

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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### Roasted Cherry Tomatoes

*These sweet-and-tangy roasted cherry tomatoes make a delicious side dish and go well with meat, poultry, and fish!*



#### Ingredients

- 1 Tablespoon butter
- 1 pint cherry tomatoes (2 cups)
- 1 Tablespoon fresh garlic minced
- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme

#### Instructions

1. Preheat your oven to 425°F.
2. Place the tomatoes in a medium bowl. Add the garlic, olive oil, vinegar, salt, pepper, and dried thyme. Stir to coat.
3. Transfer the tomatoes to a small, 1-quart baking dish.
4. Roast the tomatoes until they are soft and beginning to burst, about 20 minutes.
5. Divide the tomatoes among plates and drizzle with the cooking juices. Let them rest for 5 minutes, then serve.

*Adapted from [healthyrecipesblogs.com](https://www.healthyrecipesblogs.com)*

### Quick Spaghetti Squash



#### Ingredients

- 1 Spaghetti Squash

**Serves 2**

#### Instructions

1. Carefully cut your squash in half and scoop out the seeds with a metal spoon.
2. Lay one half of squash in a microwave-safe glass baking dish (usually an 8x8 or 9x9 can fit in most microwaves) and add one cup of water to the pan or enough to come up the sides by about an inch.
3. Cook on medium-high heat for 10 to 15 minutes, depending on the size of your squash. It will be VERY HOT. To test if it's done, you can poke it with a sharp knife or fork, it should be soft when it's done.
4. Let cool for 10 minutes. Then using a fork, scrape up the flesh and you'll see it turn to spaghetti-type ribbons. Serve with your favorite pasta sauce or just butter, salt & pepper.

*From the FoodShare South Carolina Teaching Kitchen*

**NEXT BOX DATES**



**ORDER BY THURSDAY, OCT 12. PICK-UP WEDNESDAY, OCT 18.**  
**ORDER BY THURSDAY, OCT 26. PICK-UP WEDNESDAY, NOV 1.**

## Skillet Chicken with Apples and Cider

Apples are the star of this saucy chicken dinner. This dinner recipe comes together in just one skillet, making cleanup a breeze.



### Ingredients

Serves 4

- 3 medium apples
- 2 Tablespoon olive oil, divided
- 1/2 teaspoon ground cinnamon or apple pie spice
- 1 1/2 pounds boneless, skinless chicken breasts
- 2 Tablespoon all-purpose flour
- 1 cup apple cider
- 1 Tablespoon unsalted butter
- 1 Tablespoon chopped chives (optional)

### Instructions

1. Core and slice the apples into about 8–10 wedges. In a 12-inch skillet, heat 1 tbsp oil on medium-high. Add apple slices and cinnamon. Season with salt and pepper. Cook 4–5 min., until softened and slightly browned, stirring occasionally. Transfer apples to a plate and keep warm.
2. Pat the chicken dry and season with salt and pepper. To a shallow bowl, add the flour. Lightly coat chicken in flour, shaking off excess. To skillet, add remaining 1 tbsp oil. In batches as needed, add chicken and cook 3–4 min. per side, until internal temperature reaches 165°F. Transfer chicken to plate with apples.
3. To skillet, add the apple cider and increase heat to high, scraping up any browned bits from bottom of skillet. Bring to a boil and cook 4–5 min., until reduced by half. Stir in the butter until melted. Season with salt and pepper. Return apples, chicken, and any juices to skillet, tossing to coat in sauce. Garnish with the chives, if using.

Adapted from [eatingwell.com](http://eatingwell.com)

## Roasted Romaine Lettuce

Roasting greens sounds kind of odd, at least until you try it. It seems like the lettuce would just shrivel up or turn soft. It's hard to understand how the oven turns a simple salad staple into a roast-y, garlic-y delicious side dish that rivals any main course. But then again, if you've roasted other vegetables, you understand how something magical happens in the oven when you combine olive oil, vegetables, and some heat. **The secret is to have a pan big enough that the lettuce halves have at least a little space around them.** That bit of space will allow the vegetables to roast, rather than steam. (Steamed veggies can turn soft. Roasted veggies are crispy goodness!)



### Ingredients

Serves 2

- 1 head of romaine lettuce for every two people
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 Tablespoon lemon juice
- salt and pepper to taste

### Instructions

1. Preheat oven to 400 degrees. Using a sharp knife, cut the romaine heart in half.
2. Add romaine to a large rimmed baking sheet.
3. Drizzle with olive oil, making sure to brush some on the top and the leaves. Sprinkle garlic all over. Top with salt and pepper.
4. Roast for about 5 minutes in the preheated oven, until the leaves are starting to get brown and crunchy.
5. Remove from oven and mist or sprinkle with lemon juice.

Adapted from [mediterraneandietmealplans.com](http://mediterraneandietmealplans.com)