

EST.



2015

# 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

FEB  
22  
2023

### Beet Chips

*Baked beet chips that come out crispy and bright? YES! A few preparation tricks will help and a long, low and slow bake make pretty chips that are full of fiber and a fun color.*



#### Ingredients

#### Makes 4 Servings

- 1 pound beets, peeled, trimmed and sliced as thin as possible - 1/16 inch (use a slicing disk on food processor or a mandolin if you can.)
- Canola oil spray
- 1/2 teaspoon salt

#### Instructions

1. Adjust the oven racks to upper middle and lower middle positions and heat oven to 200 degrees. Put wire cooling racks into 2 rimmed baking sheets and spray with canola oil spray.
2. Combine sliced beets and salt in a colander, set over a bowl and let drain for 25 minutes. Pat beets dry with paper towels.
3. Arrange the beet slices on prepared racks, making sure slices overlap as little as possible. Bake beets until shrunk slightly and crisp throughout. About 2 to 3 hours. Switching and rotating baking sheets halfway through. Let beet chips cool completely (they will continue to crisp as they cool)
4. Beet chips can be stored in a paper towel-lined airtight container for up to two weeks.

From America's Test Kitchen *Nutritious Delicious*



American  
Heart  
Association.

FEBRUARY IS



AMERICAN  
HEART  
MONTH

We love working with others who share our mission for building a healthy Columbia. This week, we're excited to include this great information from **American Heart Association**.

**It is time to prioritize yourself.** Change can be hard, start small by choosing one of these places to make changes in your life. Small steps can make a large impact and we want to give you free resources to help you get started. A healthy life-style is not only eating healthy but also being physically active, managing stress, mental wellness, quitting smoking, and getting enough sleep. **Scan the QR code to access resources to get you started.** Be well!



*Healthy Living: This way please!*

## 5 WAYS TO EAT HEALTHY

**With a simple change, you can make eating healthy your easiest habit. Start with one of these and build on your successes:**

- **Limit** sugary drinks, sweets, fatty meats, and salty or highly processed foods.
- **Avoid** partially hydrogenated oils, tropical oils, and excessive calories.
- **Replace** highly processed foods with homemade or less-processed options.
- **Enjoy** a variety of nutritious foods from all the food groups, especially fruits & veggies.
- **Keep** healthy habits when you eat from home or out on the town.



Source: American Heart Association

**NEXT BOX DATES**



**ORDER BY THURSDAY, MAR. 2. PICK-UP WEDNESDAY, MAR. 8.**

**ORDER BY THURSDAY, MAR. 16. PICK-UP WEDNESDAY, MAR. 22.**

## Garlic, Ginger & Spring Onion Chicken

*Skip the Chinese take-out and make this stir fry at home in the time it takes to cook rice to serve it with. Tip #1: This cooks fast! Have everything chopped and ready before you start cooking. Tip #2: slice your chicken very thin, so thin you might wonder if it's too thin. This will give you a more tender chicken that will cook quickly.*



### Ingredients

#### Sauce

- 2 Tablespoons low-sodium soy sauce
- 1/2 teaspoon salt & pepper each
- 1 teaspoon sugar
- 2/3 cup
- 1 1/2 Tablespoons cornstarch

#### Chicken & Vegetables

- 1 Tablespoon cooking oil
- 6 ounces boneless, skinless chicken breast, sliced thin
- 1/2 onion, sliced (white, brown or yellow)
- 2 cloves garlic, finely chopped
- 1 Tablespoon fresh ginger, finely chopped
- 2 green onions, ends removed and cut into 1-inch long pieces

### Instructions

1. Add soy sauce, salt, pepper, sugar, water and starch to a small cup and whisk to combine. Set aside.
2. Warm the oil in a wok or skillet on a high heat. Add the thinly sliced chicken (the key to success of this recipe!) and cook for two minutes, flipping frequently until it's no longer pink. Transfer the chicken to a small plate and set aside.
3. Add the sliced onions to the same wok/skillet. Add a little more oil if needed and sauté for a minute to soften the onion. Add the ginger and the garlic and cook another minute.
4. Add the chicken back to the wok with the green onions. Stir fry for a minute to finish cooking the chicken.
5. Add the combined sauce to the wok and cook until the sauce turns into a thicker, saucy consistency.
6. Remove from the heat and serve over rice or noodles and enjoy!

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

## Carrot Snacking Cake with Yogurt Cream Cheese Frosting

### Ingredients

- 12 ounces carrots, peeled
- 2/3 cup sugar
- 1/4 cup canola oil
- 1/4 cup 1% low-fat milk
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 1/3 cups whole-wheat flour
- 1 recipe Yogurt-Cream Cheese Frosting (recipe below)



### Instructions

1. Adjust oven rack to middle position and heat oven to 350 degrees.
2. Line an 8-inch square baking pan with foil, allowing foil to extend over edges enough to grab. Coat with cooking spray.
3. Working in batches, use a food processor fitted with a shredding disk to shred carrots; transfer carrots to bowl.
4. Fit now-empty processor with chopping blade. Process sugar, oil, milk, eggs, vanilla, baking powder, baking soda, cinnamon, nutmeg, and salt until sugar is mostly dissolved and mixture is emulsified, 10 to 12 seconds, scraping down sides of bowl as needed. Add shredded carrots and pulse until combined, about 3 pulses. Add flour and pulse until just incorporated, about 5 pulses; do not overmix.
5. Scrape batter into prepared pan and smooth the top. Bake until the cake is light golden and a toothpick inserted in the center comes out clean, 26 to 30 minutes, rotating pan halfway through baking.
6. Let cake cool in the pan on a wire rack for 10 minutes. Using foil over-hang, remove cake from pan and return to wire rack. Discard foil and let cake cool completely on the rack, about 2 hours. Spread frosting evenly over top of cake and serve.

## Yogurt Cream Cheese Frosting

### Ingredients

- 1/2 cup plain 2 percent Greek yogurt
- 4 ounces cream cheese, softened
- 1/4 teaspoon vanilla extract
- Pinch salt
- 1/2 cup (2 ounces) confectioners' sugar

### Directions

1. Process yogurt, cream cheese, vanilla, and salt in food processor until smooth, about 25 seconds, scraping down sides of bowl as needed. Add sugar and process until incorporated and frosting is creamy and glossy, about 20 seconds.
2. Refrigerate for at least 30 minutes or up to 24 hours until firm but spreadable.

*From America's Test Kitchen **Nutritious Delicious***