

EST

2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NOV
02
2022

CALL 803-851-4461 FOR ORDERING DIRECTIONS

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF  School of Medicine
Columbia

PRICE CHANGE

With the continued rise of food prices, we find ourselves at a crossroads. To keep up with these rising costs, our box prices are increasing with our **November 16** distribution.

NEW PRICE



LARGE Box (18-22 pounds)
\$10 SNAP/EBT or \$25 Cash

NEW PRICE



SMALL Box (15-18 pounds)
\$5 SNAP/EBT or \$20 Cash

We are also introducing a new box option. Our **NO COOK BOX** will contain fruit and veggies that do not require any preparation.

NEW OPTION



NO COOK Box (9-12 pounds)
\$15 SNAP/EBT or \$15 Cash
Our No Cook Box includes produce which will not require any cooking before eating.

We look forward to continuing to address food access and food insecurity in our community!

Easy Pear Cobbler

Serves 8

Ingredients

- 3 to 4 cups sliced fresh pears, about 3 medium pears
- 1 cup sugar, divided
- 4 ounces (8 tablespoons) unsalted butter
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 3/4 cup milk (whole or low-fat)
- 1 large egg
- 1/2 cup chopped nuts (pecans or walnuts), optional
- Ice cream, for serving, optional
- Whipped cream, for serving, optional



Instructions

- Pre heat oven to 325 F and place the rack in the middle. In a large bowl, mix the pears with 1/2 cup of the sugar and let stand.
- Put the butter in a 2-quart baking dish and place in the oven until melted, about 5 minutes.
- Combine the remaining 1/2 cup sugar, flour, baking powder, cinnamon, and salt in a mixing bowl. Mix well.
- Whisk together the milk and egg in a separate small mixing bowl.
- Slowly combine the milk and egg mixture with the dry ingredients to make a batter.
- Pour the batter over the melted butter. Do not stir.
- Spoon the sliced pears over the batter. Do not stir.
- Sprinkle with chopped nuts, if using.
- Bake in the preheated oven for 50 to 60 minutes, or until nicely browned and the pears are tender. If the topping appears to be browning, cover the dish with foil and continue baking until the pears are tender.
- Remove the cobbler from the oven and set it on a rack to cool slightly. Enjoy the cobbler hot or cold with a scoop of ice cream or whipped cream.

Adapted from thespruceeats.com

NEXT ORDER
DEADLINES



ORDER BY **THURSDAY, NOV. 10.** PICK-UP **WEDNESDAY, NOV. 16.**
ORDER BY **WEDNESDAY, NOV. 23.** PICK-UP **WEDNESDAY, NOV. 30.**

Lemon Chicken Stir-Fry with Kale



Only 30 minutes start to finish, this recipe combines healthy kale, chicken breasts and bright lemon flavor to make a wonderful and fresh stir-fry, perfect for a quick weeknight dinner.

Ingredients

Makes 4 servings

- 2 tablespoons extra-virgin olive oil
- 1/2 medium onion, diced
- 2 cloves garlic, minced or crushed
- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- 4 cups chopped kale
- Zest of one lemon
- 2 tablespoons fresh lemon juice
- 1 teaspoon brown sugar
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon kosher or sea salt, or to taste
- Fresh cracked black pepper, to taste

Instructions

1. Heat a large skillet over medium-high heat. Add the oil and then stir in the onions and garlic. Cook for about 2 minutes or until the onions are soft.
2. Add the chicken, stirring occasionally until the chicken is lightly browned and nearly cooked through, 3 to 5 minutes. Stir in the kale and cook for 2 to 3 minutes or until the kale is softened.
3. Stir in the lemon zest, lemon juice, brown sugar and smoked paprika. Season with salt and pepper and serve warm.

Adapted from foodandwine.com

20-Minute Mushrooms



Ingredients

Serves 4 as a side

- 10 ounces mushrooms
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 cloves garlic (minced)
- 3/4 teaspoon dried thyme flakes (finely chopped)
- 1 tablespoon butter (thinly sliced)
- parsley (dry, optional)
- salt & pepper

Instructions

1. It's highly recommended that you do not wash your mushrooms. They will absorb water and will not cook as fully or as with as much flavor. Simply wipe any visible dirt from mushrooms with a crumpled paper towel.
2. In a bowl, combine olive oil, lemon juice, minced garlic, thyme, salt and pepper.
3. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil.
4. Place mushrooms in the bowl with oil, juice, butter and spices and gently toss with a spoon.
5. Transfer mushrooms to the baking sheet and top with the butter slices.
6. Bake at 400 degrees for 8 minutes, flip and cook for another 5 minutes.
7. Drizzle cooking juices over mushrooms, sprinkle with parsley and serve.

Adapted from mydeliciousmeals.com

HOW TO CUT A PINEAPPLE IN 6 EASY STEPS



Don't let that outer skin intimidate you! With a sharp chef's knife and a cutting board, you can tap into the pineapple's sweet goodness and have it peeled, diced and ready to eat in **5 minutes!** Check out this handy online step-by-step guide!



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