

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NEW HOURS


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**School of Medicine
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How to Grill Pears

If you're grilling out during the summer, don't forget the fruit! Grilled pears are great alongside grilled pork or sausages, and also great served with ice cream, whipped cream, or frozen yogurt for dessert. The smokiness of the grill highlights the natural sweetness of the pears.



Ingredients

Serves 8

- 4 medium pears
- 1 tablespoon canola oil, or another neutral-flavored oil, more for the grill
- 2 Tablespoons brown sugar, optional

Directions

1. Cut the pears in half lengthwise and scoop out the seeds. Drizzle the pear halves with oil and use a pastry brush to spread it over the pear flesh.
2. Prepare a medium (350°F to 375°F) gas or charcoal grill fire. Clean and oil the grill grates. Put the pears, cut-side down, on the grill. Cover and cook until grill marks appear and the fruit is tender, about 10 minutes. Flip the pears and continue cooking for even more tender fruit.
3. If using the sugar, sprinkle it on the the cut side of the pears and let it melt. Remove from the grill and finish with a sprinkle of kosher salt before serving.

Tips

Firm and just barely ripe pears are perfect. Overripe pears will not hold up over the heat.

Recipe from thespruceeats.com

White Bean Dip with Pita Chips

This dip is the Italian version of hummus, and it's smoother and tastier. This is a great appetizer for summer meals!



Ingredients

Makes 8 servings

- 1 (15-ounce) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 Tablespoons fresh lemon juice
- 1/3 cup olive oil, plus 4 tablespoons
- 1/4 cup (loosely packed) fresh Italian parsley leaves
- Salt
- Freshly ground black pepper
- 6 pitas
- 1 teaspoon dried oregano

Instructions

1. Preheat the oven to 400 degrees F.
2. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in food processor or blender. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.
3. Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet. Pour the remaining oil over the pitas. Toss and spread out the wedges evenly. Sprinkle with the oregano, salt, and pepper. Bake for 8 to 12 minutes, or until toasted and golden in color.
4. Serve the pita toasts warm or at room temperature alongside the bean puree.

Recipe from foodnetwork.com

NEXT BOX DATES



ORDER BY THURSDAY, AUG 3. PICK-UP WEDNESDAY, AUG 9.
ORDER BY THURSDAY, AUG 17. PICK-UP WEDNESDAY, AUG 23.

Cornmeal Crusted Vegetables



Ingredients

Serves 4

- 1/2 pound green bell peppers, stems removed, seeded and sliced into strips
- 1/2 cup all purpose flour
- 2 large eggs
- 1/4 cup milk
- 1 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder

Instructions

1. Heat the oven to 450 F.
2. Set up your breading station! On one plate, spread out the flour. Crack both eggs into a bowl, add the milk, and beat lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, paprika, and garlic powder and mix them up with your fingers.
3. Spread a small amount of oil or butter across a baking sheet.
4. A few at a time, take the green beans and dredge them in the flour. Next, transfer the flour-covered beans to the egg mixture. Cover the beans lightly with egg mixture, being careful to shake off any excess egg. Then transfer to the cornmeal mixture and coat them evenly.
5. Carefully spread the crusted green beans onto the baking sheet. Repeat until you've done them all. If you run out of any of the three mixtures, just mix up a bit more.
6. Bake for 10 to 15 minutes, until golden and crispy. Enjoy hot with your favorite dipping sauce!

Alternatives

You can use many different types of vegetables to make this recipe. Try zucchini, green beans, cauliflower florets, broccoli florets, okra, or asparagus!

Recipe adapted from Good and Cheap: Eat Well on \$4/Day by Leanne Brown

Oven "Sun-Dried" Tomatoes

This homemade sun-dried tomatoes recipe is super easy to make in the oven and irresistibly delicious!



Ingredients

Makes 1 cup

- 1 pint cherry or grape tomatoes
- fine sea salt

Instructions

1. Heat oven to 250°F. Line a large baking sheet with parchment paper.
2. Slice the tomatoes in half lengthwise. Place them cut-side-up on the baking sheet.
3. Bake for 2.5 to 3.5 hours, or until the tomatoes are dried out, keeping an eye on the tomatoes so that they don't burn.
4. Remove from the oven. Serve immediately.

To Store

Refrigerator: Transfer the sun-dried tomatoes to a jar and fill with olive oil until the tomatoes are completely covered. Add in any desired seasonings (such as a clove of garlic and/or herbs), then cover and refrigerate for up to 4 days.

Freezer: Spread the sun-dried tomatoes out in an even layer on a parchment-covered baking sheet or plate. Then transfer to the freezer for at least 2 hours, or until the tomatoes are frozen. Remove and transfer the tomatoes to a freezer-safe bag, squeeze out any extra air, then freeze for up to 3 months.

Uses for Sun-Dried Tomatoes

Scan QR code for healthy, delicious sun-dried tomato recipes from the food and nutrition experts at *EatingWell.com*. Enjoy!

Recipe from gimmesomeoven.com

