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2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NOV  
30  
2022

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FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OF



School of Medicine  
Columbia

## Creamy Chicken Salad with Apples and Raisins

Prepare in the beginning of your week to have easy access to healthy, quick, and delicious lunches and dinners.

### Ingredients

- 1 pound chicken breast, boneless, skinless
- 1 Tablespoon salt-free seasoning (optional)
- 1 Tablespoon light mayonnaise
- 1/2 cup plain low-fat yogurt
- 2 teaspoons mustard (Dijon or Creole)
- 2 Tablespoons apple cider vinegar
- 2 celery stalks, diced small
- 1/4 cup pecans, chopped
- 1 apple, diced small
- 2 Tablespoons raisins
- 1/4 teaspoon Kosher Salt
- Fresh ground black pepper (to taste)

### To Serve:

- Wasa Crackers
- Cucumber, thinly sliced
- Lettuce, rinsed



### Instructions

1. Preheat oven to 350°F.
2. Trim chicken breast and season with salt-free seasoning of choice, if desired. Salt-free lemon pepper, curry powder, or creole seasoning are some delicious options.
3. Spray a medium sauté pan with cooking spray or add 1 teaspoon of oil and place over medium-high heat. Add chicken breast and cook until the chicken is golden brown on the bottom. Flip the chicken, and then (if your pan is oven-safe) place in the oven to finish cooking. If your pan is not oven-safe, place chicken on a baking sheet and place in the oven.
4. Bake for about 10 minutes, or until a thermometer inserted in the thickest part of the chicken reads 165°F. Set aside to cool.
5. While the chicken is cooling, add all remaining ingredients (not including the "to serve" ingredients) to a large bowl and mix thoroughly.
6. Dice or shred the cooled chicken breast and add it to the sauce mixture. Fold together thoroughly.

From FoodShare's Culinary Medicine Kitchen

## Banana Pancakes



### Ingredients

- 2 cups all purpose flour
- 1/4 cup brown sugar
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 bananas, mashed
- 2 eggs
- 1 1/2 cups milk
- 1 teaspoon vanilla
- 2 bananas, sliced
- butter for cooking

### Instructions

- In a medium bowl, add the flour, brown sugar, baking powder, soda and salt. Mix thoroughly with a spoon.

- In another bowl, add the mashed bananas, eggs, milk, and vanilla, then mix. Add the dry mixture from the other bowl. Gently stir it with a spoon until everything just comes together. Let the mixture sit for 10 to 15 minutes.
- Heat a non-stick pan on medium heat. Melt 1/2 teaspoon of butter, then ladle 1/4 to 1/3 cup of batter into the pan.
- Place 3 to 4 banana slices on top of the uncooked side of the pancake. Once the edges start to dry up and you can see the middle start to bubble, flip the pancake over. Cook until it is browned on both sides. Stack the finished pancake on a plate in a warm oven and repeat until you run out of batter and serve hot, with butter and syrup.

From Leanne Brown's Good & Cheap

NEXT BOX DATES



ORDER BY **THURSDAY, DEC. 8.** PICK-UP **WEDNESDAY, DEC. 14.**  
ORDER BY **THURSDAY, JAN. 5.** PICK-UP **WEDNESDAY, JAN. 11.**

## Broccoli Cheddar Soup



*It's soup weather! Make this delicious soup in about 45 minutes, serve with bread and a salad. It's tastier, easier and healthier than going out.*

### Ingredients

- 4 tablespoons butter (1/2 stick)
- 1/2 medium onion, chopped
- 3 cloves garlic, minced
- 4 tablespoon all purpose flour
- 2 cups low sodium chicken or vegetable stock
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika or ground nutmeg
- 3 cups broccoli florets or 1 large head, cut into small pieces
- 1 large carrot, grated or finely chopped
- 2 cups half & half or milk or light or heavy cream
- 8 ounces block grated cheddar cheese or 2 cups pre-shredded (mild, medium, or sharp)

### Instructions

1. Melt butter in a large Dutch oven or pot over medium-high heat. Add the onion and cook for about 5 minutes or until softened and light gold. Add the garlic and sauté just until fragrant, about 30 seconds. Don't burn it!
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color. Pour in the chicken stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through.
3. Stir in half & half and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed.

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

## Baked Spaghetti Squash with Cheesy Breadcrumbs



*Photo: Linda Xiao for The New York Times. Food Stylist: Barrette Washburne.*

### Ingredients

**Makes 4 servings**

- 1 large (3- to 4-pound) spaghetti squash, halved lengthwise and seeded
- 3 tablespoons extra-virgin olive oil
- Generous amount of Kosher salt and black pepper
- 1 cup freshly grated Parmesan
- 1/2 cup panko or breadcrumbs
- 2 garlic cloves, grated
- 1 teaspoon fresh thyme leaves OR 1/2 teaspoon dried thyme
- 1 teaspoon dried oregano
- 8 ounces mozzarella, cut into 1/2-inch cubes

### Instructions

1. To make cutting the raw, hard squash easier, poke several holes in it with a fork then microwave for 5 minutes until it's soft enough to cut.
2. Heat the oven to 450 degrees. Brush the cut side of each squash half with 1 tablespoon olive oil, then season with salt and pepper. Place squash, cut-sides down, on a parchment-lined or foil-lined baking sheet and roast until the squash is tender when poked with a fork, 35 to 40 minutes.
3. Meanwhile, in a small bowl, stir together the Parmesan, panko, garlic, thyme, oregano, and the remaining 1 tablespoon olive oil. Season with salt and pepper.
4. Flip the squash and use a fork to scrape the squash into spaghetti strands. Stir in half the mozzarella, then sprinkle the squash with the remaining mozzarella and the panko mixture. Bake until the top is golden brown and mozzarella has melted, 20 to 25 minutes.

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