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Braised Red Cabbage with Apple & Bacon

Besides making a raw, crunchy slaw with your red cabbage, you can make a nourishing, savory side dish for any hearty meal. This dish tenderizes the cabbage and sweetens it with apples, while bacon brings the salty surprise.



Ingredients

Makes 6-8 servings

- 2 tablespoons olive oil
- 1 large onion, coarsely chopped
- 1 clove garlic, minced
- 1 head red cabbage (about 2 pounds), shredded
- 3 tablespoons cider vinegar
- 2 teaspoons granulated sugar
- 1/8 teaspoon freshly ground black pepper
- 2 apples, peeled, cored, & chopped
- 3 to 4 slices bacon, cooked and diced
- 1 cup low-sodium beef stock
- 2 teaspoons caraway seeds (optional)
- Kosher salt, to taste

Instructions

1. In a large saucepan or Dutch oven, heat oil over medium heat. Add onions and sauté until softened, about 3 minutes.
2. Add garlic, cabbage, vinegar, sugar, pepper, chopped apples, cooked & chopped bacon, and beef broth. Bring to a simmer, then reduce heat, and cover.
3. Cook for 30 to 45 minutes, stirring occasionally, but otherwise keeping covered, until cabbage is tender. Taste and add caraway seeds, and salt, to your tastes.

Adapted from theSpruceEats.com

Citrus-Lime Vinaigrette



Homemade vinaigrettes are low-sodium, free from preservatives and delicious enough to make you want to eat more salad. Try this sour and spicy vinaigrette over your greens, shrimp, or even rice dishes. Keeps for about 10 days in a sealed refrigerated jar. It's super easy to make by just putting in a sealed container and shaking it up...a great way to involve the kids in preparing a meal!

Ingredients

- 1/4 cup canola oil
- 1/4 cup lime juice
- 1/4 cup orange juice
- 2 teaspoons minced fresh jalapeno pepper
- 1/4 cup snipped fresh cilantro
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper



Instructions

In a screw-top jar combine all of the ingredients. Cover and shake well.

From eatingwell.com

Volunteer with FoodShare!

We need volunteers every two weeks to help pack and distribute Fresh Food Boxes. Check it out! Go to link below!



<https://bit.ly/FoodShareVolunteerSlots>

NEXT BOX DATES



ORDER BY THURSDAY, APR. 27. PICK-UP WEDNESDAY, MAY 3.
ORDER BY THURSDAY, MAY 11. PICK-UP WEDNESDAY, MAY 17.

Jalapeño Cheddar Corn Bread Muffins

These jalapeño cheddar cornbread muffins are going to become your favorite additions to comfy dinners! Moist, buttery, cheesy, and sweetened with honey, this jalapeño cornbread recipe is way better than Jiffy with just the right amount of heat you will love. The perfect side dish!



Ingredients

Makes 12

- 1/2 cup butter; melted
- 1/4 cup oil canola or vegetable
- 2 Tablespoons honey; melted
- 3 Tablespoons sugar
- 1 whole egg
- 1 cup milk; whole or reduced-fat
- 1/2 teaspoon baking soda
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 cup cornmeal
- pinch salt
- 1 jalapeño; seeded and diced
- 1 cup sharp cheddar cheese; shredded

Instructions

1. Preheat the oven to 350°.
2. First, whisk the melted butter, oil, honey, and sugar in a bowl until combined. Next, stir in the egg and the milk.
3. Add baking soda, baking powder, flour, cornmeal, and salt to the bowl and mix just until combined. Do not over-mix.
4. Next, fold in the diced jalapeños and shredded cheddar cheese until just combined.
5. Transfer the mixed jalapeño cheddar cornbread batter into a muffin tin lined with cupcake lines or grease with nonstick spray or melted butter.
6. Bake the cornbread muffins for 15-18 minutes or until golden brown. Remove the muffins from the oven and allow them to cool.

Adapted from kathrynskitchenblog.com

5-Minute Blender Salsa



This Blender Salsa recipe has all the goodness of restaurant salsa in only 5 minutes and uses simple grocery ingredients. Use fresh or canned tomatoes and any blending appliance for this easy salsa recipe.

Ingredients

Makes 2 Cups

- 1 (14.5-ounce can) diced tomatoes, don't drain
- 1/4 small Red Onion, about 1/3 cup coarsely chopped
- 1/4 cup Cilantro
- 1 Lime, zested and juiced
- 1 Jalapeno Pepper (or Serrano Pepper), seeded and coarsely chopped
- 2 cloves Garlic, coarsely chopped
- 1/4 teaspoon Ground Cumin
- Sea Salt, to taste
- Black Pepper, to taste

Instructions

1. Place tomatoes, onions, cilantro, lime, jalapeño, garlic, cumin, salt and pepper in a food processor or blender. *If using a stick blender, place everything in a tall-sided container to avoid splattering.*
2. Blend ingredients on medium or high speed until well-combined.
3. Serve immediately or refrigerate in an airtight container up to 5 days.

Adapted from thekitchengirl.com