



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JULY
12
2023

OPEN M-F 9AM-5PM | PHONE: 803-851-4461

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

The Magic Corn Cooking Trick



Instructions

1. Remove a few of the outer husks that might be dirty.
2. Cut off about an inch from the bottom end of the cob with a large, sharp knife.
3. Place a moist paper towel on the bottom of the microwave or on top of the carousel and place the corn on the paper towel.
4. Use the guide below for your cook time. Remember the cook time can vary for each microwave.
5. After cooking, let the corn sit for 2-3 minutes. It will continue to cook and will be cooler and easier to handle. However, If you let it sit too long, the silk will stick to the ear and will be harder to clean.
6. Pick the cooked corn up by the top (you might want to use an oven mitt if it is too hot to handle) and squeeze and lightly shake out the ear of corn. It should just slide out leaving the silk and all of the husks behind.
7. Just like magic, your corn is cleaned and cooked!

1 ear	2 minutes
2 ears	3 to 4 minutes
3 ears	5 to 6 minutes
4 ears	7 to 8 minutes
6 ears	8 to 9 minutes

Adapted from [musely.com](https://www.musely.com)

Easy Plum Freezer Jam

THIS RECIPE IS NOT INTENDED FOR TRADITIONAL CANNING.
Refrigerator jam is a happy shortcut, keep it simple and enjoy
as soon as possible!



Ingredients

Makes about six 8-oz jars

- 4 large plums, sliced, enough to equal 5 cups.
- 2 ½ cups white sugar
- 1 lemon, zest first, then juice

Instructions

1. Place a small plate in the freezer.
2. In a large pot, add 5 cups sliced plums, 2 ½ cups of sugar and the zest and juice of one lemon.
3. Bring to a boil on medium-high heat, stirring constantly, until the mixture has foamed up, then becomes thick & syrupy, about 10 to 15 minutes.
4. Place a spoonful on the frozen plate and tilt the plate. If it doesn't slide, it's ready. If it slides, return the jam mixture to the heat for 3 more minutes. Repeat the frozen plate test until the jam has gelled.
5. Carefully pour into jars and refrigerate. Enjoy!
Refrigerate for one month or freeze for up to six months.

**Did you know ONE plum tree can grow
300 pounds of plums in one year?!**

Recipe from FoodShare's Director of Culinary Medicine

NEXT BOX DATES



ORDER BY THURSDAY, JUL 20. PICK-UP WEDNESDAY, JUL 26.
ORDER BY THURSDAY, AUG 3. PICK-UP WEDNESDAY, AUG 9.

Peach Plum Salsa

Live up simple grilled chicken or fish with this tangy, fruity salsa from Chef Dave Martin. You can even make this salsa the day before you need it — the flavor only gets better as the fruit marinates in the lemon and honey.



Ingredients

Makes 6 servings

- 2 fresh plums, pitted and cut into a small dice
- 2 fresh peaches, pitted and cut into a small dice
- ¼ cup parsley leaves, chopped
- 1 tablespoon honey
- 1 tablespoon fresh lemon juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon black pepper and Kosher salt, to taste

Instructions

1. Combine all of the ingredients in a small bowl. Mix well using a spoon or spatula, stirring gently so as to not break up the fruit.

Adapted from cookforyourlife.org



But what *is* an antioxidant? Antioxidants create a barrier or a shield around our cells to help protect them from being damaged by stresses from the environment, smoke and alcohol, among other free radicals. Blueberries have one of the **highest levels** of antioxidants of all common fruits. So enjoy the protection of the small-but-mighty blueberry!

From Food Data Central U.S. Dept. of Agriculture

Grilled Potatoes

Keep the kitchen cool and the grill hot for these potatoes. Adjust the seasonings as you like. Use red potatoes, Yukon Golds or any thin-skinned small variety.



Ingredients

Makes 4 servings

- 1 ½ pounds baby red potatoes
- 1 teaspoon dried rosemary
- 1 teaspoon garlic powder
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ teaspoon dried oregano
- 2 Tablespoons extra-virgin olive oil
- Grated parmesan, optional for serving

Instructions

1. Rinse and dry the potatoes (no need to peel). Cut crosswise into ½-inch slices (if your potatoes are smaller than a golf ball, you can halve or quarter them). Place in a large bowl.
2. Pour the oil over the potatoes and toss to coat well, sprinkle spices and toss again to coat well.
3. Preheat the grill to 375°F - 400°F. Use 2 long sheets of heavy-duty aluminum foil on top of a baking sheet, the baking sheet will just be for transporting to grill. Spray top sheet with nonstick spray. Spread potatoes in a single layer onto the foil. Then cut another 2 pieces of foil to cover to be able to make an envelope. Crimp the edges of the foil together to seal tightly but have air in the envelope.
4. Use tongs to slide foil packet from baking sheet onto the hot grill, cook for 15 minutes. Carefully open sealed foil envelope and check that potatoes have browned, if not cook another 3-5 minutes. Flip the potatoes with tongs and loosely recover to finish cooking, 5-10 more minutes. They're done when easily pierced with a fork. Either remove foil back onto baking sheet or serve directly from the grill, sprinkling with parmesan if desired.

Adapted from wellplated.com