

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

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09
2023

Sweet Potato Salad

Who says you can only use white potatoes for a potato salad? This dish will be a welcomed surprise at your next summer picnic.



Ingredients

Makes 12 1/2-cup servings

- 3 sweet potatoes
- 4 slices turkey bacon
- 2 Tablespoons olive oil
- 1 Tablespoon apple cider vinegar
- 1/8 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 3 stalks celery (diced)
- 2 green onions (sliced)

Directions

1. Peel and cut sweet potatoes to 1/2 inch size cubes. Place sweet potatoes in a large pot. Cover with water and bring to a boil. Boil until tender, about 5-7 minutes. Drain potatoes and rinse with cold water; let cool.
2. While potatoes are cooking, cook bacon until crisp, then chop or crumble into small pieces.
3. In a small bowl, whisk together olive oil, apple cider vinegar, pepper and garlic powder.
4. Place sweet potatoes in serving bowl and add celery, green onions and turkey bacon. Pour dressing over salad and toss until potatoes are coated. Serve cold.

Recipe from diabetesfoodhub.org

Creamy Chicken Salad with Grapes



Ingredients

Makes 6 1/2 cup servings

- 1 pound boneless, skinless chicken breast
- 1 Tablespoon salt-free seasoning (optional)
- 1 Tablespoon light mayonnaise
- 1/2 cup low-fat, plain Yogurt
- 2 teaspoons mustard, Dijon or Creole
- 2 Tablespoons apple cider vinegar
- 2 celery stalks, diced small
- 1 apple, diced small
- 1 cup grapes, sliced in half
- 1/4 cup chopped walnuts, optional
- 1/4 teaspoon Kosher salt
- fresh ground black pepper, to taste

Instructions

1. Preheat oven to 350°F.
2. Trim chicken breast and season with salt-free seasoning.
3. Spray a medium sauté pan with cooking spray or add 1 teaspoon of oil. Place over medium-high heat. Add chicken breast and cook until golden brown on the bottom. Flip the chicken and place chicken on a baking sheet, place in the oven and bake for about 10 minutes, or until a thermometer inserted in the thickest part of the chicken reads 165°F. Set aside to cool.
4. While the chicken is cooling, add all remaining ingredients to a large bowl and mix thoroughly.
5. Dice or shred the cooled chicken breast and add it to the sauce mixture. Fold together thoroughly.

From FoodShareSC's Culinary Medicine Kitchen

NEXT BOX DATES



ORDER BY THURSDAY, AUG 17. PICK-UP WEDNESDAY, AUG 23.
ORDER BY THURSDAY, AUG 31. PICK-UP WEDNESDAY, SEP 6.

KIDS eat right. Month August 2023

Established by the Academy of Nutrition and Dietetics Foundation in 2014, Kids Eat Right Month® is observed each August and focuses on the importance of healthful eating and active lifestyles for kids and families.

Kids can have fun being active and eating right, and parents and caregivers can set a great example for the whole family by creating a healthy environment at home, setting kids up for a lifetime of healthful eating.

Scan this QR Code and learn how your family can shop strategically, cook healthful foods, and eat nutritious meals and snacks this Kids Eat Right Month® and beyond.



"Ants On A Log"

A snack with both **veggies** and **protein** is a winning combination, "Ants on a Log" checks both boxes & is delicious. This is a great way to get kids involved with preparing food. Enjoy!



Wash and cut celery stalks in half. If they are especially tall, you may want to cut them in thirds for more manageable snacks. **Take a spoonful of peanut butter** and spread it on the cavity of the celery. Next, add the "ants". **Grab some raisins** and press them into the peanut butter. If desired, you can use berries!

For six more **kid-friendly recipes**, check out our collaboration with

where curiosity is larger than life.
EdVenture
in their cooking lab!



Banana Oat Pancakes

We love oats! They help with **reducing cholesterol** and **controlling blood sugars**, promote **regularity with fiber**, and are a great **source of daily iron** and complex carbs to boost energy.



Ingredients

- 2 ripe bananas
- 1 1/2 cup of oats
- 1 teaspoon of salt
- 1 teaspoon of vanilla extract
- 1/2 cup of milk of choice
- 1 egg
- 3 Tablespoons of butter or oil to spray pan
- Brown sugar

Instructions

1. Pulse oats in a blender for 5-10 seconds then place in large bowl.
2. In a medium bowl, mash banana with a fork until mixed into a semi-creamy texture.
3. Add vanilla extract, egg, brown sugar, salt, and milk to bananas and stir well. Add the combined mixture to the oats in the large bowl. Stir well.
4. Preheat skillet to medium-high heat. Spray pan with oil spray or use sliver of butter to melt and add as needed with subsequent batches.
5. Scoop 1/4 cup of the banana oat mixture into the skillet. Cook each side until you see the edges turn brown.
6. Serve hot and enjoy!

Recipe from eatwellexchange.org