

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

SEP  
21  
2022

CALL 803-851-4461 FOR ORDERING DIRECTIONS

FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OF  School of Medicine  
Columbia

### Spicy Skillet Turnip Greens

Turnip Greens don't have to be cooked to death to be delicious. These spicy skillet turnip greens are perfect for a quick weeknight meal. Only 20 minutes start to finish!



#### Ingredients

- 1 Tablespoon olive oil
- 1 medium onion, cut into wedges
- 1 pound turnip greens cleaned and chopped
- 1/4 cup water
- pinch brown sugar
- 1/8 teaspoon red pepper flakes, adjust to preference

Makes 6 servings

#### Instructions

1. Drizzle olive oil into skillet over medium heat.
2. Add onion and cook until just tender, about 3 minutes. Add 1/2 of turnip greens and allow to cook down then add the remainder of the greens and cook down.
3. Add water, brown sugar and red pepper flakes. Stir and cook until all greens are soft but not over-cooked.

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

### Roasted Red-Skinned Potatoes

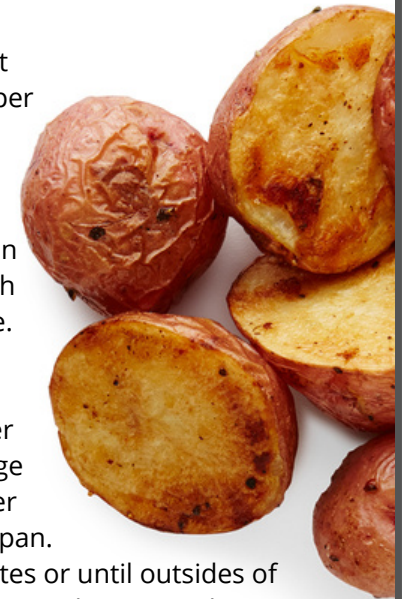
#### Ingredients

- Nonstick cooking spray
- 1 pound red potatoes, scrubbed
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Makes 4 servings

#### Instructions

1. Preheat oven to 425 degrees F. Line a 15x10x1-inch baking pan with foil; lightly coat with cooking spray. Set aside. Halve larger potatoes.
2. In a large bowl toss potatoes with oil, kosher salt, and pepper. Arrange potatoes in a single layer in the prepared baking pan. Roast for 25 to 30 minutes or until outsides of potatoes are lightly brown and crispy and centers are tender, stirring once.



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

health  
benefits  
of

# MUSHROOMS

Mushrooms are a low-calorie food that packs a nutritional punch.

They are a rich source of potassium, a nutrient known for **reducing the negative impact of sodium** on your body. Potassium also lessens the tension in blood vessels, potentially helping to **lower blood pressure**. The anti-inflammatory effect of mushrooms has been shown to greatly **improve the efficiency of the immune system**.



For more info: <https://www.webmd.com/diet/health-benefits-mushrooms>

**NEXT ORDER  
DEADLINES**



**ORDER BY THURSDAY, SEP. 29. PICK-UP WEDNESDAY, OCT. 5.**  
**ORDER BY THURSDAY, OCT. 13. PICK-UP WEDNESDAY, OCT. 19.**

## Yellow Squash & Cheddar Biscuits

### Ingredients

- 2 1/2 cups all-purpose flour, plus 2 teaspoons for dusting
- 1 Tablespoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon onion powder
- 2 teaspoons sugar
- 1/2 cup (1 stick) unsalted butter, cubed and chilled, plus additional for greasing
- 1/2 cup grated white cheddar cheese
- 1/4 cup diced yellow squash (1/4-inch dice)
- 1-1/4 to 1-1/2 cups chilled full-fat buttermilk, well shaken
- Special equipment: biscuit cutter

### Instructions

1. In a **chilled** large metal bowl, whisk together the flour, baking powder, baking soda, salt, onion powder, and sugar until combined. Add the butter and toss to coat in the flour mixture. Using your fingers or a pastry cutter, cut the butter into the flour mixture until lentil-size pieces form. Stir in the cheese and squash.
2. Make a well in the center of the flour mixture and add the buttermilk, starting with 1-1/4 cups. Stir using a wooden spoon until the dough comes together.
3. Place the dough on a surface dusted with 2 teaspoons of flour and pat it gently into a 1/2-inch-thick rectangle. Fold the dough in thirds like a letter, then rotate it 90 degrees and pat it back out to a 1/2-inch-thick rectangle. Repeat two more times (a total of three rounds of folds), then pat the dough out to 3/4-inch thickness.
4. Line a baking sheet with parchment paper. Dust a 3-inch biscuit cutter with flour and cut 8 biscuits from the dough (don't twist the cutter as you press down). Be gentle and avoid "warming" the biscuit dough with lots of touching. This technique ensures a beautiful rise. Gather the scraps and form as close to 3-inch biscuits as possible. Place on the prepared baking sheet and refrigerate for 15 minutes.
5. Preheat the oven to 425 degrees F.
6. Remove the biscuits from the refrigerator and bake until golden brown and puffed, 15 to 20 minutes. Allow to cool for 5 minutes before serving. Store leftover biscuits in an airtight container at room temperature for up to 2 days.



*From Watermelon & Redbirds by Nicole Taylor*

## Creamy Chicken & Mushrooms

### Ingredients

#### Makes 4 Servings

- 4 4-5 ounce chicken cutlets
- 4 cups mixed mushrooms, sliced if large
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- 2 Tablespoons finely chopped fresh parsley



### Instructions

1. Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper.
2. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.
3. Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes.
4. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes.
5. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper.
6. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

*Adapted from eatingwell.com*



## HELP US WIN

### A CHICK-FIL-A TRUE INSPIRATION AWARD™!

We are a finalist for a 2023 True Inspiration Awards™ Grant from **Chick-fil-A**.

**Vote for FoodShare South Carolina on the Chick-fil-A App by Sept. 24, 2022.**

Scan the QR Code or visit our website for more information!

<https://bit.ly/FoodShareCFA>