

EST.

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# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

# JUN 28 2023

NEW HOURS

**OPEN M-F 9AM-5PM | PHONE: 803-851-4461**FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OFSchool of Medicine  
Columbia  
UNIVERSITY OF SOUTH CAROLINA

### Everyday Cucumbers

For one of our FoodShare South Carolina staff members, this is the ultimate "comfort food," bringing back memories of grandmother's porch on a hot summer day, enjoying treasures from the backyard garden. We hope this becomes one of your favorites, too! If this turns out a little too tart for you, simply add another teaspoon of sugar. Enjoy!



#### Ingredients **Serves 4**

- 2 medium cucumbers, peeled and sliced into 1/4-inch circles
- 1 medium red onion, peeled and sliced thin
- 1 teaspoon granulated sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 medium tomato, cut horizontally into 1/2-inch slices, then quartered
- 1/2 cup apple cider vinegar

#### Directions

1. Toss the cucumber, onion, sugar, salt, and pepper in a medium bowl. Let it hang out for about 15 minutes.
2. Add the tomatoes and vinegar, and allow it all to marry at least 20 minutes and up to 4 hours. Serve at room temperature every day you can.

*From Deep Run Roots by Vivian Howard*

### Roasted Carrot Dip

This dip is great for bringing out more flavor from carrots and building up healthful consumption of more vegetables! Make a plate of colorful vegetables to try in this healthy dip; celery, radishes, cucumber, peppers and even apples.



#### Ingredients

- 1 pound carrots, thoroughly washed. Do not peel.
- 4 cloves garlic, peeled
- 3 Tablespoons extra virgin olive oil
- 1/2 teaspoon salt
- 1 (15.5 ounce) can chickpeas, drained
- 1/4 cup peanut butter
- 2 Tablespoons freshly squeezed lemon juice

#### Instructions

1. Preheat oven to 400 °F
2. Place carrots in a large aluminum foil pouch. Add garlic and 1 tablespoon of oil, season with the salt. Place on a baking sheet and roast until the carrots are tender and a knife inserted goes right through. About 40 minutes.
3. Transfer contents of the foil pouch to a food processor and pulse to chop. Add the remaining two tablespoons of oil, the rinsed chickpeas, peanut butter and lemon juice. Process until smooth, scraping down the sides as necessary. Taste and season with more salt, if needed.

#### Variations

To add more flavor and spice, when roasting the carrots, add combinations of 1/2 teaspoon to 1 teaspoon of any of the following spices: smoked paprika, ground coriander, ground cumin, and/or pinch of cayenne pepper.

*Adapted from The Rise: Black Cooks and the Soul of American Food by Marcus Samuelson*

## NEXT BOX DATES



**ORDER BY THURSDAY, JUL 6. PICK-UP WEDNESDAY, JUL 12.**  
**ORDER BY THURSDAY, JUL 20. PICK-UP WEDNESDAY, JUL 26.**

## Nostrana's Pasta Salad

Forget the traditional pasta salad consisting of over-cooked noodles drowning in mayo with chunks of processed ham and a sliver of something resembling a vegetable. This is super simple, **has no mayo and uses eggplant**. Pasta made from semolina or durum wheat is preferable. This makes enough to feed a party of eight and can be easily cut in half, if desired.



### Ingredients

Makes 8 servings

- 4 red bell peppers, seeded and cut into 1-inch pieces
- 2 eggplants, cut into 1/2-inch cubes
- 2 green onion bulbs, quartered, cored, and cut into 1-inch pieces
- 1/2 cup high-quality extra-virgin olive oil
- 1 3/4 teaspoons coarse sea salt
- 1 pound dried penne, bowtie, or corkscrew pasta
- 1 cup grated Parmesan cheese
- 1/2 cup pitted, chopped kalamata olives
- 1 cup chopped fresh parsley and/or fresh basil
- 1/4 cup lemon juice
- 1/2 teaspoon freshly ground black pepper

### Instructions

1. Preheat the oven to 425°F.
2. In an extra-large mixing bowl, toss the bell peppers, eggplants, and onion with 1/4 cup of the oil and 1 teaspoon of the salt. Spread out on 2 baking sheets and roast in the center and lower racks of the oven until lightly charred, 30 to 40 minutes, stirring every 15 minutes.
3. Cook the pasta in heavily salted boiling water according to package directions until al dente (which is preferred). Drain and rinse under cold water. Transfer to an extra-large salad bowl and toss immediately with the remaining 1/4 cup oil.
4. Add the roasted vegetables, Parmesan, olives, parsley or basil, lemon juice, black pepper, and the remaining 3/4 teaspoon salt to the salad bowl and toss well. Taste and add more salt, if needed.
5. Serve warm or at room temperature.

**From Run Fast. Eat Slow: Nourishing Recipes for Athletes by Shalane Flanagan and Elyse Kopecky**

## Garden Gazpacho

A chilled gazpacho soup is one of those dishes that brightens your mood as you're eating it—especially if you're slurping it on a hot summer day when your body is craving nourishing hydration. **Bonus:** Tomatoes are an excellent source of the antioxidant lycopene, which supports bone health and decreases inflammation.



### Ingredients

Makes 5 servings

- 2 pounds tomatoes, quartered
- 1 cucumber, peeled and quartered
- 1 jalapeño pepper, stem removed (for a milder taste, discard the seeds), wear plastic gloves when handling
- 4 cloves garlic
- 1 tablespoon soy sauce
- 2 teaspoons balsamic vinegar
- 1 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 yellow bell pepper, seeded and finely chopped
- 1 Granny Smith apple, finely chopped
- 1/4 red onion, finely chopped
- 2 tablespoons extra-virgin olive oil (optional)
- 1/4 cup minced fresh cilantro, basil, parsley, or mint (optional)

### Instructions

1. In a high-speed blender or food processor, place the tomatoes, cucumber, jalapeño pepper, garlic, soy sauce, balsamic vinegar, salt, and black pepper and process on high speed until smooth.
2. Pour the soup into a large bowl with a lid. Add in the bell pepper, apple, and onion and stir to combine.
3. Place in the fridge to chill for at least 2 hours or overnight to allow the flavors to meld.
4. Stir before serving. Ladle into bowls and top each with a drizzle of oil and a sprinkle of herbs (if desired).

**From Run Fast. Eat Slow: Nourishing Recipes for Athletes by Shalane Flanagan and Elyse Kopecky**