

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

NOV 29 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

COMING SOON!

FOODSHARESC

SNAPonline 

Fresh Food Boxes
with your SNAP/EBT.  

 **USDA**
Supplemental
Nutrition
Assistance
Program

We Accept
EBT

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

If you want to be ready for **SNAPonline** when it launches, email us at ORDERS@FOODSHARESC.ORG and we'll be back in touch with directions to get you registered for the launch!



6 Tips for a Happy & Healthy Holiday

The holidays are a wonderful time of year to catch up with family and friends. It's also a time with a lot of focus on food, which can be very stressful if you have diabetes or are trying to eat healthy. With advanced preparation, you can still enjoy holiday favorites without compromising blood sugar or other goals.

Visit <https://bit.ly/3SRpoKf> or scan this code for some great tips from our friends at the **American Diabetes Association**.



Top 8 Ways to Enjoy Honeydew Melon



Honeydew are fat free, saturated fat free, cholesterol free, very low in sodium and high in vitamin C. One you pull it from your Fresh Food Box, store honeydew melons at room temperature. Once cut, store in refrigerator for up to 2 weeks.

- 1. Freeze It.** Make popsicles by puréeing honeydew with a little sugar and a splash of lime juice. Pour into molds and freeze.
- 2. The Perfect Pyramid.** Place a peeled slice of honeydew on a plate. Pile on slices of banana and your favorite berries. Top with a scoop of low-fat frozen yogurt and a sprinkle of chopped peanuts for a scrumptious dessert.
- 3. A Sweet Green Salad.** Add melon to a green salad for sweet bursts of flavor.
- 4. Melon Salsa.** Mix melon with finely chopped red onion, fresh cilantro and a squeeze of lime juice for a fresh salsa that pairs well with seafood or pork.
- 5. Melon Salad.** Honeydew, cantaloupe and watermelon mix well for a beautiful and delicious fruit salad. Drizzle with maple syrup and spice with shavings of ginger root.
- 6. Kebab It!** In a bowl mix low-fat yogurt, honey and vanilla extract. Thread cubes of melon and other favorite fruit on bamboo skewers. Serve fruit kebabs with vanilla-honey yogurt dip.
- 7. Fill It.** In a blender, purée honeydew melon, sautéed jalapeno, honey and white pepper. Pour into a bowl and refrigerate for at least 2 hours. Serve chilled.
- 8. Just Wash, Slice and Peel!** Enjoy melon by itself for a taste just the way nature intended.

Adapted from fruitandveggies.org

NEXT DATES:



ORDER BY THURSDAY, DEC 7. PICK-UP WEDNESDAY, DEC 13.
ORDER BY THURSDAY, JAN 4. PICK-UP WEDNESDAY, JAN 10.

Simple Roasted Cauliflower



Ingredients

Serves 4-6

- 1 head of cauliflower, cut into florets and the stalks cut into bite-sized pieces
- 1 teaspoon dried rosemary (or 1 Tablespoon fresh, chopped)
- 1 1/2 Tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- Preheat oven to 450° F.
- In a large bowl, toss cauliflower with rosemary, olive oil, salt, and pepper. Spread seasoned cauliflower on a large baking sheet (use two sheets if they are crowded on one).
- Roast for 15 minutes; remove from oven and stir. Continue roasting for 10 more minutes or until cauliflower is tender and lightly browned.

Adapted from diabetesfoodhub.org

Easy Baked Okra

Ingredients

- 1 pound fresh okra
- 2 Tablespoons olive oil
- 1 teaspoon paprika
- salt to taste

Directions

- Preheat oven to 450° F.
- Rinse the okra, and dry with a paper towel.
- Trim away the stem ends, and then cut it into 1/2 to 3/4 inch pieces. Spread the okra on a sheet pan in a single layer. Drizzle with olive oil, paprika, salt, and a pinch of cayenne pepper. Stir.
- Bake the okra for about 15 minutes. The okra should be lightly browned and tender, with a nice seared aroma. Serve immediately.



Adapted from cooktoria.com

Taco Stuffed Avocados "On the Half Shell"



No tortillas? No problem. Stuff your tacos into your favorite Mexican food topping...an avocado!

Ingredients

Serves 4

- 2 ripe avocados
- Juice of 1/2 lime
- 1 1/2 teaspoons extra-virgin olive oil
- 1/2 medium onion, chopped
- 1/2 pound lean ground turkey
- 1/2 packet **low-sodium** taco seasoning (or use the recipe below to make your own!)
- Kosher salt
- Freshly ground black pepper
- 1/3 cup shredded Mexican cheese
- 1/2 cup shredded lettuce
- 1/2 cup diced tomatoes
- Plain Greek yogurt, for topping

Directions

- Halve and pit avocados. Using a spoon, scoop out a bit of avocado, creating a larger well. Dice removed avocado and set aside to use later. Squeeze lime juice over all avocados (to prevent browning!).
- In a medium skillet over medium heat, heat oil. Add onion and cook until tender, about 5 minutes. Add ground turkey and taco seasoning, breaking up the meat with a wooden spoon. Season with salt and pepper, and cook until the cooked through, about 6 minutes. Remove from heat and drain any fat.
- Fill each avocado half with meat, and top with reserved avocado, cheese, lettuce, tomato, and a dollop of yogurt. Scoop out of the shell with a spoon to eat!

Adapted from delish.com

BONUS ● **NO-SALT** <https://bit.ly/47HNKKT>
RECIPE ● **TACO SEASONING**

SCAN

