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Chopped Cauliflower Salad

Cauliflower contains little calories but also contain almost every vitamin and mineral you need throughout the day. It's pretty dense and the lime juice in this recipe breaks down its fibers, resulting in a salad or dip so tasty that you won't want to share. Serve with baked tortilla chips or spoon into whole wheat pitas for a grab-and-go meal!



Ingredients

Makes 4-6 Servings

- 1 small head of cauliflower, finely chopped (about 2½ cups)
- 2 cups tomatoes, diced (about 4 medium)
- 1/2 cup chopped red or yellow onion
- 1 jalapeno, diced (Optional)
- 1/4 teaspoon salt
- 1/2 cup lime juice
- 1/4 cup chopped cilantro
- 1 avocado, diced
- Freshly ground black pepper, to taste

Instructions

1. In a medium bowl, mix together the cauliflower, tomatoes, red onion, jalapeño, salt, and lime juice. Add the cilantro and let that sit in the fridge for at least 1 hour so that the lime juice has some time to soften everything up. That's its job, so let it work.
2. Add the avocado and serve right away, with black pepper to taste.

Adapted from Thug Kitchen: Party Grub

INCREDIBLE BLACK WOMEN WHO CHANGED AMERICA'S FOOD HISTORY



ILLUSTRATION: KATE LEMAY

In celebration of **Black History Month**, *Better Homes & Gardens* writer Riche Holmes Grant has spotlighted four Black women who changed history—and uplifted their communities in the process. These women have shaped American **style**, **food**, and **culture**. Many haven't always received the credit they deserve and, while they may not be household names, they should be.

We're talking about women like trailblazing celebrity chef **Lena Richard** (photo above) who defied the odds stacked against her as a Black woman in the Jim Crow South to become one of America's first celebrity chefs and the first African American to host her own TV cooking show, 14 years before Julia Child made her debut.

In her lifetime, she ran a **catering company**, an **international frozen food company**, and a series of **restaurants** where whites and Blacks bucked segregation laws to eat her famous gumbo under one roof. She also opened a **cooking school** to help members of the local Black community command higher wages in the culinary industry.

To read the entire article and learn more about additional amazing Black women, follow the link below or scan this QR code with your phone's camera.

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



NEXT BOX DATES



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

Sweet Potato, Broccoli & Wild Rice Hash

Convenience foods save time and add flavor here, using a packaged, pre-cooked wild rice blend. Cut your sweet potato small so it cooks quickly and save even more time by buying pre-chopped broccoli. Add hot sauce and your favorite seasonings. This recipe is a great base to build on and personalize to your tastes.



Ingredients

Serves 4

- 2 Tablespoons extra-virgin olive oil plus 1 teaspoon, divided
- 1 pound sweet potato (1 large), peeled and cut into 1/2-inch pieces (3 1/2 cups)
- 1/2 teaspoon salt, divided
- 2 cups small broccoli florets
- 3 small spring onions or scallions, sliced, whites and greens separated, divided
- 1 clove garlic, minced
- 1 cup cooked wild rice or wild rice blend (see Tip below)
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons finely chopped fresh tarragon
- 4 large eggs (optional)

Instructions

1. Heat 1 Tablespoon oil in a large cast-iron or nonstick skillet over medium heat. Add sweet potatoes and season with 1/4 teaspoon salt. Cook, stirring often, until lightly browned and softened, 8 to 10 minutes. Add broccoli and 1 tablespoon oil; cook, stirring occasionally, until softened, 3 to 5 minutes. Add spring onion (or scallion) whites and garlic; cook, stirring, for 1 minute. Stir in rice, spring onion (or scallion) greens, parsley and tarragon and remove from heat. Transfer to a plate and serve as a side (or cover to keep warm and go to step 2).
2. Heat the remaining 1 teaspoon oil in the pan over medium heat. Crack eggs into the pan and season with the remaining 1/4 teaspoon salt. Cook to desired doneness, 1 1/2 to 2 minutes for a runny yolk and 3 1/2 to 4 minutes for a firmer yolk. Serve the eggs on top of the hash.

Tip

Cultivated wild rice can take up to an hour to cook. To get that delicious earthy flavor fast (plus fiber you wouldn't get from white rice), opt for a packet of precooked.

Adapted from eatingwell.com

Chickpea Salad Sandwich

If you're trying to eat more plant-based meals but love sandwiches, try this! Chickpeas deliver on protein and fiber, while melding with the flavors of a creamy dressing.



Ingredients

Serves 6

- 2 (15 ounce) cans chickpeas, rinsed
- 1/4 cup mayonnaise
- 1/4 plain low-fat yogurt
- 1 Tablespoon lemon juice
- Salt & pepper
- 1 celery rib, minced
- 1/3 cup dill pickle slices, patted dry and chopped fine
- 1/2 small red onion, chopped fine
- 2 Tablespoons minced herbs of choice, parsley, dill or tarragon
- 2 cups baby spinach, about 2 ounces
- 1 tomato, sliced thin
- 12 slices hearty 100 % whole-grain sandwich bread

Instructions

1. Process 3/4 cup chickpeas, mayonnaise, yogurt, lemon juice and 1/4 teaspoon salt in food processor about 30 seconds or mash by hand until smooth. Scrape down sides as needed.
2. Add remaining chickpeas to food processor and pulse until coarsely chopped with some larger pieces remaining, about 4 pulses. By hand, smash remaining chickpeas on a cutting board with flat edge of a large knife.
3. Combine chickpea mixture, celery, pickles, onion and parsley in a large bowl and season with salt & pepper, tasting to check.
4. Spread chickpea mixture over 6 slices of bread, top with tomatoes and spinach. Top with remaining slices of bread & serve.

Adapted from America's Test Kitchen Nutritious Delicious