

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NOV
16
2022

CALL 803-851-4461 FOR ORDERING DIRECTIONS

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF  School of Medicine
Columbia

Fluffy Cranberry Orange Muffins

Ingredients

- 2 cups fresh cranberries
- 2 cups white or regular whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/3 cup melted vegetable oil or extra-virgin olive oil
- 3/4 cup honey or maple syrup
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt
- 2 teaspoons vanilla extract
- Zest from 1 medium orange (about 1 teaspoon)
- 1 tablespoon raw sugar for sprinkling on top



Makes 12 Muffins

Instructions

1. Preheat the oven to 400 degrees. Grease all 12 cups of your muffin tin or line them with papers, if necessary.
2. In a food processor, process the cranberries for about 5 seconds, until they are broken into little bits (but not puréed).
3. In a large mixing bowl, combine the flour, baking powder, baking soda, and salt. Stir to combine.
4. In a medium mixing bowl, combine the oil and honey and beat together with a whisk. Add the eggs and whisk to combine, then add the yogurt, vanilla and orange zest. Mix well.
5. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Gently fold the cranberry pieces into the batter.
6. Divide the batter evenly between the 12 muffin cups (they will be quite full). Sprinkle the tops of the muffins with sugar. Bake the muffins for 15 to 18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool.
8. Store, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.

Adapted from cookieandkate.com

Maple Mashed Sweet Potatoes



Sweet potato casserole is a Thanksgiving staple, and here's another way to adapt this classic recipe to be **diabetes-friendly**: Blend mashed sweet potatoes with plain yogurt.

Ingredients

- 3 medium sweet potatoes
- 2 tablespoons maple syrup
- 2 tablespoons light butter
- 3 tablespoons non-fat plain yogurt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Instructions

1. Preheat oven to 350°F.
2. Pierce each sweet potato several times with a knife and place them on a aluminum foil lined rimmed baking sheet.
3. Bake until sweet potatoes are very tender when pierced with a fork (about 1 hour).
4. Remove from the oven and let cool until able to handle.
5. Remove skins from sweet potatoes if desired and add them to a large bowl along with remaining ingredients.
6. Using an immersion blender or potato masher, blend all ingredients together until sweet potatoes are completed mashed.

Adapted from chocolateslopes.com

NEXT DATES  **ORDER BY WEDNESDAY, NOV. 23. ONE DAY EARLIER! PICK-UP WEDNESDAY, NOV. 30.**
ORDER BY THURSDAY, DEC. 8. PICK-UP WEDNESDAY, DEC. 14. LAST BOX FOR THE YEAR!

Leftover Stuffing Muffins



Transform your Thanksgiving leftovers into Stuffing Muffins with just 5 minutes of hands on prep and a muffin pan! You can use use leftover stuffing, collard greens and the egg, to have a complete hearty breakfast.

Ingredients

Makes 6 Muffins

Muffins

- 3 Cups Leftover Stuffing – cooked
- 6 Slices Leftover Turkey – cooked and sliced
- 6 large Eggs
- Kosher Salt and Pepper , to taste

Sage Hollandaise

- 1 Stick Unsalted Butter
- 3 Egg Yolks
- 1 Tablespoon Sage Leaves – roughly chopped
- 1 teaspoon Lemon Juice
- 1/4 teaspoon Kosher Salt
- 1/8 teaspoon Pepper

Instructions

1. **Preheat oven** to 425 degrees F. Spray 6 cavities of a jumbo muffin tin with non-stick cooking spray.
2. **For the Muffins:** Place ½ cup of stuffing into each muffin tin and press down gently to level. Top each with a slice of cooked turkey, ham, roast beef, pork or sausage patty. Crack one egg on top of each and season with a pinch of salt and pepper.
3. **Bake:** Transfer to the oven and bake for 15-20 minutes, or until eggs are just cooked. Remove from oven and let cool in pan 3-5 minutes. Transfer to a platter or serving plate.
4. **Meanwhile, Prepare the Hollandaise:** Melt butter over medium heat in a small sauce pan. Place egg yolks, sage, lemon juice, measured salt and pepper in the bowl of a food processor or blender. Pulse to combine. With the blender running, slowly drizzle in the butter. Process until smooth and creamy. Taste and adjust for seasoning.
5. **Serve** warm Turkey, Egg & Stuffing Muffins drizzled with hollandaise, or with sauce on side for dipping. Enjoy!

Adapted from nospoonnecessary.com

3 Ingredient Garlic Spread

Roasting garlic cloves and combining them with olive oil and salt gives you a spread that has a consistency to match butter at room temperatures with a savory garlic flavor.

Ingredients

- 2 heads of garlic
- 1 Tablespoon olive oil
- Sea salt

Instructions

1. Preheat oven to 400°F.
2. Slice off the top third of the heads of garlic.
3. Place the garlic heads in a baking dish, cut side up.
4. Drizzle with 1 Tablespoon of olive oil and sprinkle with salt.
5. Roast until the garlic is very soft and the cloves are starting to pop out of their skins, 35-45 minutes.
6. Remove from the oven and let it cool slightly.
7. Squeeze the cloves out of their skins.
8. Drizzle the cloves with remaining olive oil, sprinkle with salt and mash with a fork until smooth.
9. Store in an airtight container in the fridge for up to 1 week or freeze.



Adapted from paleogrubs.com



TIPS FOR MINDFUL EATING

With the holidays come parties, family gatherings, and food galore. All of this can make the holidays stressful and stress can lead to unhealthy eating. **Mindful eating** means that you are using all of your physical and emotional senses to experience and enjoy the food choices you make, increasing gratitude and improving the eating experience. Tips include:

- **Serve in modest portions.** This can help avoid overeating and food waste. Use a dinner plate no larger than 9 inches across and fill it only once.
- **Savor small bites,** and chew thoroughly. These practices can help slow down the meal and fully experience the food's flavors.
- **Eat slowly** to avoid overeating. If you eat slowly, you are more likely to recognize when you are feeling satisfied, or when you are about 80% full, and can stop eating.
- **Don't skip meals.** Going too long without eating increases the risk of strong hunger, which may lead to the quickest and easiest food choice, not always a healthful one.

from <https://www.hsph.harvard.edu>

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<http://bit.ly/3NUvDZg>