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2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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School of Medicine
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MAR
08
2023

Sugar Snap Pea Salad with Sweet Ginger-Soy Dressing



Dressing

- 2 teaspoons dark sesame oil
- 1 Tablespoon fresh ginger, peeled and minced
- 1 Tablespoon fresh garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1 Tablespoon hoisin sauce
- 1 Tablespoon low sodium soy sauce
- 1 Tablespoon sugar
- 1/8 teaspoon salt

Salad

- 1 pound sugar snap pea, trimmed
- 1/2 cup carrot (julienne cut)
- 1/2 cup sliced water chestnuts (drained and sliced)
- 1/2 cup red bell pepper (julienne cut)
- 2 teaspoons sesame seeds, toasted

Instructions

1. To prepare dressing, heat oil in a small saucepan over medium heat. Add ginger; sauté 2 minutes. Add garlic and crushed red pepper; cook 1 minute. Stir in hoisin sauce, soy sauce, sugar, and salt, bring to a simmer. Remove from heat; cool.
2. To prepare salad, cook peas in boiling water 30 seconds. Drain and rinse immediately with cold water. Combine peas and remaining ingredients except sesame seeds. Drizzle dressing over salad; toss well. Sprinkle with sesame seeds.

Adapted from cookinglight.com

Irish Colcannon with Kale

This traditional Irish dish is served to fill you up and bring you luck. Sauté the kale and toss it into mashed potatoes with butter.



Ingredients

- 2 pounds potatoes, scrubbed, peel if you prefer, leave skin on for more fiber
- Salt
- 1 large bunch kale, ribs removed, leaves washed
- 2 heaped tablespoons chopped scallions (about 3 scallions)
- 1/2 teaspoon garlic powder, more if you like garlic
- 1 cup low-fat milk
- freshly ground pepper
- 2 tablespoons unsalted butter or extra virgin olive oil

Serves 4-6

Instructions

1. Cover the potatoes with water in a saucepan, add about 1/2 teaspoon of salt and bring to a boil. Reduce the heat to medium, cover partially and cook until tender all the way through when pierced with a knife, about 30 to 45 minutes. Drain off the water, return the potatoes to the pan, cover tightly and let steam over very low heat for another 2 to 3 minutes. Remove from the heat and mash with a potato masher or a fork.
2. In a sauté pan, place the chopped scallions, garlic powder and washed kale with 1 tablespoon butter or olive oil. Sauté for about 3-5 minutes, just until wilted and bright green.
3. Pour 1 cup of milk into the mashed potatoes and add the greens and scallions stirring well. Add the other tablespoon of butter and salt and pepper to taste.

Adapted from The New York Times Cooking section

NEXT BOX DATES



ORDER BY THURSDAY, MAR. 16. PICK-UP WEDNESDAY, MAR. 22.
ORDER BY THURSDAY, MAR. 30. PICK-UP WEDNESDAY, APR. 5.

Massaged Kale, Strawberry & Feta Salad

To make kale tender enough to eat like a salad, you can give it the hands-on treatment of a massage! (Also good for kids to get involved with dinner prep!) Make the dressing and pour it over your washed and dried leaves, then rub and massage the dressing into the leaves until the color turns from a dull green to a bright green. Don't massage too much or you'll get too bruised and dark leaves.



Ingredients

Serves 4

- 4 cups kale, rinsed, stems and ribs removed, leaves torn to bite-sized pieces
- 1/2 cup extra virgin olive oil, separate 2 Tablespoons
- 1 1/2 Tablespoons lemon juice
- 1 teaspoon sea salt
- 2 cups fresh strawberries, rinsed & sliced
- 3/4 cup carrot, grated
- 2 Tablespoons feta cheese, crumbled
- 3 Tablespoons balsamic vinegar
- 2 Tablespoons basil, chiffonade (ribbon cut)
- 2 small garlic cloves, super finely minced
- Fresh ground black pepper to taste

Instructions

1. In a large bowl, whisk together lemon juice, olive oil and salt. Add rinsed and dried kale, it's important the leaves are dry so they can absorb the oil and lemon juice.
2. Massage gently, thinking about how good this will taste and all the nutrition it's bringing to your insides, for about 3-5 minutes. The leaves should turn a brighter, glossy green and feel more tender than when you started.
3. Toss in the strawberries, carrot and feta.
4. In a separate small bowl or jelly jar with lid, mix the remaining olive oil, balsamic vinegar, garlic, basil and a pinch of salt.
5. Toss the salad with dressing just before serving.

Variations

Make this salad a complete meal by adding a bean and grain of your choice. Beans, Greens and Grains is a great formula for a filling salad. Try quinoa and great white northern beans.

From FoodShare's Culinary Medicine Kitchen

Lemon Vinaigrette

This is an easy lemon dressing you can adjust to your tastes, add new flavors to and use many ways. Get creative! Beyond salads, use it on grilled or fresh vegetables, or marinate chicken in it before grilling.



Ingredients

Makes 1/2 cup

- 1/2 teaspoon freshly grated lemon zest
- 1/4 cup fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 garlic clove, grated on a zester
- 1/4 to 1/3 cup extra virgin olive oil
- 1/4 teaspoon sea salt, more to taste
- Freshly ground black pepper, pinch
- 1/2 teaspoon honey or maple syrup, optional

Instructions

1. In a small bowl, whisk together the lemon juice, garlic, mustard, salt, pepper, and honey, if using.
2. Drizzle in the olive oil while whisking and continue to whisk until the dressing is emulsified. Alternatively, combine everything in a jar with a tight-fitting lid and shake for 30-60 seconds to combine.
3. If your dressing is too tangy, add more olive oil, to taste.

Variations

- Add 1/2 teaspoon or more of fresh herbs. Fresh thyme plays nicely with lemon. So does basil.
- For a creamy version, stir in a couple of tablespoons of Greek yogurt.
- Add in 2 teaspoons of mellow white miso paste, mashing it with a fork to separate into the emulsification. Use over grains and greens.
- Use this dressing over steamed or roasted broccoli with a sprinkling of parmesan.

From FoodShare's Culinary Medicine Kitchen