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FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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School of Medicine
Columbia
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MAY
3
2023

Thai Pineapple Fried Rice

Thai-style sweet & spicy pineapple fried rice with red bell pepper, cashews and cilantro. This is a healthy and quick, vegetarian weeknight dinner! This dish comes together very quickly, so be sure to have your ingredients (including chilled leftover rice) prepped in advance. Recipe yields 2 large, restaurant-sized portions or 4 more modest portions.



Ingredients

- 2 tablespoons coconut oil or quality vegetable oil, divided
- 2 eggs, beaten with a dash of salt
- 1 1/2 cups chopped fresh pineapple
- 1 large red bell pepper, diced
- 3/4 cup chopped green onions (about 1/2 bunch)
- 2 cloves garlic, pressed or minced
- 1/2 cup chopped salted peanuts or cashews
- 2 cups cooked and chilled brown rice, preferably long-grain brown jasmine rice
- 1 tablespoon reduced-sodium tamari or soy sauce
- 1 to 2 teaspoons chili garlic sauce or sriracha
- 1 small lime, halved
- Salt, to taste
- Handful of fresh cilantro leaves, torn into little pieces, for garnishing

Directions

1. Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set, about 30 seconds to 1 minute. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel (be careful, it's hot!).
2. Add 1 Tablespoon oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, about 3 to 5 minutes. Then add the green onion and garlic. Cook until fragrant while stirring constantly, about 30 seconds. Transfer the contents of the pan to your bowl of eggs.
3. Reduce the heat to medium and add the remaining 2 teaspoons oil to the pan. Add the rice to the pan and stir to combine. Cook until the rice is hot, stirring only occasionally, about 3 minutes.
4. Pour the contents of the bowl back into the pan and stir to combine, breaking up the scrambled eggs with your spoon. Cook until the contents are warmed through, then remove the pan from heat. Add the tamari and chili garlic sauce, to taste. Squeeze the juice of 1/2 lime over the dish and stir to combine. Sprinkle with peanuts or cashews. Season to taste with salt and set aside.
5. Slice the remaining 1/2 lime into 4 wedges. Serve the stir-fry into individual serving bowls and garnish each bowl with a lime wedge and a light sprinkle of cilantro.
6. Serve with bottles of tamari and chili garlic sauce or sriracha on the side, for those who might want to add more to their bowls.

Adapted from cookieandkate.com

NEXT BOX DATES



ORDER BY THURSDAY, MAY 11. PICK-UP WEDNESDAY, MAY 17.
ORDER BY THURSDAY, MAY 25. PICK-UP WEDNESDAY, MAY 31.

Spinach Berry Salad with Blackberry-Balsamic Vinaigrette

You will love this salad recipe. It's beautiful, healthy, and ready to go in minutes!



Salad Ingredients

- 8 cups baby spinach or mixed greens
- 4 ounces crumbled soft goat cheese (also known as chevre) or you can use the same amount of cream cheese
- 1 cup walnuts or pecans, toasted
- 1 pint fresh blackberries

Vinaigrette Ingredients:

- 1/2 cup strained blackberry juice (see **notes** below)
- 1/4 cup extra-virgin olive oil
- 2 Tablespoon balsamic vinegar
- 1/2 teaspoon dried thyme
- pinch of salt and pepper

Directions

- Whisk together all vinaigrette ingredients until well-blended. Season with additional salt and pepper if needed and set aside.
- Toss together spinach, cheese, walnuts, and blackberries in a bowl.
- Drizzle with the blackberry balsamic vinaigrette. Serve.

Notes

- To make the strained blackberry juice, just puree blackberries in a food processor or mash with a spoon. Then strain through a fine-mesh sieve.
- If you'd like, save the blackberry pulp and pop it in a smoothie!

Adapted from gimmesomeoven.com

Creamy Chicken Apple Salad

This salad is a low-carb, power-food dynamo. Easy to prepare and packed full of protein, fiber, and healthy fat!



Ingredients

- 2 cups cooked chicken breast (chopped)
- 2 stalks celery (diced)
- 2 green onions (chopped)
- 1 medium apple (finely diced)
- 3 Tablespoons walnuts (chopped)
- 1/4 cup light mayonnaise
- 1/4 cup yogurt (plain, fat-free)
- 1/2 lemon (juiced)
- black pepper

Directions

1. In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts
2. In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.
3. Serve over your choice of lettuce or spinach leaves, whole-wheat bread or healthy crackers.

Adapted from diabetesfoodhub.org

FOODSHARE VEGGIETIP

#DYK: Wrapping celery stalks tightly in aluminum foil and refrigerating them keeps celery fresh for much longer than plastic bags. Find more helpful celery tips & recipes from **SNAP-ED** at <https://snaped.fns.usda.gov/seasonal-produce-guide/celery>

