

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NEW HOURS


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 FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF

 School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

**JUN
14
2023**

Quick 10-Minute Pickled Jalapenos



Ingredients

- 1/2 cup white vinegar
- 1/2 cup water
- 1 clove garlic smashed
- 1 Tablespoon sugar
- 1 1/2 teaspoons salt
- 3-4 jalapeno peppers thinly sliced

Directions

1. Combine the vinegar, water, garlic, sugar, and salt in a medium pot and bring to a boil. Add jalapeno slices, stir, and remove from heat.
2. Let sit for at least 8 minutes then use tongs to remove the jalapenos from the pot to a jar; cover with the brining liquid to fill the jar.
3. Place lid on jar and store in the fridge for up to two months.

Adapted from gimmedelicious.com

How to Make Cauliflower Rice

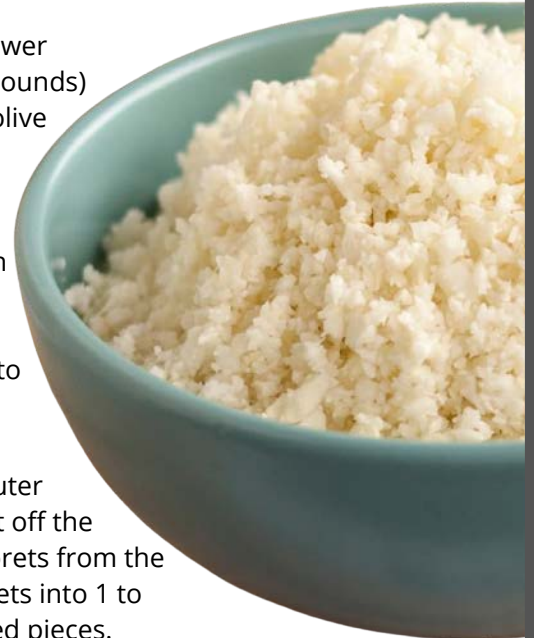
Cauliflower rice is a grain-free, low-carb alternative to regular white rice made entirely from cauliflower.

Ingredients

- 1 head cauliflower (about 2 1/2 pounds)
- 1 tablespoon olive oil, plus more for drizzling
- 1 tablespoon chopped fresh parsley
- Salt, to taste
- Black pepper, to taste

Instructions

1. Remove the outer leaves and cut off the cauliflower florets from the stem. Cut florets into 1 to 1 1/2-inch sized pieces.
2. Add half of the florets into a food processor. Pulse 10 times in 1-second increments until pieces the size of cooked rice are formed. Scrape down the sides of the bowl as needed. Transfer to a large bowl.
3. Remove any large floret pieces that do not get processed and process them with the next batch. Transfer all the processed cauliflower to the large bowl. When finished with both batches, you should have about 6 cups of cauliflower rice. *If you don't have a food processor, you can use a blender and follow the same method. A box grater also works, by shredding large sections of the head over the holes.*
4. To cook, heat the olive oil in a large sauté pan over medium heat. Add the cauliflower rice in one layer. Cook for 2 minutes, and then stir and cook until the rice becomes tender, 3 to 5 minutes. Season the rice with salt and pepper.
5. Transfer cauliflower rice to a bowl and garnish with chopped parsley, a drizzle of olive oil, and salt and pepper to taste.


Adapted from simplyrecipes.com
NEXT BOX DATES

ORDER BY THURSDAY, JUN 22. PICK-UP WEDNESDAY, JUN 28.
ORDER BY THURSDAY, JUL 6. PICK-UP WEDNESDAY, JUL 12.

Easy Oven Roasted Beets



Ingredients

- 2-3 medium sized beets

Instructions

1. Arrange a rack in the middle of the oven and heat the oven to 400°F.
2. Scrub the beets thoroughly, then wrap them loosely in aluminum foil. No need to dry the beets before wrapping. Small beets can be wrapped together, but it's easiest to roast large beets individually.
3. Place the wrapped beets on a rimmed baking sheet to catch drips in case the beet juices leak. Roast for 50 to 60 minutes. Check the beets every 20 minutes or so. If they are starting to look dry or are scorching on the bottoms, dribble a tablespoon of water over the beets before re-wrapping. Beets are done when a fork or skewer slides easily to the center of the beet. Small beets will cook more quickly than large beets.
4. Set the beets aside until cool enough to handle. Hold one of the beets in a paper towel and use the edges of the paper to rub the skin away. The skin should peel away easily; if it doesn't, the beets likely need to cook for a little longer. Peel the remaining beets.
5. Once roasted, beets will keep refrigerated for up to a week. You can keep them in one big container and slice off just what you need for whatever you're making.

Adapted from gimmedelicious.com

Beet Smoothie

This vibrant beet smoothie combines sweet and earthy beets with berries, banana and orange juice for a well-balanced flavor.

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 cup orange juice
- 1 cup refrigerated cooked beets (*see recipe to the left*)
- 1 medium banana, peeled
- 1 medium carrot, peeled and sliced
- 1 (1/2 inch) piece fresh ginger, peeled and grated

Instructions

1. Combine strawberries, blueberries, orange juice, beets, banana, carrot and ginger in a blender; process until combined, about 30 seconds. Divide between 2 glasses. Serve immediately.



Adapted from eatingwell.com

MORE ABOUT BEETS

*Bright, earthy and sweet, beets are a welcome addition to many recipes in the kitchen. Whether it's an **easy side dish**, a veggie-packed salad or a refreshing smoothie, beets provide a pop of color and add some impressive health benefits to every bite. Beets are **high in antioxidants** that can help **reduce inflammation**, and eating them may also help you maintain a **healthy blood pressure**. With so many delicious reasons to love beets, it's no surprise that you'll want to keep them on hand.*

How to Store Fresh Uncooked Beets

If your beets include the green, leafy tops, you'll want to separate them before storage. Beet greens spoil at a faster rate than the root, so keeping them attached decreases the overall life span. Cut off the greens, leaving about 1 inch of the stem. Place cut beets in sealed container and place in the fridge.

How Long Can You Store Uncooked Beets?

You can store raw beets for up to two weeks in the fridge. Before using, be sure to gently rinse the beets with water. You could also use a vegetable brush to scrub any dirt off. Avoid rinsing beets before storing, as excess water may cause them to shrink and shrivel.

Adapted from eatingwell.com