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2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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School of Medicine
Columbia

SEP
7
2022

Braised Red Cabbage with Apple & Bacon

Besides making a raw, crunchy slaw with your red cabbage, you can make a nourishing, savory side dish for any hearty meal. This dish tenderizes the cabbage and sweetens it with apples, while bacon brings the salty surprise.



Ingredients

Makes 6-8 servings

- 2 tablespoons olive oil
- 1 large **red onion**, coarsely chopped
- 1 clove garlic, minced
- 1 head **red cabbage** (about 2 pounds), shredded
- 3 tablespoons cider vinegar
- 2 teaspoons granulated sugar
- 1/8 teaspoon freshly ground black pepper
- 2 large **Granny Smith apples**, peeled, cored, & chopped
- 3 to 4 slices bacon, cooked and diced
- 1 cup low-sodium beef stock
- 2 teaspoons caraway seeds, optional
- Kosher salt, to taste

Instructions

1. In a large saucepan or Dutch oven, heat oil over medium heat. Add onions and sauté until softened, about 3 minutes.
2. Add garlic, cabbage, vinegar, sugar, pepper, chopped apples, cooked & chopped bacon, and beef broth. Bring to a simmer, then reduce heat, and cover.
3. Cook for 30 to 45 minutes, stirring occasionally, but otherwise keeping covered, until cabbage is tender. Taste and add caraway seeds, and salt, to your tastes.

Adapted from [theSpruceEats.com](https://thespruceeats.com)

Kale Chips



Ingredients

Makes 4 servings

- 1 bundle/bag **kale**, washed and dried, torn into pieces
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 teaspoon of seasonings of choice, try garlic powder with parmesan, try chili powder

Instructions

1. Preheat oven to 225°F. Place dried kale in a large bowl, drizzle with olive oil and seasonings. Use your hands to toss thoroughly and distribute seasonings evenly.
2. Spread over 2 large baking sheets, in a single layer.
3. Bake for 15 minutes, then lightly stir to ensure even baking. Bake an additional 5-10 minutes until crispy and slightly golden brown. Cool completely & Enjoy!

Adapted from minimalistbaker.com



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A CHICK-FIL-A TRUE INSPIRATION AWARD™!

We are a finalist for a 2023 True Inspiration Awards™ Grant from **Chick-fil-A**. Cast your vote for **FoodShare South Carolina** on the Chick-fil-A App between Sept. 1-24, 2022. Scan the QR Code or visit our website for more information!

<https://bit.ly/FoodShareCFA>



SCAN ME

NEXT ORDER DEADLINES



ORDER BY **THURSDAY, SEP. 15.** PICK-UP **WEDNESDAY, SEP. 21.**
ORDER BY **THURSDAY, SEP. 29.** PICK-UP **WEDNESDAY, OCT. 5.**

Balsamic Glazed Red Onions



Ingredients

Makes 4 Servings

- 2 red onions
- 1/4 cup balsamic vinegar plus 2 Tablespoons
- 1/4 cup olive oil
- 1 teaspoon of kosher salt & 1/2 teaspoon black pepper

Instructions

1. Preheat oven to 375 °F.
2. Cut the onions in half and slice 1/4 inch thick. Place on a baking sheet and toss with 1/4 cup balsamic vinegar, the olive oil, salt, and pepper.
3. Bake for 10 to 12 minutes, until the onions are tender. Remove from the oven, toss with 2 more tablespoons balsamic vinegar.

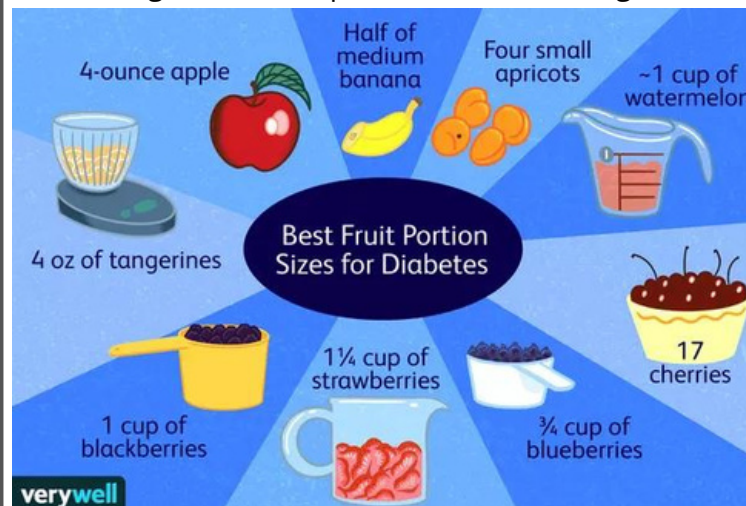
Serve over burgers with blue cheese, roasted vegetables & feta cheese, or grain bowls. The possibilities are endless.

Adapted from Ina Garten's recipe

FRESH FRUIT FOR DIABETICS

Fresh fruit is nutrient-dense; packed with fiber, vitamins, minerals and antioxidants.

It's recommended that you eat 2 cups every day. If you have diabetes, fruit needs to be consumed in moderation *and* with some protein and/or fats alongside it to help moderate blood sugar.



from diatribe.org + verywellhealth.com



#kidseatright

Afterschool Vegetable Snack Platter

Do a favor for your future self! Wash and cut your vegetables as soon as you get them, all at once.

Store them in snack bags in the refrigerator and you'll find yourself snacking on them more frequently.

A good dressing or dip makes this very appealing for kids!



Ingredients

- red & yellow peppers, cut into rings
- baby carrots
- berries of some kind
- handful of pretzels and/or crackers
- dried veggies
- grape tomatoes

Suggestions for a successful veggie platter for kids

1. Cutting veggies in interesting ways can spark interest (call it something fun, like Pepper Flowers).
2. Include veggies your child reliably likes and a dip, like Ranch dressing, that kids usually like.
3. Consider dried veggies. Dried snap peas are seasoned and crunchy. They may seem more like a salty snack than a veggie, but snacks like this familiarize your child with veggies & may encourage them to try the real deal.
4. Be sure to also add foods that aren't veggies at all, like whole grain crackers, pretzels, and strawberries. Having well-liked, already-accepted foods on your Snack Platter is important because it can help make those harder-sell foods a little more enticing.

Adapted from realmomnutrition.com