

EST.



2015

# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

# NOV 01 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

## FOODSHARESC

# SNAPonline



Fresh Food Boxes  
with your SNAP/EBT.



### COMING SOON!

We're excited for a new ordering option for customers purchasing Fresh Food Box using SNAP/EBT. You'll soon be able to order online eliminating the need to go to a physical FoodShare location to order and online ordering will be available to you 24/7. Orders placed online will be available for pick-up at your standard location on the same day as you pick up now!

### HOW WILL IT WORK?

Contact FoodShare Columbia at 803-851-4461, Mon.-Fri., 9:00am - 5:00pm. We will confirm your email address and ask a few additional questions to set up your account. When online ordering launches later this year, you'll receive an email from FoodShare to complete your registration with step-by-step directions to ordering.

### CONCERNED ABOUT SNAP/EBT CARD SECURITY?

Rest easy! **You will create your own password** to complete your account registration. All online transactions will go through a **secure server**. You will enter your SNAP card number/PIN to complete purchases. We will **NEVER** ask you for your card number or PIN over the phone or via email.

### HOW ABOUT A SNEAK PREVIEW?

Scan this QR code with your phone's camera or go to <https://bit.ly/3s7hO3j> in your web browser.

### QUESTIONS?

Call 803-851-4461



## SCAN ME

## Seasoned Yukon Gold Wedges



### Ingredients

**Serves 6**

- 1 1/2 pounds Yukon gold potatoes, cut into wedges (about 5 medium-sized potatoes)
- 1 Tablespoon olive oil
- 1/4 cup dry breadcrumbs
- 1 1/2 teaspoons paprika
- 3/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground cumin
- 1/8 teaspoon pepper
- 1/8 teaspoon cayenne pepper

### Directions

- In a large bowl, toss potatoes with oil. Combine the remaining ingredients; sprinkle over potatoes and toss to coat.
- Arrange potatoes in a single layer pan coated with non-stick cooking spray. Bake, uncovered, at 425 °F for 40-45 min or until tender, stirring once.

*Adapted from food.com*

## NEXT DATES:

ORDER BY **THURSDAY, NOV 9**. PICK-UP **WEDNESDAY, NOV 15**.  
ORDER BY **WEDNESDAY, NOV 22**. PICK-UP **WEDNESDAY, NOV 29**.

## 10 Minute Garlic Bok Choy

Bok choy is a type of Chinese cabbage that may be eaten cooked or raw. High in nutrients and low in carbohydrates, it is an excellent option when trying to eat more healthy.



### Ingredients

Serves 4

- 1 Tablespoon olive oil
- 2 garlic cloves, chopped
- 1 green onion, chopped
- 1 pound bok choy, rinsed, cut into quarters, with core intact
- 1 Tablespoon reduced-sodium soy sauce

### Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Add garlic and green onion and cook, stirring, until fragrant, about 30 seconds.
3. Add bok choy, soy sauce, and 2 Tablespoons water and cover immediately.
4. Cook 1 minute. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

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

## Red and Yellow Bell Pepper Omelet

Try serving these omelets with whole wheat toast and 100% fruit juice.



### Ingredients

Serves 2

- 1 teaspoon olive oil
- 1 yellow bell pepper, seeded and sliced
- 1 red bell pepper, seeded and sliced
- 4 egg whites
- 1/2 teaspoon tsp dried basil
- 1/4 teaspoon black ground pepper
- cooking spray
- 2 teaspoons grated Parmesan cheese

### Instructions

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes.
2. Keep warm over low heat.
3. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
4. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
5. Carefully loosen and flip. Cook for 1 minute or until firm.
6. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
7. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.

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

## Looking for more recipes?

We've collected some terrific ones to help you turn your Fresh Food Box into healthy delicious meals. Hop over to <https://bit.ly/FoodShareRecipes>

