



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

MAR
22
2023

Roasted Garlic-Parmesan Cabbage



Ingredients:

- ½ large head red or green cabbage
- 6 tablespoons grated Parmesan cheese, plus more for garnish.
- 4 medium cloves garlic, finely minced or grated
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper flakes (optional)

Directions:

- Preheat oven to 425°F. Cut cabbage into 8 wedges (about 1 inch wide), keeping the core intact.
- Combine Parmesan, garlic, oil, vinegar, soy sauce and salt in a small bowl.
- Arrange the cabbage wedges, cut-side down, on a large rimmed baking sheet.
- Brush all sides of the cabbage with the garlic-Parmesan mixture.
- Roast until the edges are golden brown, about 20 minutes.
- Flip and roast until the cabbage is tender and golden, about 10 minutes more.
- Garnish with crushed red pepper and/or Parmesan, if desired.

Adapted from eatingwell.com

Avocado Egg Salad Sandwich



Great on whole wheat pita, salad or alone. You can prepare this ahead of time for a quick snack. Great for breakfast, too.

Ingredients:

- 2 ripe avocados
- 4 teaspoons red wine vinegar OR lemon juice
- 4 hard boiled eggs, cooled, peeled and diced
- 2 stalk green onion, sliced
- 1/2 teaspoon salt
- Fresh, ground, black pepper to taste
- 1 cup cucumber, small dice
- 1 teaspoon Sriracha hot sauce (optional)
- 4 each sandwich thin, whole wheat, toasted
- 1 cup greens (arugula or spinach)

Directions:

1. In a medium bowl, mash avocado with the vinegar or lemon juice with the back of a fork.
2. Fold in egg, green onion, salt, black pepper and cucumber into mashed avocado mixture.
3. Serve 1 cup of egg salad with greens or lettuce on top of whole wheat sandwich thins.

NEXT BOX DATES 

ORDER BY THURSDAY, MAR. 30. PICK-UP WEDNESDAY, APR. 5.
ORDER BY THURSDAY, APR. 13. PICK-UP WEDNESDAY, APR. 19.

Chicken Lettuce Wraps



Serves 4

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- ¼ cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, optional
- 1 8-ounce can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 head of lettuce
- 1 cup carrots, chopped

Directions:

1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.
3. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
4. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.


Adapted from damndelicious.net

WHAT'S A SERVING?

FRUITS:

4 SERVINGS PER DAY

ONE MEDIUM FRUIT

 = About the size of your fist

FRSH, FROZEN OR



CANNED

= 1/2 CUP

DRIED



= 1/4 CUP

FRUIT JUICE



= 1/4 CUP

VEGETABLES:

5 SERVINGS PER DAY

RAW LEAFY VEGETABLE



= 1 CUP

FRSH, FROZEN OR



CANNED

= 1/2 CUP

VEGETABLE JUICE



= 1/2 CUP

**based on a 2,000 calorie eating pattern*

How to Store Potatoes



Keep Them Out Of The Sunlight

Keep them in a drawer, in the pantry, in a paper bag—anywhere that's dark. A clear plastic bag, like potatoes are packaged in, are not ideal for storing spuds. They are plants, after all. If they see sunlight, they will sprout and possibly wrinkle and rot.

Make Sure They Still Have Airflow

Be sure to keep them in a bag that is well-perforated and that the top isn't tightly sealed. Potatoes will be releasing carbon dioxide and water in the form of vapor, so things can get too damp.

Don't Store Them Next To Your Onions

It's tempting to store potatoes and onions together—after all, they both like to be stored the same way. However, keeping them together might encourage your potatoes to sprout. Other combinations to keep separate are potatoes and avocados, potatoes and bananas, and potatoes and apples.

Avoid Warm Spots

Don't store your potatoes next to the oven, under the sink, or on top of the fridge. When warmer than their ideal storage temperature, potatoes will start to sprout.

Adapted from food52.com