



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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OUR HOURS



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FOODSHARE SOUTH CAROLINA
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School of Medicine
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Chickpea Taco Bowls

*We know you will love this bowl of warm chickpeas flavored with chiles, tomatoes, onion and cheddar and tossed with shredded lettuce for added crunch. Serve with **Greek yogurt** (or lite sour cream), **tortilla chips**, and **avocado** and this bowl will only get better!*



Ingredients

- 1 Tablespoon butter
- 1/2 cup onion, finely chopped
- 1 tomato, chopped
- Mrs. Dash or salt to taste
- 1 (4 ounce) can green chiles
- 1 (15 ounce) can chickpeas, rinsed and drained
- cheddar cheese, grated (to taste)
- lettuce, shredded (to taste)

Instructions

1. In a small pot on medium heat, melt the butter. Add the onion and cook for two minutes until fragrant. Add the tomato and a pinch of seasoning. Let it cook for 3 minutes until the tomato pieces have released a bunch of their juices.
2. Add the green chiles to the pot and stir. Cook for another two minutes or so, then add the chickpeas and a little more seasoning. Stir and cook until everything is warmed through. Taste and add more seasoning if needed.
3. Now assemble the bowl! Spoon the warm chickpea mixture in the middle of the bowl and pile shredded lettuce on one side and sprinkle cheese on the other.

Adapted from leannebrown.com

Easy Oven-Roasted Corn on the Cob in the Husk

*Corn on the cob is great for grilling, boiling, and microwaving. But here is a technique that blows all those out of the water. Not only is it simple and mess-free, but it also tastes like corn should taste: crunchy kernels of sweetness. It'll take about half an hour for the corn to roast and you have to **let the ears cool a little bit before husking**, but it's so easy, you'll wonder why you haven't prepared corn this way before.*



Ingredients

- 1 ear of corn per person being served

Instructions

1. Arrange a rack in the middle of the oven; preheat to 400°F. Leave the corn on the cob with its husks and silks attached. Arrange the corn on the oven rack lengthwise and spaced 1 inch apart.
2. Roast for 30 minutes. Remove the center cob and pull back the husks just enough to test for doneness; the corn should have swollen shiny kernels with a few browned ones too.
3. Remove the corn from the oven. Let cool for 15 minutes. Wrap a kitchen towel around the base of a corn cob to hold it without getting burned as the husks retain some heat. Pull back the husks and silks at the same time; they will come off easily.

Adapted from food52.com

NEXT BOX DATES



ORDER BY THURSDAY, SEP 28. PICK-UP WEDNESDAY, OCT 4.
ORDER BY THURSDAY, OCT 12. PICK-UP WEDNESDAY, OCT 18.

Stuffed Potatoes with Salsa & Beans

Taco night meets baked potato night with this simple recipe for loaded baked potatoes with salsa, beans and avocado. This easy, healthy family dinner comes together with just 10 minutes of active time, so you can make it on even the busiest of weeknights. This recipe is just as delicious with sweet potatoes in place of russets.



Ingredients

Serves 4

- 4 medium Russet potatoes
- 1/2 cup fresh salsa
- 1 ripe avocado, sliced
- 1 (15 ounce) can pinto beans, rinsed, warmed and lightly mashed
- 4 teaspoons chopped pickled jalapeños

Instructions

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.
2. Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Push the ends together to expose the flesh.
3. Top each potato with some salsa, avocado, beans and jalapeños. Serve warm.

Adapted from eatingwell.com

Roasted Onions

Wonderfully flavorful and caramelized, roasted onions make a wonderful side dish or topping for meat and poultry dishes.



Ingredients

Serves 2

- Non-stick cooking spray
- 2 tablespoons butter plus more for the pan
- 1 medium onion
- 1/2 teaspoon Kosher salt

Instructions

1. Preheat oven to 400°F.
2. Spray a square 8-inch baking dish with cooking spray.
3. Peel the onion and slice it into 1/4-inch-thick slices.
4. Arrange the slices in a single layer in the prepared baking dish. Melt the butter and pour it all over the onions. Sprinkle with Kosher salt.
5. Roast the onions until the bottoms are golden, about 20 minutes.
6. Turn the onion slices to the other side and bake them until golden-brown, about 20 more minutes.

Adapted from healthyrecipesblogs.com



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