

EST.



2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

OUR HOURS



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

FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OF



School of Medicine  
Columbia  
UNIVERSITY OF SOUTH CAROLINA

AUG  
23  
2023

## Oven "Fried" Okra



### Ingredients

- 1 3/4 pounds fresh okra
- 4 tablespoons olive oil
- 1/2 cup breadcrumbs
- 2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 teaspoon Kosher salt

Serves 8

### Instructions

1. Preheat oven to 450° F.
2. Wash okra and drain.
3. Remove tips and stems and cut okra into 1/2 inch slices.
4. Coat the okra in the oil, seasonings, and breadcrumbs. Mix thoroughly. Add more oil if dry mixture is not sticking.
5. Spread in a single layer on a cookie sheet.
6. Bake at 450° for 30-40 minutes. Bake until crisp, stirring occasionally.

Adapted from UNC Center for Health Promotion and Disease Prevention

## Peppers, Potatoes, Sausage & Onions

Let your sheet pan be your weeknight savior! Toss everything together with spices you like, roast for a while and be done with dinner that's satisfying for everyone!



### Ingredients

- 1 14 ounce package smoked sausage, halved lengthwise and cut into pieces
- 1 or 2 red bell peppers, chopped in 3/4-inch pieces
- 1/2 medium onion, chopped
- 2-3 yellow or red potatoes, chopped in 3/4-inch pieces
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 1 Tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes, optional

### Instructions

1. Preheat oven to 400 degrees F.
2. Add sausage, veggies, potatoes and garlic to a large lined baking sheet. Drizzle with oil. Sprinkle with Italian seasoning, salt, pepper and red pepper flakes. Toss mixture together until evenly distributed.
3. Bake until tender, about 30-40 minutes. Serve hot.

### Variations

Add chopped cabbage to the roasting pan; drizzle with balsamic vinegar before roasting to really caramelize the onions; use other sausages in flavors you like.

From Our Director of Culinary Medicine  
Chef Christa D. González

NEXT BOX DATES



ORDER BY THURSDAY, AUG 31. PICK-UP WEDNESDAY, SEP 6.  
ORDER BY THURSDAY, SEP 14. PICK-UP WEDNESDAY, SEP 20.

# KIDS eat right. Month<sup>®</sup> August 2023

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

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<sup>®</sup> and beyond.



## Orange Creamsicle Yogurt Dip



Make a bowl of this protein-and-probiotic-rich dip for fruit and crackers. Dips always make fruit and vegetable consumption go up, especially when delicious and nutritious like this one.



### Ingredients

- 2 cups Greek yogurt, whole milk for thicker consistency
- 1 teaspoon orange zest
- Juice of an orange (about 4 Tablespoons freshly squeezed orange juice)
- 1/4 cup nut butter of choice, cashew butter is mildest
- 1 teaspoon vanilla extract
- 2 tablespoons honey or a little more to taste
- Fruit for dipping (Bananas, apples, oranges, grapefruit, berries on toothpicks, kiwi & pineapple )

**Makes about 2 cups**

### Instructions

1. Combine all of the ingredients for the dip in a medium bowl. Mix until smooth and creamy.
2. Serve immediately with your favorite fruit or store in the fridge for later.
3. Store in a glass container, sealed in your refrigerator for up to one week.

*From FoodShareSC's Culinary Medicine Kitchen*

For this and more kid-friendly recipes, check out our collaboration with

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



## Mason Jar Salad Basics

Meal Prep for the week with this simple formula & layering technique. Salads in tightly-sealed mason jars will stay fresh in the fridge for 4-5 days. Switch up your flavors by using leftovers and a different sauce to make new combinations: buffalo chicken salad with blue cheese dressing, caprese salad with tomatoes, mozzarella and noodles with greens. No Sad Desk Lunches here!



### Use Quart-Sized Mason Jars

1. **Dressing First:** Adding the moist layers on the bottom will keep the wet ingredients from getting your greens soggy.
2. **Chunky Ingredients:** Pop in things like grains and meats. Ingredients that soak up the dressing are ideal for this layer. They'll also help keep the dressing at the bottom since they're denser.
3. **Sweet and Savory**  
**Fixings:** All of the delightful toppings that make salads more than just a salad go in next. That means cheeses, nuts, dried fruit, scallions, and bacon bits. The meat and grain layer will prevent these ingredients from getting wet and, since these are usually dry, they won't get the lettuce soggy either.
4. **Greens Last:** Any kind of lettuce or greens go in last. Putting them at the top will keep them fresh and crisp.

### This Week: Greek Salad!

- **Vinaigrette:** store bought balsamic OR 2 parts red wine vinegar, 3 parts olive oil, 1 smidge of Dijon mustard, salt & pepper
- **Chunky Ingredients:** leftover grilled chicken, grain of your choice - brown rice or cooked pasta
- **Savory Vegetables:** celery, bite-sized zucchini pieces, Roma tomatoes, black olives, feta cheese
- **Greens:** Romaine lettuce, rinsed and dried, torn into bite-sized pieces.

### Instructions

Seal tightly with the lid. When you're ready to eat, flip the salad into a bowl. Since you stacked the lettuce last, it'll fall to the bottom and all the other ingredients will land on top, just as it would normally be when you serve a salad!

*From FoodShareSC's Culinary Medicine Kitchen*