

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

OCT
05
2022

Turnip Potato Mash

This recipe is a great way to incorporate other vegetables into familiar mashed potatoes. You may also use parsnips, celery root, or cauliflower.



Ingredients

Makes 4 servings

- 1 pound turnips, peeled, rough chop
- 1 pound potatoes, peeled, rough chop
- 4 cups vegetable stock or water
- 1/2 cup milk, 1%
- 1 1/2 teaspoons white vinegar
- 2 cloves garlic, minced
- 2 Tablespoons olive oil
- 2 sprigs fresh rosemary, chopped
- 3/4 teaspoon Kosher salt
- 1/2 teaspoon fresh ground black pepper

Instructions

1. Gather all ingredients and equipment.
2. Place chopped parsnips and potatoes in a pot with cold stock or water, cover, and bring to a boil. Cook until fork tender.
3. While vegetables are boiling, add the vinegar to the milk to create buttermilk.
4. When vegetables are done cooking, strain, and reserve liquid. Place all ingredients, minus the reserved liquid, into a blender or food processor. Process until smooth and creamy. Add reserved liquid as necessary if the puree is too dry.

NOTE: Do not over process the ingredients or the starch from the potatoes will make everything gummy.

From the FoodShare's Culinary Medicine Kitchen

LOOKING FOR PROTEIN?

THESE VEGGIES HAVE YOU COVERED!

Trying to eat more plant-based but wondering about protein? Fear not! Lots of vegetables have protein, so you'll get the fiber, antioxidants, vitamins and minerals from the plants, and a good bit of protein, too. (#DYK meats do not have any fiber? True!)



GREEN PEAS

1 cup: 8.6g



SPINACH*

1 cup: 5.2g



ARTICHOKES

1 cup: 4.8g



CORN

1 cup: 4.7g



AVOCADO

1 cup: 4.6g



ASPARAGUS

1 cup: 4.3g



**BRUSSELS
SPROUTS**

1 cup: 4g



MUSHROOMS*

1 cup: 4g



KALE

1 cup: 3.5g



POTATOES

1 cup: 3g

* - Cooked 

**NEXT ORDER
DEADLINES**



ORDER BY THURSDAY, OCT. 13. PICK-UP WEDNESDAY, OCT. 19.
ORDER BY THURSDAY, OCT. 27. PICK-UP WEDNESDAY, NOV. 2.

Fudgy Chocolate Zucchini Bread

Ingredients

- 2 eggs
- 1/2 cup plain yogurt, I used Greek yogurt
- 1/2 cup vegetable or canola oil
- 1 1/2 cups white whole wheat flour
- 3/4 cup sugar
- 1/4 cup cocoa powder
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 cup chocolate chips + 2 tablespoons
- 1 1/2 cups shredded fresh zucchini

Makes 12 Slices



Instructions

1. Preheat oven to 350 degrees and butter and flour a loaf pan (or use cooking spray).
2. Combine eggs, yogurt, and oil in a mixing bowl and blend well. Add flour, sugar, cocoa powder, cinnamon, baking soda, salt, and baking powder and blend. Batter will be thick.
3. Add 1/4 cup chocolate chips and zucchini and stir until well combined.
4. Pour batter into pan. Sprinkle 2 tablespoons chocolate chips on top of loaf. Bake for 1 hour or until a toothpick inserted in the center comes out clean.
5. Set pan on a wire rack and let rest for 15 minutes. Slide a knife around the edges to loosen loaf from pan. Carefully turn out loaf onto wire rack and cool.

Adapted from realmomnutrition.com

Easy Avocado Toast

Ingredients

- 1/2 small avocado
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon Kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1 (1 oz.) slice whole grain bread, toasted
- 1/2 teaspoon olive oil

Instructions

1. In a small bowl, combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.
2. Top toasted bread with mashed avocado mixture. Drizzle with olive oil and sprinkle over desired toppings.



Adapted from cookinglight.com

Small Batch Stovetop Apple Butter

What if you love the Fall flavors of apple more than pumpkin spice? This recipe is for you! It's a simple spread that can be used in both sweet and savory ways. Use it to sweeten oatmeal or serve it with sharp cheddar on a biscuit, or thin it with a little vinegar to serve on a pork chop for something different.



Ingredients

- 1 1/2 pounds assorted apples (about 5 medium apples), cored and coarsely chopped
- 1/2 cup filtered water or apple cider (NOT vinegar)
- 1/4 cup granulated sugar
- 2 Tablespoons lemon juice (from 1 large lemon)
- 1/4 to 1/2 cup packed light brown sugar, to taste
- 1/4 teaspoon ground cinnamon
- pinch ground cloves
- pinch sea salt

Instructions

1. Place apple pieces and cores in a large saucepan along with water, granulated sugar and lemon juice. Bring to a simmer over medium-high heat, then reduce the heat to medium-low. Cover and cook apples for 20 to 25 minutes or until apples begin to soften and fall apart.
2. Remove from heat and discard cores. Run softened apples through a food mill, discarding any remaining solids or seeds. (Alternatively, if you don't have a food mill, blend softened apples in a food processor or using a hand blender until smooth.) You should have about 2 cups of apple puree.
3. Return puree to saucepan and set over medium-low heat. Add brown sugar to taste, along with spices and salt. Gently simmer, stirring regularly to avoid spattering, until apple butter is deep caramel in color and thick enough to hold its shape on a spoon.
4. Transfer to a jar or airtight container and keep refrigerated for up to 3 weeks.

Adapted from loveandoliveoil.com