

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

DEC
13
2023

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Chicken Breasts with Blueberries



Ingredients

- 4 boneless skinless chicken breasts
- 1 -2 Tablespoon canola oil
- 1/2 cup sugar-free apricot or peach jam
- 3 Tablespoons Dijon or stone-ground mustard
- 1/2 cup blueberries
- 1/3 cup white wine vinegar

Instructions

1. Heat oil over medium-high heat. Add chicken and cook about 6 minutes, until browned on both sides.
2. While chicken is cooking, stir together jam and mustard in a small bowl.
3. Spread jam mixture over the tops of the chicken pieces and sprinkle with blueberries.
4. Reduce heat to medium-low, cover and cook about 15 minutes, or until juices run clear from chicken.
5. Remove chicken and blueberries to plate with a slotted spoon.
6. Add vinegar to the pan, increase heat to high, and bring sauce to a boil.
7. Boil uncovered, stirring occasionally, until sauce is reduced by about 1/3 (about 5 minutes).
8. Pour sauce evenly over chicken and enjoy!

Adapted from food.com

Crispy Baked Broccoli



Ingredients

- 1-2 Broccoli crowns, trimmed into florets
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 Tablespoon soy sauce (reduced-sodium)
- 1 Tablespoon olive oil

Instructions

1. Preheat oven to 375° F.
2. Prep a cookie sheet with nonstick cooking spray.
3. Place all ingredients in a gallon-sized Ziploc bag and shake until coated.
4. Place the broccoli pieces on the prepared baking sheet with space between them. Discard the leftover marinade.
5. Bake for 45 minutes to an hour. The broccoli will be soft inside but crisp at the edges.

Adapted from diabetesfoodhub.org

NEXT DATES:



ORDER BY THURSDAY, JAN 4. PICK-UP WEDNESDAY, JAN 10.
ORDER BY THURSDAY, JAN 17. PICK-UP WEDNESDAY, JAN 24.

Garlic Roasted Radishes



Roasting radishes brings out the sweetness that is otherwise masked by the peppery kick that radishes are known for. This must-try recipe will turn anyone into a radish lover!

Ingredients

- 6 ounces of trimmed radishes, halved
- 1 teaspoon butter
- 1/8 teaspoon sea salt
- Dash of black pepper
- 1/8 teaspoon dried parsley
- 1 garlic clove, finely minced

Directions

1. Preheat oven to 425°F. In a bowl, combine the radishes, butter, dried herbs, salt, and pepper; toss until the radishes are evenly coated.
2. Spread radishes out in a single layer in a baking dish.
3. Bake for 20-25 minutes, tossing every 10 minutes. After the first 10 minutes of baking, add the minced garlic and toss. Return to oven and bake an additional 10-15 minutes or until radishes are golden brown and easily pierced with a fork.

Adapted from therealfooddietitians.com

FoodShare Columbia has been approved to allow SNAP/EBT users to order Fresh Food Boxes online, saving you a trip to order in person! Email orders@foodsharesc.org and we'll be back in touch with directions to get you registered for online ordering!



The Perfect Baked Potato



We know what you're thinking. Everyone knows how to bake a potato! Why is there a recipe for it here? Well, we think this is the best baked potato recipe ever! The end result is perfectly crispy and flavorful on the outside, soft and fluffy on the inside, and so flavorful and delicious.

Ingredients

- Medium or large Russet potato, scrubbed clean of dirt
- 1-2 teaspoons olive oil
- Coarse Kosher salt
- Freshly-cracked black pepper

Instructions

1. Heat oven to 450°F. Line a large baking sheet with foil (or parchment), and if you have a wire cooling rack, place it on top of the baking sheet.
2. Using a dinner fork, poke the potato at least 10 times on all sides. Place the potato on the prepared baking sheet.
3. Bake for 25 minutes. Remove baking sheet from the oven.
4. Using a pastry brush, brush the outside of the potato with olive oil until it is completely coated on all sides. Sprinkle the potato with a generous pinch of Kosher salt, and place the potato back on the baking sheet reverse-side-up, so that it can cook evenly on both sides.
5. Bake for an additional 20 minutes. Using an oven mitt, carefully squeeze the potato to check for doneness. If the insides are soft and give under pressure, remove the potato from the oven. Otherwise, continue cooking in 5-minute increments until the potato is soft.
6. Using a small paring knife, slice halfway through the potato lengthwise. Then give it a gentle squeeze to open and serve immediately with your desired toppings.

Adapted from gimmesomeoven.com