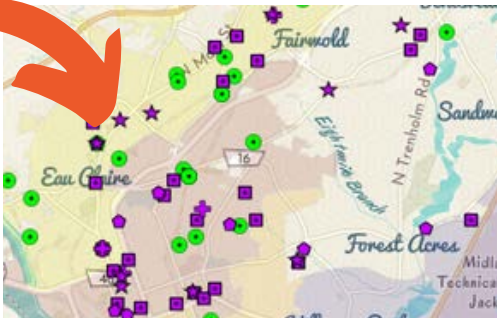
B vitamins: Pineapple gives you a healthy dose of several B vitamins, including thiamin, niacin, B6 and folate. These nutrients help your body process energy from the food you eat. They're also critical to forming new red blood cells, which carry oxygen to your organs and tissues.

Manganese: Pineapple has more than 100% of your daily value of this essential trace element. Manganese helps with bone formation, immune response and metabolism.

From Registered Dietitian Julia Zumpano, Cleveland Clinic (OH)
<https://health.clevelandclinic.org/benefits-of-pineapple/>

Columbia Food Policy Committee Food Access Map

The **Columbia Food Policy Committee** has created a GIS map which provides Columbia and Richland County residents with a list of various sites to access healthy food for their whole family. In addition to **FoodShare Fresh Food Box sites**, the map includes grocery stores, farmer's markets, food pantries and summer meal locations. It's easy to use! **Scan the QR code** with your phone or visit the website listed then enter your address and select the sites to include in your search.



<https://bit.ly/colafood>

Sweet & Sour Carrots



Ingredients

Makes 4 servings as a side

- 1 pound of carrots
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon olive oil
- 1 teaspoon honey
- 1 garlic clove, peeled and smashed
- Pinch of Kosher salt
- Chopped parsley

Instructions

1. Halve 1 pound carrots lengthwise and cut into 3-inch pieces; steam until tender, about 15 minutes.
2. Meanwhile, create a sweet and sour sauce. Simmer 2 tablespoons cider vinegar, 1 tablespoon olive oil, 2 teaspoons sugar, 1 smashed garlic clove and a pinch of salt until syrupy, about 3 minutes. Add a pinch of red pepper flakes.
3. Season the carrots with salt and drizzle with the sweet-and-sour sauce. Top with chopped parsley.

Adapted from foodnetwork.com

Apple Sandwiches? Yes!

The crisp sweetness of apples is a great addition to almost any sandwich and adds vitamin C, fiber and potassium to your meal. Try thinly sliced apple on toasted whole wheat bread with sliced turkey and low-fat cheddar cheese, using avocado or low-fat mayo as the spread. If you like, you can skip the bread completely! Simply spread apple slices with peanut butter and sprinkle with granola, cinnamon and raisins. The options are endless! Use your imagination and enjoy!

