

EST.

2015



# FOODSHARE

## GOOD HEALTHY RECIPES FOR ALL

NOV  
15  
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

### Roasted Rainbow Carrots

Rainbow carrots are purple, yellow, white, and orange and can be found at many grocery stores. If you can't find rainbow carrots, regular orange carrots can be substituted. Roasting these carrots makes them a great finger food for kids!



Serves 5

#### Ingredients

- Non-stick cooking spray
- 12-ounce bag rainbow carrots
- 1 1/2 teaspoon olive oil
- 1/8 teaspoon black pepper

#### Directions

1. Preheat the oven to 425° F. Spray a baking sheet with cooking spray.
2. Wash and cut the carrots into equal-size rounds or wedges, each about 1/2 inch in size.
3. Place the carrots on baking sheet. Drizzle the olive oil over the carrots and stir to mix. Sprinkle with pepper.
4. Bake for 30 minutes, until soft and crinkly. Remove to a bowl or platter and serve.

*Adapted from [diabetesfoodhub.org](https://diabetesfoodhub.org)*

### Maple Mashed Sweet Potatoes



Sweet potato casserole is a Thanksgiving staple, and here's another way to adapt this classic recipe to be **diabetes-friendly**: Blend mashed sweet potatoes with plain yogurt.

#### Ingredients

- 3 medium sweet potatoes
- 2 tablespoons maple syrup
- 2 tablespoons light butter
- 3 tablespoons non-fat plain yogurt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg

#### Instructions

1. Preheat oven to 350°F.
2. Pierce each sweet potato several times with a knife and place them on a aluminum foil lined rimmed baking sheet.
3. Bake until sweet potatoes are very tender when pierced with a fork (about 1 hour).
4. Remove from the oven and let cool until able to handle.
5. Remove skins from sweet potatoes if desired and add them to a large bowl along with remaining ingredients.
6. Using an immersion blender or potato masher, blend all ingredients together until sweet potatoes are completely mashed.

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

November is National  
Diabetes Month and  
[diabetesfoodhub.org](https://diabetesfoodhub.org) is a great  
source of recipes year-round!

SCAN



**NEXT DATES:**



**ORDER BY WEDNESDAY, NOV 22. PICK-UP WEDNESDAY, NOV 29.**  
**ORDER BY THURSDAY, DEC 7. PICK-UP WEDNESDAY, DEC 13.**

## Banana Overnight Oats

Prep your breakfast the night before and help make your Thanksgiving morning stress-free!

### Ingredients

- 1/2 mashed ripe banana
- 1/2 cup rolled oats, regular or gluten free
- 1/2 cup milk of choice
- 2 Tablespoons chopped pecans or walnuts
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Dash of sea salt
- 2 teaspoons light maple syrup or honey



### Directions

- Mash the banana in the bottom of a bowl or jar that can be sealed. Combine all other ingredients and stir well to combine.
- Refrigerate overnight or at least about 4 hours. Serve hot or cold.
- Garnish with some sliced banana or more nuts if desired.

*Adapted from lemonsandzest.com*



## Sugar-Free Cranberry Sauce

This sugar-free cranberry sauce recipe is perfect for your diabetic-friendly holiday meal planning!

### Ingredients

- 1 teaspoon cornstarch
- 1 cup Splenda No Calorie Sweetener, Granulated
- 1/2 cup water
- 3 cups fresh or frozen cranberries
- 1 medium orange, peeled and sectioned



### Directions

- Combine cornstarch, Splenda Granulated Sweetener and water in a medium saucepan.
- Stir until Splenda Granulated Sweetener and cornstarch dissolve.
- Stir in cranberries and orange sections; bring mixture to a boil, stirring constantly, over medium-high heat.
- Reduce heat, and simmer, stirring often, 5 minutes or until cranberry skins begin to pop and mixture begins to thicken.
- Set aside to cool. Cover and chill at least 3 hours.
- Serve cold or warm (warm in the microwave for 10 seconds and stir).

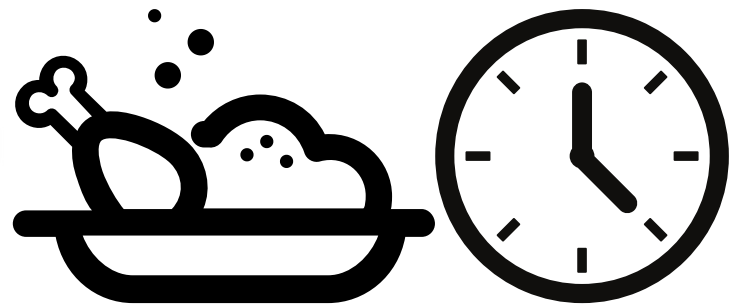
*Adapted from diabeticgourmet.com*



FoodShare Columbia SNAP/EBT users will soon be able to order Fresh Food Boxes online through our secure portal, saving you the trip of ordering in person!

If you want to be ready for **SNAPonline** when it launches, contact our office at (803) 851-4461 to **register your email address** and answer a few additional questions. Once we launch, you will receive an email to confirm your account and start ordering! Go to link below for more !

<https://foodsharesc.org/foodsharesc-snaponline>.



How long can you leave Thanksgiving dinner on the table? How long can leftovers be kept in the fridge? What's the best way to freeze leftovers?

Store your Thanksgiving leftovers safely and quickly with advice from the experts.



<https://bit.ly/StoringThanksgiving>

OR SCAN THE CODE



WITH YOUR PHONE