



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

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

JAN
10
2024

RECEIVE SNAP?

FOODSHARESC

SNAPonline

Fresh Food Boxes
with your SNAP/EBT.



USDA
Supplemental
Nutrition
Assistance
Program

We Accept
EBT

FoodShare Richland/Lexington County SNAP/EBT recipients can order Fresh Food Boxes online through our secure portal, saving you a trip to order in person! If you want to register for **SNAPonline**, email us at ORDERS@FOODSHARESC.ORG and we'll be in touch with directions to get you set up!

Questions? Call 803-851-4461

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Parmesan Corn



Ingredients

Serves 2

- 2 medium ears of corn
- 2 teaspoons extra virgin olive oil
- 1 Tablespoon shredded Parmesan cheese (not the powdered cheese we use on pizza)
- salt and freshly ground black pepper, to taste

Instructions

1. Shuck corn, and wrap each ear in a damp paper towel.
2. Place in ears on a dinner plate, and microwave on high 2 minutes. Turn corn over and microwave on high 1 1/2 minutes.
3. Remove paper towel, and rub corn with oil. Sprinkle Parmesan cheese over corn, add salt and pepper to taste, and serve.

Adapted from diabetesfoodhub.org

HOW TO CUT A PINEAPPLE IN 6 EASY STEPS



Don't let that outer skin intimidate you! With a sharp chef's knife and a cutting board, you can tap into the pineapple's sweet goodness and have it peeled, diced and ready to eat in **5 minutes!** Check out this handy online step-by-step guide!



SCAN WITH PHONE CAMERA
[HTTPS://BIT.LY/3SFKR5U](https://bit.ly/3SFKR5U)

NEXT DATES:  **ORDER BY THURSDAY, JAN 18. PICK-UP WEDNESDAY, JAN 24.**
ORDER BY THURSDAY, FEB 1. PICK-UP WEDNESDAY, FEB 7.

Salt & Vinegar Sheet-Pan Chicken & Brussels Sprouts



Ingredients

Serves 4

- 1 1/2 pounds bone-in, skin-on chicken breasts
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon ground pepper, divided
- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 medium red or yellow onions, cut into 1/2-inch wedges
- 6 tablespoons malt vinegar or sherry vinegar
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon sugar

Instructions

1. Preheat oven to 450 degrees F.
2. Cut chicken breasts into 4 equal portions. Brush with 1 tablespoon oil and sprinkle with 1/4 teaspoon each salt and pepper. Toss Brussels sprouts and onions in a large bowl with the remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Arrange the vegetables and the chicken in a single layer on a rimmed baking sheet.
3. Roast until the thickest part of a breast without touching bone registers 160 degrees F and the vegetables are tender, 20 to 25 minutes.
4. Meanwhile, mix vinegar, dill, garlic powder, onion powder, sugar and the remaining 1/2 teaspoon salt in a small microwave-safe bowl. Microwave on High until the salt and sugar dissolve, about 30 seconds.
5. Drizzle the vinegar mixture over the chicken and vegetables and roast for 5 minutes more. Transfer the chicken to a serving platter and stir the vegetables on the pan. Serve the vegetables with the chicken.

Adapted from eatingwell.com

Baked Sweet Potato Chips



Switch things up by making these delicious and absolutely gorgeous sweet potato chips. The natural, earthy sweetness of the potatoes add another dimension of flavor to your snacking!

Ingredients

Serves 4

- 2 medium sweet potatoes, thinly sliced
- 1 Tablespoon vegetable oil
- 1 Tablespoon cornstarch
- 1 Tablespoon chili powder
- 2 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder
- 2 teaspoons. kosher salt
- 1/2 teaspoon Freshly ground pepper
- 2 green onions, finely sliced
- 2/3 cup plain Greek yogurt or light sour cream (or use light ranch dressing)

Instructions

1. Preheat oven to 350°. Place two wire racks on two large rimmed baking sheets. Toss sweet potatoes in oil until evenly coated.
2. In a separate large bowl, whisk together spices and cornstarch. Add sweet potatoes and toss until evenly coated in spice mixture.
3. Place sweet potatoes on wire racks in a single layer. Bake for 25 to 35 minutes, until sweet potatoes look crispy and dry to touch. (They'll continue to crisp as they cool.)
4. While the sweet potatoes cool, make dip: Fold green onions into yogurt and serve with sweet potato chips (or use light ranch dressing).

Adapted from delish.com