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2015

FOODSHARE

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School of Medicine
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Quick-Pickled Red Onions

These quick pickled red onions are easy to make in 30 minutes with just 5 ingredients. See notes for extra seasonings that you are welcome to add in too. This recipe yields 2 cups and can be stored for up to two weeks!

Ingredients

- 1 large red onion, peeled and very thinly sliced
- 3/4 cup apple cider vinegar
- 1/4 cup water
- 1 teaspoon fine sea salt
- 1–2 Tablespoons sweetener (such as maple syrup, honey, sugar, etc.)

Directions

1. In a small saucepan, stir together the vinegar, water, salt and desired amount of sweetener. Cook over medium-high heat until the mixture reaches a simmer. (Or alternately, heat the mixture in the microwave.)
2. Place the thinly-sliced onions in a mason jar. Pour the hot vinegar mixture over the onions, screw on the lid, and shake the onions briefly until they are evenly coated with the vinegar mixture.
3. Let the onions marinate for 30 minutes. (You may need to press the onions down with a spoon so that they are all submerged under the vinegar mixture.)
4. Serve immediately, or refrigerate the onions in a sealed container for up to 2 weeks.



Variations

- **Make it spicy** with sliced fresh habañero peppers. For a milder dose of heat, add in a slice or two of jalapeño peppers, or a pinch of crushed red pepper flakes.
- **Make it garlicky** with a clove or two of thinly sliced garlic.
- **Make it peppery** with a few whole peppercorns or a few twists of freshly cracked black pepper.

from FoodShare Culinary Medicine Kitchen

Easy Baked Pears

This is so simple to make - the pears and onions are roasted in the oven quickly, to give you a healthy, naturally sweet side dish that is just a little bit different.



Ingredients

- 3 pears
- 1 red onion
- 4 sprigs fresh rosemary (or 1/2 teaspoon dried)
- 3 Tablespoon olive oil
- 1 1/2 Tablespoon maple syrup
- 1 Tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Preheat the oven to 350°F.
2. Cut each pear vertically into quarters and use a teaspoon to remove the core and seeds.
3. Peel the onion and cut into wedges.
4. Place the pears to a baking pan or ovenproof dish.
5. Add the onion wedges and rosemary.
6. Pour over the olive oil, maple syrup, and apple cider vinegar. Toss gently to ensure each pear and onion wedge is well coated.
7. Season with salt and pepper.
8. Bake for 35-40 minutes, until everything is soft and starting to caramelize.
9. Serve hot, warm or room temperature.

Adapted from sprinklesandsprouts.com

NEXT BOX DATES



ORDER BY THURSDAY, MAY 25. PICK-UP WEDNESDAY, MAY 31.
ORDER BY THURSDAY, JUN 8. PICK-UP WEDNESDAY, JUN 14.

Parmesan Zucchini Chips

Zucchini crisps up nicely in this simple recipe. The interior is creamy and soft without feeling mushy, while the outside gets crispy. A squeeze of lemon after cooking adds brightness and tang.



Ingredients

- 2 Tablespoons grated Parmesan cheese
- 1 Tablespoon extra-virgin olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground pepper
- 1/8 teaspoon crushed red pepper
- 2 large (8-ounce) zucchini, sliced 1/4-inch thick
- 2 teaspoons lemon juice

Air Fryer Method

1. Preheat air fryer to 400°F for 5 minutes. Combine Parmesan, oil, oregano, salt, garlic powder, onion powder, pepper and crushed red pepper in a medium bowl. Add zucchini and toss to coat.
2. Working in batches if necessary, arrange the zucchini slices in a single layer in the fryer basket. Cook, flipping once, until golden brown, 10 to 12 minutes. Sprinkle with lemon juice and serve with lemon wedges.

Traditional Oven Method

1. Preheat oven to 450° F. Line a baking sheet with foil and place a cooling rack on top of it.
2. Place your lightly coated zucchini on the cooling rack, leaving space between them, no overlapping. Spray lightly with baking spray like PAM or Canola oil spray.
3. Bake for FIVE minutes. Blast it with a quick broil at the end if you'd like it extra crispy but do so carefully so as not to burn the cheese.

Adapted from eatingwell.com

Green Bean Salad with Citrus Dressing & Toasted Almonds

This salad makes great leftovers, as long as you reserve the almonds for just before serving.



Ingredients

Serves 4

- 1 pound fresh green beans, ends trimmed
- 1 medium lemon, zested and juiced
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1-2 Tablespoons olive oil
- 1/4 small red onion, finely diced
- 4 Tablespoons almonds, slivered or sliced, toasted
- 1 Tablespoon parsley, freshly chopped
- To taste black pepper, fresh, ground

Directions

1. Steam or boil until just tender but still bright green (about 2-4 minutes).
2. Blanch: Immediately plunge beans in a bowl of ice water to stop the cooking process. Remove after about 1-2 minutes.
3. In a medium bowl, whisk together the lemon juice and zest, salt, pepper and garlic. Slowly drizzle in olive oil while whisking. Add the cooled and drained beans to the bowl with the dressing and toss to coat. Add the red onions and mix well. Taste for salt.
4. Right before serving, toast the almonds in a dry skillet over medium heat, stirring and tossing so as not to burn. Just until golden and fragrant.
5. Serve salad and sprinkle each serving with 1 Tablespoon of almonds and fresh parsley.

Variations

At the height of tomato season, diced fresh tomatoes are delicious in this salad. Add hard boiled egg, oil-cured kalamata olives and good canned tuna and serve over farm-fresh lettuce for a *Salade Nicoise*.

from FoodShare Culinary Medicine Kitchen