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FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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NEW HOURS



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Sweet Potato Hummus

Surprise - this hummus has 4 grams of fiber to help you reach your goal of 24-35 grams in a day and it also has 4 grams of protein! Adding in chickpeas (garbanzos) stretches and enriches this recipe. While traditional hummus makes for a healthy snack, this sweet-potato hummus ups the nutritional game by combining creamy chickpeas with earthy, vibrant sweet potato. We hope you'll try it.

Ingredients

- 1 large sweet potato (about 1 pound), unpeeled
- 3/4 cup water
- 1/4 cup lemon juice (2 lemons)
- 1/4 cup tahini
- 2 Tablespoons olive oil, plus extra for drizzling
- 1 (15-ounce) can chickpeas, rinsed
- 1 small garlic clove, minced
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper

Directions

1. Prick sweet potato several times with fork, place on plate, and microwave until very soft, about 12 minutes, flipping halfway through microwaving. Slice potato in half lengthwise, let cool, then scrape sweet potato flesh from skin and transfer to food processor; discard skin.
2. Combine water and lemon juice in small bowl. In separate bowl, whisk tahini and oil together.
3. Process sweet potato, chickpeas, garlic, paprika, salt, coriander, cumin, cinnamon, and cayenne in food processor until almost fully ground, about 15 seconds.
4. Scrape down bowl with rubber spatula. With machine running, add lemon juice mixture in steady stream. Scrape down bowl and continue to process for 1 minute. With machine running, add tahini mixture in steady stream and process until hummus is smooth and creamy, about 15 seconds, scraping down bowl as needed.
5. Transfer hummus to serving bowl. Cover with plastic wrap and let sit at room temperature until flavors meld, about 30 minutes.



From America's Test Kitchen's Nutritious Delicious: Turbocharge Your Recipes

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Taco Salad for Two

This salad is a great use for leftover beans (or pulled pork)—crunchy, fresh, yet satisfying enough to be a whole meal.

For Salad

- 4 cups iceberg lettuce, chopped
- 1 cup beans, or pulled pork or cooked ground beef or chicken
- 2 small tomatoes, chopped
- 1/2 cup corn, canned or fresh
- 2-3 scallions (green onions), finely chopped
- 1 cucumber, chopped
- 1 bell pepper, chopped
- 1 jalapeno, finely minced (optional)
- 2 carrots, grated (optional)
- 1 cup tortilla chips, roughly crushed



For Dressing

- 1/4 cup sour cream or plain Greek yogurt
- Juice of one lime
- Salt and pepper

From Good and Cheap by Leann Brown

Filipino Mango and Tomato Salad

Ingredients

- 1 large ripe but firm mango, peeled and julienned
- 1 large Roma tomato, seeded and diced
- 1/2 small red onion, peeled and diced
- 1/4 bunch cilantro, stemmed and coarsely chopped
- 1/4 cup vinegar
- 3 tablespoons fish sauce
- 1 teaspoon canola oil
- 1 tablespoon sugar
- 1/4 teaspoon freshly-ground pepper



Directions

1. Deseed the tomato to keep from watering down the salad.
2. In a bowl, combine vinegar, fish sauce, and oil. Add sugar and pepper. Whisk together until well blended.
3. In a bowl, combine mangoes, tomatoes, red onions, and cilantro.
4. Drizzle with vinaigrette dressing and toss gently to combine then cover and refrigerate for about 10 minutes to allow flavors to meld.

Adapted from kawalingpinoy.com

Iceberg Lettuce Nutrition Mythbusting!

Iceberg lettuce got a bad reputation there for a bit. Let's focus on how refreshing AND nutritious this lettuce is, while we keep adding to the variety of greens we eat. While it's true that other greens may have more and different nutritional value, here's what iceberg has to offer.

In 1 cup of chopped lettuce:

- 9 calories
- 0.5 grams protein
- 0 grams fat
- 1.7 grams carbohydrates
- 0.7 grams fiber
- 10 milligrams calcium
- 80 milligrams potassium
- 286 IU vitamin A



Like most veggies, one of the main iceberg lettuce benefits is a **natural source of fiber**, a nutrient that helps support healthy bowel movements and helps keep us feeling satisfied. While on the lower end, at just 1 gram of fiber per serving, every little bit counts. Most Americans do not meet the requirements of 25 -34 grams of fiber per day. And chances are you're enjoying more than one cup of iceberg lettuce at a time (and if not, this is your sign to make yourself a big salad).

Iceberg lettuce also has a lot to offer when considering the roster of vitamins and minerals it contains.

From **immune-supporting vitamin A** to **bone health-supporting magnesium and calcium**, it would be a stretch to claim that this lettuce is deprived of nutrients, as some folks on the internet claim.

And since iceberg lettuce is incredibly low in calories with only 9 calories per cup of chopped lettuce, it's a **fantastic food for those who are managing their weight**. There are carbs in iceberg lettuce, but the amount is extremely low relative to many other food options. What's the bottom line? **Enjoy your iceberg lettuce with healthy confidence!**

Written and adapted from our Registered Dietitian friends at Eating Well.



SCAN FOR MORE INFO

