

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

OCT
18
2023

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

Fresh Veggie Pockets



Ingredients

- 1 carton (8 ounces) spreadable low-fat cream cheese
- 1/4 cup no-salt sunflower kernels
- 1 teaspoon salt-free seasoning blend
- 4 whole wheat pita breads (6 inches), halved
- 1 medium tomato, thinly sliced
- 1 medium cucumber, thinly sliced
- 1 cup sliced fresh mushrooms
- 1 ripe avocado, peeled and sliced

Instructions

1. In a large bowl, combine the cream cheese, sunflower kernels and seasoned salt
2. Spread about 2 tablespoons on the inside of each pita half.
3. Layer with the tomato, cucumber, mushrooms and avocado.

Adapted from tasteofhome.com

Roasted Red-Skinned Potatoes

Ingredients

- Nonstick cooking spray
- 1 pound red potatoes, scrubbed
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Instructions

1. Preheat oven to 425 degrees F. Line a 15x10x1-inch baking pan with foil; lightly coat with cooking spray. Set aside. Halve larger potatoes.
2. In a large bowl toss potatoes with oil, kosher salt, and pepper. Arrange potatoes in a single layer in the prepared baking pan. Roast for 25 to 30 minutes or until outsides of potatoes are lightly brown and crispy and centers are tender, stirring once.

Makes 4 servings



Adapted from eatingwell.com



Check out **USDA FoodKeeper** to better understand proper food storage. This in-depth info will help you maximize the freshness and quality of items. By doing so, you will be able to keep items fresh longer, saving money on your food purchases! Available on the web and as a mobile app!



WEB



APPLE



ANDROID

NEXT BOX DATES



ORDER BY THURSDAY, OCT 26. PICK-UP WEDNESDAY, NOV 1.
ORDER BY THURSDAY, NOV 9. PICK-UP WEDNESDAY, NOV 15.

Blackberry Grilled Cheese

Sweeten up your grilled cheese with fresh blackberries! This fruity take on the classic will change up your lunch or dinner routine to one that the whole family will love and have the kids asking for seconds!



Ingredients

- 1 Tablespoon light mayonnaise
- 1 Tablespoon stone-ground mustard
- 4 slices whole-grain bread
- 2 slices provolone cheese
- 10-12 blackberries cut in half

Serves 2

Instructions

1. Heat a medium-sized skillet over low heat.
2. Mix mayonnaise and mustard in small bowl and spread on one side of each slice of bread.
3. Place bread mayo-side-down in skillet. Top with cheese and blackberries. Add second slice of bread mayo-side-up.
4. Cook 3-4 minutes per side, or until bread is toasted and cheese is melted.

Adapted from healthyfamilyproject.com

Creamy Mexican Corn Soup

Perfect for the cooler weather coming, this, hearty, filling, Mexican corn soup is dense, bright, and full of flavor!



Ingredients

Serves 2-3

- 1 1/2 tablespoon olive oil
- 1/3 cup onions, chopped (approximately 1/4 onion)
- 2 large cloves garlic, minced
- 2 1/2 cups corn kernels, removed from cob (1/4 cup set aside)
- 2 cups vegetable broth
- 1 cup potato, chopped into small cubes (approximately 1 small potato)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- pinch of cayenne powder (optional)
- 1/4 cup sour cream or plain Greek yogurt
- 1/4 cup sharp white cheddar cheese, grated
- 1/4 teaspoon lime juice

Instructions

1. Heat oil in a medium sized pot over medium heat. Add onion, garlic and corn and sauté until soft and tender, about 4-5 minutes. Add in vegetable broth, potato, salt and pepper, and cayenne (if using). Bring to a boil and then reduce heat, cover, and simmer for 45 minutes. **Add the bare cobs to the simmering mixture for extra corn flavor!**
2. While soup is simmering, toss 1/4 cup corn kernels with 1/2 teaspoon olive oil and a pinch of cayenne powder. Stir in a hot pan until brown and set aside
3. Remove the soup from heat and add sour cream. Using a hand mixer, pulse the soup until desired consistency is reached. To keep this soup a little chunky, only puree about 3/4 of the soup. Then, stir in grated cheese until melted and combined.
4. Transfer soup to serving bowls, decorate with a swirl of sour cream, toasted corn kernels and fresh cilantro. Serve with a fresh green salad on the side.

Adapted from aheadofthyme.com