

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

APR
05
2023

Oven "Fried" Okra



Ingredients

- 1 3/4 pounds fresh okra
- 4 tablespoons olive oil
- 1/2 cup breadcrumbs
- 2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Serves 8

Instructions

1. Preheat oven to 450° F.
2. Wash okra and drain.
3. Remove tips and stems and cut okra into 1/2 inch slices.
4. Coat the okra in the oil, seasonings, and breadcrumbs. Mix thoroughly. Add more oil if dry mixture is not sticking.
5. Spread in a single layer on a cookie sheet.
6. Bake at 450° for 30–40 minutes. Bake until crisp, stirring occasionally.

Adapted from UNC Center for Health Promotion and Disease Prevention

Buffalo Chicken Banana Peppers

Banana peppers are not spicy-hot, they're more tangy so they make a great contrast to spicy buffalo chicken dip, like in this recipe.



Ingredients

- 3/4 to 1 cup chopped cooked chicken, from can or leftover rotisserie
- 4 ounces cream cheese, softened (half an 8 ounce package)
- 1/2 cup shredded Parmesan cheese
- 1 1/2 teaspoons hot wing sauce or more to taste
- 1/4 teaspoon salt
- 6 banana peppers, halved and seeded

Instructions

1. Preheat oven to 400°. Line a rimmed baking sheet with foil or parchment paper.
2. In a medium bowl, stir together chicken and next 4 ingredients. Spoon mixture into banana pepper halves, and place on prepared pan. Bake for 15 minutes or until peppers are softened. Drizzle with additional hot wing sauce, if desired.
3. Garnish with hot wing sauce, hot honey, cilantro or however you like it.

From tasteofthesouthmagazine.com

NEXT BOX DATES



ORDER BY THURSDAY, APR. 13. PICK-UP WEDNESDAY, APR. 19.
ORDER BY THURSDAY, APR. 27. PICK-UP WEDNESDAY, MAY 3.

Simple Corn Succotash



Ingredients

Serves 6

- 1 cup fresh peas (crowder, butter bean, etc.) or frozen peas
- 1 ounce slab bacon, in one piece
- 1/2 teaspoon kosher salt
- 1 Tablespoon olive oil
- 1/2 medium sweet onion, minced
- 3 ears of fresh yellow corn, shucked, cut from the cob and the cobs scraped of any corn milk
- 1 large heirloom tomato, finely diced (or 1 cup cherry tomatoes, chopped into quarters)
- 1/4 cup chicken stock or ham hock stock
- 1/4 fresh basil, torn to pieces
- 1 teaspoon chopped fresh thyme.
- 3 Tablespoons chopped fresh flat-leaf parsley

Instructions

1. Place peas, bacon and 1/4 teaspoon of salt in a medium pot and cover with cold water. Bring to a boil and then simmer until the beans are cooked through, anywhere from 20 to 45 minutes depending on the bean choice. Drain and discard bacon. Set the beans aside. If using frozen peas, skip right to the next step and add them in with corn and tomatoes.
2. In a large fry pan, warm olive oil over medium-high heat. Add the onion and cook until translucent, about 3 minutes. Add the corn and tomatoes, and cook for 2 minutes. Add the cooked peas/beans and chicken stock, stir well, and cook for another two minutes.
3. Then add your fresh herbs and remaining 1/8 teaspoon of salt.

Variations

- Add a kick of heat by adding a serrano pepper, diced fine.
- Add sliced okra, diced red bell pepper, sliced celery or a variety of other vegetables of your choosing. Don't hesitate to be creative! Enjoy!

Adapted from Hugh Acheson's A New Turn in the South

Peach Blackberry Crisp



Filling

- 1 3/4 pounds thawed from frozen peaches
- 2 Tablespoons brown sugar
- Pinch salt
- 2 teaspoons cornstarch
- 1 teaspoon grated orange zest
- 1 teaspoon vanilla extract
- 10 ounces (2 cups) blackberries

Topping

- 3 Tablespoons packed brown sugar
- 6 Tablespoons unsalted butter, melted
- 2 Tablespoons milk
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup all-purpose or whole wheat flour
- 3/4 cup old fashioned rolled oats (*don't use instant!*)
- 1/2 cups pecans or nuts of your choice

Instructions

1. Preheat oven to 375° and adjust a rack to the middle position.
2. Toss peaches in a bowl with sugar and salt. Let sit for 30 minutes. They'll get juicy!
3. After 30 minutes, add cornstarch, orange zest, and vanilla. Transfer to 8-inch square baking dish and top with blackberries. Set on a rimmed baking sheet lined with foil to catch the drips.
4. Make topping by whisking together brown sugar, melted butter, milk, cinnamon, salt and nutmeg together in a large bowl. Use a rubber spatula to fold in flour, oats and nuts. The mixture will be thick but cohesive.
5. Pinch the topping into 1/2-inch pieces over the filling.
6. Bake until fruit is bubbling and topping is browned, 25-30 minutes. Let cool about 25 minutes before serving.

Adapted from Naturally Sweet by America's Test Kitchen