



# 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  
19  
2022

### Banana Cream Pie Oatmeal



#### Ingredients

- 1/2 cup old fashioned rolled oats
- 1 Tablespoon chia seeds
- pinch of salt
- 1 teaspoon vanilla extract
- 1 Tablespoon banana cream pie pudding mix
- 1/2 - 3/4 cup unsweetened almond milk or coconut milk
- 1 Tablespoon maple syrup
- 1/4 cup Greek yogurt
- 1/2 banana, sliced
- coconut flakes, toasted, optional
- whipped topping, optional

*Makes 4 servings*

#### Instructions

- Wash your hands and gather your ingredients, tools and cutting boards.
- Mix it all together in a jar and place it in the fridge overnight. If the mixture is too thick for your liking, add a little additional milk to thin out.
- If you want the yogurt layered, mix everything in a jar except for the yogurt and maple syrup. Let it sit overnight. Mix the yogurt and maple syrup and layer the overnight oats with the yogurt and banana slices.
- Serve into bowls and add desired toppings like more coconut shavings, Greek yogurt.

*Recipe by Chef Christa, Director of Culinary Medicine,*

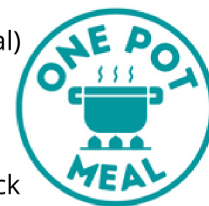
### Corn Soup



#### Ingredients

*Serves 4-6*

- 1 Tablespoon butter
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 1 green or red bell pepper, finely chopped
- 1 small potato, diced
- 4 cloves garlic, finely chopped
- 1 chili pepper, finely chopped (optional)
- 4 cups corn, fresh, canned, or frozen
- 1 Tablespoon cornmeal or flour
- salt and pepper
- 5 cups vegetable broth or chicken stock



#### Instructions

- Melt the butter in a large pot with a lid over medium heat. Add the onion, celery, bell pepper, and potato and stir. Cover the pot and let everything cook until the onion is translucent, about 5 minutes.
- Remove the lid and add the garlic and the chili pepper, if using. Stir the vegetables, adding a splash of water or broth to free any that get stuck to the bottom of the pot.
- Let the vegetables cook, stirring occasionally, until they are lightly browned and soft, 5 minutes more. The potatoes should not yet be fully cooked.
- Add the corn and cornmeal to the pot and stir. Pour in the broth and bring to a boil, then turn the heat down to low and simmer until the broth thickens and becomes opaque, about 30 minutes.
- Add salt and pepper to taste.
- Serve with a slice of garlic bread or add a hard-boiled egg for extra protein.

*From Good and Cheap: Eat Well on \$4/Day  
by Leanne Brown*

**NEXT ORDER  
DEADLINES**



**ORDER BY THURSDAY, OCT. 27. PICK-UP WEDNESDAY, NOV. 2.**  
**ORDER BY THURSDAY, NOV. 10. PICK-UP WEDNESDAY, NOV. 16.**



## Garlic Tomato Basil Chicken



### Ingredients

**Makes 4 servings**

- 4 chicken breasts fillets, skinless and boneless
- Salt and pepper, to season
- 1/2 teaspoon garlic powder
- 1 Tablespoon butter, divided
- 1 Tablespoon olive oil, divided
- 2 cups grape tomatoes, halved
- 1/4 cup fresh basil, shredded
- 1 1/2 tablespoons minced garlic or 6 large cloves of garlic

### Instructions

- Lightly pound chicken breasts between 2 sheets of parchment paper until they are all the same thickness. Season with salt, pepper and garlic powder.
- Heat 2 teaspoons of oil and 2 teaspoons of butter in a skillet or pan over medium-high heat. Fry breasts on both sides until golden browned and completely cooked through (about 5-6 minutes per side, depending on the thickness of your fillets). Once cooked, transfer to a plate and tent with foil to keep warm.
- Heat remaining butter and oil in the pan. Fry garlic until fragrant (about one minute). Add the tomatoes and cook for two minutes, or until they just begin to soften. Turn off the heat and stir through basil.
- Season with any extra salt and pepper, if needed. Add the chicken back into the pan, and spoon the pan juices and tomato/garlic mixture all over the chicken!
- Perfect to serve with a salad, garlic bread, rice or pasta!

*Adapted from [epicurus.com](http://epicurus.com)*

## Caramelized Cabbage and Walnut Pasta

*The humble cabbage is a really versatile vegetable, stretching its flavor profile towards both sweet and savory in this recipe. Stretch your pasta dinner and add healthful fiber filled with flavor. Don't skip the walnuts for a great contrasting crunch and healthy Omega-3s!*



### Ingredients

**Makes 4 servings**

- 1/4 cup olive oil
- 3 Tablespoons of unsalted butter
- 2 leeks, white and tender green parts, thinly sliced OR white onion, thinly sliced
- 4 garlic cloves, finely chopped
- 2 pounds finely sliced green cabbage
- 1 pound spaghetti or other long pasta
- 4 ounces parmesan cheese plus more for serving
- 2 - 3 teaspoons freshly ground black pepper
- 3 - 4 Tablespoons lemon juice (from one large lemon)
- 1 cup toasted walnuts, chopped (worth the splurge!)

### Instructions

- Add butter and olive oil to a large pot over medium heat. Once butter has melted, add leeks (or mild white onion), garlic and cabbage. Add 2 teaspoons of salt and stir to combine. Cook and stir until wilted, about 4 minutes. Lower heat to medium low, cover the pot, and cook for 10 minutes without stirring. Check every few minutes to make sure it's not burning. Lower heat and stir if it looks too brown.
- At ten minutes, remove the lid and give a good stir. Cover again and cook for 5 more minutes until supersweet and tender. Taste and season with salt.
- Meanwhile, cook pasta according to directions but do not drain the pasta from the water. Instead, use tongs to move the cooked pasta, dripping with water, into the pot with the cabbage. Add about 1 cup of pasta cooking water to the cabbage and pasta pot now. Stir and add parmesan cheese and black pepper. Toss well to combine.
- Add lemon juice, adjust seasonings, if needed. Serve with more cheese and the toasted walnuts.

*Adapted from [cooking.nytimes.com](http://cooking.nytimes.com)*