

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

**AUG
24
2022**

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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF  School of Medicine
Columbia

Simple Sautéed Carrots



Ingredients

Serves 4

- 8 medium carrots (1 pound)
- 2 Tablespoons olive oil
- 1/4 teaspoon plus 1 pinch kosher salt
- 1 Tablespoon chopped fresh thyme (or other fresh herbs — we used a combination of thyme and chives)

Instructions

1. Peel the carrots and slice them diagonally into rounds (on the bias).
2. Heat the olive oil in a large skillet over medium high heat. Add the carrots and cover. Cook for 4 minutes without stirring.
3. Remove the lid, stir, and add the 1/4 teaspoon kosher salt. Continue to sauté uncovered 3 to 4 minutes until browned, stirring occasionally. Remove from the heat and stir in the fresh herbs and a few more pinches kosher salt to taste. Serve immediately.

Adapted from [acouplecooks.com](https://www.acouplecooks.com)

LET'S TALK ABOUT AVOCADOS

A study, published in the **Journal of the American Heart Association**, found those who regularly ate avocados had a lower risk for heart disease than people who rarely ate the popular fruit.

Substituting avocado for fat-containing foods such as butter, cheese and processed meats also was associated with a lower risk for cardiovascular disease.

The **Dietary Guidelines for Americans** and the **American Heart Association** recommend eating less nutrient-poor foods and limiting the amount of saturated fat, trans fat, added sugars and sodium consumed. The majority of fats in one's diet should be heart-healthy monounsaturated or polyunsaturated; more than 75% of the fat in avocados is unsaturated, good fat. Why **naturally good fats**? Because the body needs some dietary fat in moderation to help with absorption of nutrients. Good fats, monounsaturated and polyunsaturated fats, do not raise LDL ("bad") cholesterol levels.

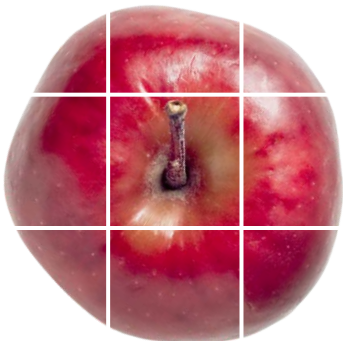
Sources:

<https://www.heart.org/en/news/2022/03/30/eating-an-avocado-once-a-week-may-lower-heart-disease-risk>

<https://californiaavocado.com/nutrition/avocado-nutrition-facts>



Tic-Tac-Toe! Apples on the Go!



One **apple**, a sharp **knife** and a **rubber band** are all you need to make the most of your apples as a portable snack **for you or for kids**. You'll reduce browning and increase how much of the apple gets eaten because it's so easy!

1. **Cut your apple with a sharp knife**, making "tic-tac-toe" cuts around the core.
2. Carefully reconstruct your apple back together and **secure in place with a rubber band or two** around the widest part of the apple.
3. **You can also use an apple corer**. Cut down to the last half inch of the apple and pull the corer back up off the slices. Push slices back together around the core and secure with a rubber band or two.

Adapted from [spoonuniversity.com](https://www.spoonuniversity.com)



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ORDER BY THURSDAY, SEP. 1. PICK-UP WEDNESDAY, SEP. 7.
ORDER BY THURSDAY, SEP. 15. PICK-UP WEDNESDAY, SEP. 21.



*This delicious recipe uses no dairy, no eggs or cornstarch but still gives a smooth pudding that will surprise everyone! Be sure to use **Dutch cocoa** not regular cocoa since Dutch is richer. Regular cocoa can make this pudding taste bitter.*

Avocado Chocolate Pudding



Ingredients **Makes six 1/2 cup servings**
Time: 15 minutes plus at least 2 hours chilling

- 1 cup water
- 3/4 cup sugar
- 1/4 cup Dutch process cocoa
- 1 Tablespoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup semisweet chocolate chips
- 2 large ripe avocados, halved and pitted

Instructions

1. In a 4-cup microwave-safe measuring pitcher, place everything EXCEPT the avocados. Stir well to combine.
2. Heat chocolate mixture in microwave at 50 percent power until chocolate chips are melted, 2½ to 3 minutes. Use oven mitts to remove measuring cup from microwave (*ask an adult for help*). Whisk mixture until smooth.
3. Use a soup spoon to scoop out the avocado flesh, into a food processor or blender. Discard skins. Turn on processor or blender and process for 1 minute, then stop to scrape down sides and process again for another minute until smooth.
4. With food processor running, slowly pour warm chocolate mixture through feed tube and process until pudding is smooth and glossy, about 2 minutes. Stop processor, remove lid, and carefully remove processor blade (*ask an adult for help*).
5. Pour pudding into a medium bowl, making sure to scrape all the pudding into the bowl using a rubber spatula. Cover with plastic wrap. Refrigerate until pudding is chilled and thickened, at least 2 hours or up to 24 hours. Serve.

Adapted from americastestkitchen.com

Air Fryer Crispy Eggplant



If you have an airfryer and an "eggplant? no, thank you" person in your house, try this recipe to change hearts and minds! The coating can be enhanced with more seasonings and you can serve this with pasta, red sauce and mozzarella or just as a side dish. Don't skip the salting step, it improves texture and removes bitter compounds in the eggplant.

Ingredients **Serves 4**
Time: 45 minutes

- 1 cup water
- 1 large globe eggplant, sliced into 1/4-inch rounds
- Sea salt, for sprinkling
- 1 egg
- 3/4 cup panko bread crumbs
- 1/4 cup all-purpose flour or 1/2 cup almond flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- Extra-virgin olive oil, for drizzling

Instructions

1. Preheat the air fryer to 370°F.
2. Sprinkle the eggplant slices with salt on both sides and place in a large colander to drain for 30 minutes. Water will seep out, and take the salt with it.
3. In a shallow bowl, whisk the egg. In a medium bowl or rimmed plate, combine the panko, flour, parmesan or pecorino, seasonings and salt, and several grinds of pepper.
4. Pat the eggplant slices dry. If you still see salt on them, give a quick rinse and gently pat dry, very dry. Dip them into the egg, and then into the panko mixture. Place on a plate as you work and then drizzle the slices with olive oil. Place in a single layer in the air fryer and air fry for 17 to 20 minutes, or until crisp and golden brown, flipping halfway through cooking. Work in batches if necessary. Serve warm, with pasta, sauce and cheese or just as a simple side.

Adapted from loveandlemons.com