



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia

JAN
11
2023

Beet Yogurt Dip



Ingredients

Makes 6 (1/4 cup) Servings

- 1/2 pound red beets
- 1/2 cup plain nonfat Greek yogurt
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon freshly squeezed lemon juice
- 1 garlic clove, peeled
- 1 teaspoon minced fresh thyme
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt

Instructions

1. Preheat oven to 375° F.
2. Wrap the beets in aluminum foil and bake for 45-60 minutes until tender when pierced with a fork. Set aside to cool for at least 10 minutes. Using your hands, remove the skins and transfer beets to a blender.
3. To the blender jar, add the yogurt, olive oil, lemon juice, garlic, thyme, onion powder and salt. Process until smooth. Chill for 1 hour before serving.
4. Serve with crunchy vegetables like radishes, jicama, celery and colored peppers. Can be made up to three days ahead and used for snacking throughout the week.

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STEP-BY-STEP VIDEO



From FoodShareSC Culinary Medicine Kitchen

Pineapple Salsa

Ingredients

- 1 pound pineapple, peeled, cored & diced
- 5 Roma tomatoes, cored and diced
- 1/2 bunch cilantro, finely chopped
- 1/2 cup red onion, finely chopped
- 1-2 jalapeño peppers, seeded & finely chopped
- 1 Tablespoon fresh lime juice from 1 lime
- Salt and freshly ground black pepper
- Hot pepper sauce to taste, optional
- tortilla chips for serving



Instructions

1. Go to https://bit.ly/how_to_cut_a_pineapple or scan this QR Code for a step-by-step guide to prepare the fresh pineapple.
2. In a large bowl, combine pineapple, tomatoes, cilantro, red onion, and jalapeños. Add lime juice and toss to coat.



Adapted from culinaryhill.com



Emergency Allotments Ending in South Carolina on January 31, 2023

Starting Feb. 1, emergency allotments which provided all SC families on SNAP the maximum amount of benefits monthly will be **ENDING**, having a **huge** impact on many households. You can see what your future allotment will look like at <https://bit.ly/3ibsEAs> or scan this QR code with your phone's camera.



READ FULL PRESS RELEASE AT: [HTTP://BIT.LY/3VK7TZB](http://bit.ly/3VK7TZB)

NEXT BOX DATES



ORDER BY **THURSDAY, JAN. 19.** PICK-UP **WEDNESDAY, JAN. 25.**
ORDER BY **THURSDAY, FEB. 2.** PICK-UP **WEDNESDAY, FEB. 8.**

Skillet Mac & Cheese with Summer Squash & Pimiento

Ingredients

Serves 4

- 8 ounces whole-wheat elbow macaroni
- 2 Tablespoons extra-virgin olive oil, divided
- 1 cup chopped onion
- 3 cups diced zucchini or summer squash
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 2 Tablespoons butter
- 3 Tablespoons all-purpose flour
- 2 cups low-fat milk
- 1 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 2 cups shredded extra-sharp Cheddar cheese
- 1 4-ounce jar diced pimientos, rinsed
- 1/2 cup panko breadcrumbs, preferably whole-wheat
- 1/2 teaspoon garlic powder



Instructions

1. Preheat oven to 400°F. Bring a large saucepan of water to a boil.
2. Cook macaroni 1 minute less than the package directions for al dente. Drain and set aside.
3. Meanwhile, heat 1 Tablespoon oil in a large ovenproof skillet over medium-high heat. Add onion and cook, stirring, until starting to brown, about 2 minutes. Add zucchini (and/or summer squash) and 1/4 teaspoon each salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Transfer to a bowl.
4. Reduce heat to medium and melt butter in the skillet. Sprinkle with flour and whisk until fragrant, 1 to 2 minutes. Whisk milk, dry mustard, cayenne and the remaining 1/4 teaspoon each salt and pepper in a small bowl. Slowly pour the milk mixture into the skillet, whisking constantly. Cook, stirring, until the sauce is thick enough to coat the back of a spoon, 3 to 5 minutes.
5. Remove from heat and stir in cheese and pimientos. Using a slotted spoon, add the reserved vegetables to the skillet along with the pasta. Stir to coat.
6. Mix panko, garlic powder and the remaining 1 Tablespoon oil in a small bowl. Sprinkle over the casserole. Transfer to the oven and bake until the sauce bubbles and top is golden, about 15 minutes.

Adapted from eatingwell.com

Baked Zucchini Chips

Ingredients

Serves 4

- Olive oil spray
- 2 medium zucchini (about 1 pound total weight)
- 1 1/4 teaspoon kosher salt divided (not fine salt)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 cup dry-grated Parmesan (not shredded)

Instructions

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with high-heat-resistant parchment paper and coat it with olive oil spray.
2. Slice the zucchini into 1/8-inch-thick rounds. Sprinkle the slices with 1 teaspoon of kosher salt. Place the salted zucchini in a colander in the sink and let them stand for 30 minutes at room temperature. This removes water from the zucchini, which helps achieve crispiness. After 30 minutes, rinse and blot dry the zucchini slices using paper towels.
3. Arrange the zucchini slices in a single layer on the prepared baking sheet. Spray with olive oil and bake for 5 minutes.
4. Remove the baking sheet from the oven. Sprinkle the zucchini slices with the remaining 1/4 teaspoon of kosher salt, black pepper, garlic powder, and grated Parmesan.
5. Return the pan to the oven and continue baking until the zucchini slices are browned and crisp, 15-20 more minutes.
6. Some of the zucchini slices might be ready before others are. You can remove them to a plate and keep baking others a little longer.

Adapted from healthyrecipesblogs.com



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