

EST.

2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

SEP
06
2023

OUR HOURS



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

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OFSchool of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Vinegery Coleslaw

The bright, clean flavors in this version go well with everything from tacos to barbecue.



Ingredients

- 2 Tablespoons white wine vinegar
- 1 Tablespoon canola oil
- 1 teaspoon sugar
- 1 teaspoon Dijon mustard
- Pinch of celery seed
- Pinch of salt
- 1 1/2 cups shredded cabbage
- 1 carrot, peeled and grated
- 1/4 cup slivered red onion

Serves 2

Instructions

Whisk vinegar, oil, sugar, mustard, celery seed and salt in a medium bowl. Add cabbage, carrot and onion and toss to coat.

Adapted from EatingWell.com

Superhero Spinach Muffins

These are packed with flavor but not spinach flavor, more naturally sweet and cinnamon-ish, kids really like these!

Ingredients

- 2 cups flour, whole wheat or all-purpose
- 1 1/2 teaspoon cinnamon
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter, unsalted, melted & cooled
- 3/4 cup milk
- 1/2 cup sugar or less if you use another banana
- 1 large banana (or 2 if you want to use less sugar)
- 4 cups raw baby spinach or a little more than half of your FoodShare bag of spinach (6 ounces raw baby spinach (by weight))
- 1 large egg
- 1 teaspoon vanilla extract

**makes 18 muffins**

Instructions

1. Preheat oven to 350° F and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Heat the butter until just melted. Using a blender, blend the **raw** spinach, banana, milk, egg, vanilla, and slightly cooled melted butter until **completely pureed**.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most or all of the way before serving.
7. Keep in a resealable bag in the refrigerator. Or freeze muffins and take them out the night before to thaw before adding to lunchboxes or breakfasts!

*Adapted from superhealthykids.com/recipes/sweet-spinach-muffins***NEXT BOX DATES****ORDER BY THURSDAY, SEPT 14. PICK-UP WEDNESDAY, SEP 20.**
ORDER BY THURSDAY, SEP 28. PICK-UP WEDNESDAY, OCT 04.

Mushroom French Dip Sandwich

Try this on Meatless Mondays or when you want to add an extra savory flavor to your sandwich. Mushrooms are a good source of B vitamins and an excellent source of vitamin D and potassium.



Ingredients

serves 2

- 2 Tablespoons extra-virgin olive oil, divided
- 1/2 medium onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 8 ounces mushrooms, trimmed and sliced
- 2 teaspoon Dijon mustard
- 1 Tablespoon chopped fresh thyme
- 3/4 cups reduced-sodium vegetable broth or mushroom broth
- 2 Tablespoon dry sherry (optional)
- 2 small whole-wheat hoagie rolls, halved lengthwise
- 4 slices provolone cheese

Instructions

1. Heat 1 Tablespoon oil in a large cast-iron or heavy skillet over high heat. Add onion and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Add garlic and cook until fragrant, less than 1 minute. Transfer to a medium bowl.
2. Add 1 Tablespoon oil to the pan. Add mushrooms and cook, stirring occasionally, until browned, 5 to 6 minutes. Return the onions to the pan. Stir in mustard and thyme; cook for 1 minute. Stir in broth and sherry and simmer for 5 minutes.
3. Position oven rack in upper third of oven. Preheat the broiler to high. Scoop out some of the inside of the rolls (reserve for making breadcrumbs, if desired). Place the rolls cut-side up on a baking sheet. Using a slotted spoon, divide the mushroom mixture among the bottom halves of the rolls (reserve the sauce). Top with cheese.
4. Broil until the cheese is bubbly and lightly browned, 1 to 2 minutes. Place the top halves of the rolls on the sandwiches and serve with the sauce.

Adapted from EatingWell.com

Vegetable Broth

Sustainability and frugality. Don't throw out your vegetable trimmings, turn them into a flavorful broth. Start a zipper lock bag in your freezer filled with scraps. When it's full, make this into stock. Later when recipes call for stock or broth, you'll have this to use for extra flavor. Wondered why Nanna and Grammy's soups always tasted better? This is why.



Ingredients

Rinse the trimmings you've cut off before putting them in the bag.

Basics: onion skins, tops & bottoms
celery leaves
carrot peels, tops & bottoms
stems from greens like spinach, collards
garlic skins bits and pieces
mushroom stems
herb stems and about to go bad
bay leaf, peppercorns, mustard seeds, spices you like
1 tablespoon salt

Extras :

pepper parts, beet greens, turnips/parsnip parts + greens, corn cobs (add sweetness), squash peels, field pea shells

Avoid :

green beans (bitter), asparagus, purple cabbage (unless you want purple-colored stock)

Instructions

1. When you've filled your bag in the freezer with vegetable scraps, add them all to a large stock pot with salt, spices and herbs of your choice.
2. Cover with water just until scraps begin to float.
3. Bring to a boil and then reduce to a simmer. Simmer on lowest possible setting for an hour, checking to make sure the water level stays above the vegetables.
4. After an hour, taste and add herbs of your choice, whole garlic, and a little more salt.
5. Store in the refrigerator for up to four days or put in freezer-safe plastic containers for up to 3 months. Leave room at the top for (It's not recommended to use glass as the expansion when it freezes may break the glass, as does sudden changes in temperature.)

From FoodShareSC's Culinary Medicine Kitchen

