



# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

CALL 803-851-4461 FOR ORDERING DIRECTIONS

FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OF



School of Medicine  
Columbia  
UNIVERSITY OF SOUTH CAROLINA

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## Balsamic Chicken with Mushrooms



### Ingredients

- 1 pound boneless, skinless chicken breasts (divided into 4 (4-ounce) portions)
- 1 Tablespoon olive oil
- 1/4 cup all-purpose flour
- 1 Tablespoon butter
- 10 ounce container white button mushrooms, sliced
- 1/4 teaspoon black pepper
- 1/3 cup balsamic vinegar
- 1/2 cup low sodium chicken broth

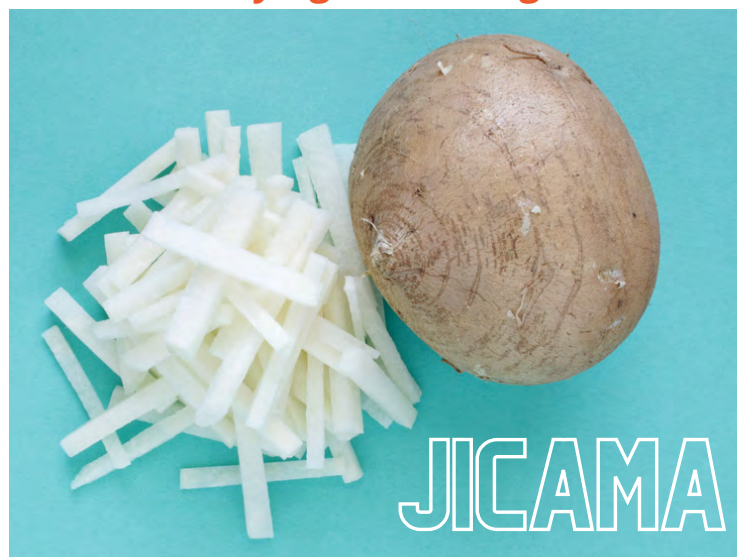
### Makes 4 Servings

### Instructions

1. Place the chicken breasts in a plastic freezer bag and pound thin with a mallet or rolling pin.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the butter in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breasts back to the pan, simmer for 5 minutes and serve.

*Adapted from [diabetesfoodhub.org](https://diabetesfoodhub.org)*

## It's A New Year & We're Trying Something New!



### What Is It?

**Jicama** — pronounced HICK-a muh — is a starchy root vegetable similar to a potato or turnip. It's a great source of vitamin C and, as a low-calorie and nutritionally dense food, it may be a **good potato substitute for people with diabetes**. It may also be a useful option for people:

- eating a healthful-heart diet
- with celiac disease
- looking to eat more fiber.

### How Do You Prepare It?

Jicama can be eaten raw or cooked, and is used in a wide variety of dishes. After removing the tough, brownish peel, the white flesh can be cut into slices or cubes.

Here are some ways to add jicama to your diet:

- Add it to a **vegetable salad** for extra crunch
- Combine with mango, pineapple or papaya for a tropical **fruit salad**
- Cut it into thick slices and **serve with a dip** like guacamole or hummus
- Add it to a **vegetable platter**
- **Stir-fry** it with sesame oil and rice vinegar
- Sprinkle it with **lime juice and chili powder** for a spicy snack

*From [healthline.com](https://healthline.com) & [medicalnewstoday.com](https://medicalnewstoday.com)*

**NEXT BOX DATES** 

**ORDER BY THURSDAY, FEB. 2. PICK-UP WEDNESDAY, FEB. 8.**  
**ORDER BY THURSDAY, FEB. 16. PICK-UP WEDNESDAY, FEB. 22.**

## How To Roast Red Peppers



### Ingredients

- Bell peppers
- A foil-lined baking sheet

### Instructions

1. Preheat the oven to 450 degrees F.
2. Cut the peppers in half and remove the stems, seeds and membranes.
3. Lay the peppers on a foil-lined baking sheet, cut side down. Roast the red peppers for 15-20 minutes or until the skins are very dark and have collapsed. (There is no need to rotate or turn the peppers.) Once the skins are blackened, remove the peppers from the oven.
4. Placing the roasted peppers in a paper bag or under a layer of paper towels to steam for about 10 minutes to help loosen the skin.
5. Let the peppers cool for a few minutes until comfortable enough to handle and then peel the skins off by hand and discard them.
6. You can slice or dice the peppers in advance or store them in halves. They'll keep for up to about a week if stored in the fridge in an airtight container or up to 2 weeks if covered in olive oil in the fridge in the container. For longer storage, you can freeze them in resealable freezer bags.

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

## 2 STORAGE TIPS TO HELP YOUR PRODUCE LAST LONGER

1

Nearly half of all produce in America gets wasted. One simple way you can increase the time your fruits and veggies stay fresh is to **wait to wash your produce** until you're ready to eat it. Too much moisture will make them spoil faster.

2

**Store potatoes away from light** and in a cool, dry place. Keeping your potatoes in a high light area will cause them to green faster. By storing your spuds in a cool, dark place they can last four to six months.

Source: <https://feedingwestchester.org/blog/8-food-storage-tips-to-make-your-groceries-last-longer/>

## Avocado Bell Pepper Pasta

*This vegan avocado bell pepper pasta is creamy and delicious with fresh basil, ripe avocado, roasted red peppers, garlic, and lemon juice.*



### Ingredients

**Serves 6**

- 12 ounces whole-wheat fettuccine or spaghetti
- 2 medium ripe avocado, pitted and peeled
- 2-3 roasted red peppers
- 1 clove garlic
- 1/4 cup fresh basil leaves loosely packed
- 1/4 cup lemon juice (about one medium lemon)
- 1 Tablespoon olive oil
- 1/2 teaspoon salt

### Instructions

1. Cook fettuccine until al dente, according to package directions. Once cooked, drain and reserve 1/2 cup of the pasta water.
2. Add the avocado, roasted red peppers, garlic, basil, lemon juice, olive oil, salt, and half of the reserved pasta water to a blender or food processor. Blend until creamy.
3. If needed, add more of the reserved pasta water to create a thinner consistency. Taste and add more salt if needed.
4. Combine the sauce with the cooked fettuccine and serve. Garnish with lemon zest and more fresh basil (optional). Serve warm.

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