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2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JAN
24
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Snap Peas with Mushrooms & Onions



Ingredients

Serves 4

- 1/2 pound fresh green beans or snap peas (trimmed)
- 2 Tablespoons olive oil
- 4 ounces mushrooms, such as button or portobello (sliced)
- 1/2 cup thinly sliced onion
- 1 clove garlic (minced)
- 1/8 teaspoon salt
- 2 teaspoons lemon juice
- black pepper (to taste)

Instructions

1. Fill a medium saucepan three-fourths full with water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, for 5 minutes, or until tender-crisp. Drain well in a colander.
2. Meanwhile, in a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic, and salt for 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper, and cooked green beans.

Adapted from diabetesfoodhub.org

Lemon & Garlic Skillet Kale



Ingredients

Serves 4

- 1 large bunch kale
- 1 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- Pinch red pepper flakes (optional)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Juice of 1/2 small lemon

Instructions

1. Pull the kale leaves from their stems. Coarsely chop the leaves. Rinse them, but do not dry.
2. Heat the oil in large, wide, high-sided sauté pan over medium heat until shimmering. Add the garlic and red pepper flakes, if using, and cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
3. Add the kale a few handfuls at a time, stirring after each addition so that it starts to wilt, until all of the kale is added. Stir in the salt and pepper. Cover and cook, stirring occasionally, until the kale is just tender, about 5 minutes. Remove from the heat, stir in the lemon juice, and serve.

Adapted from thekitchn.com

NEXT DATES:



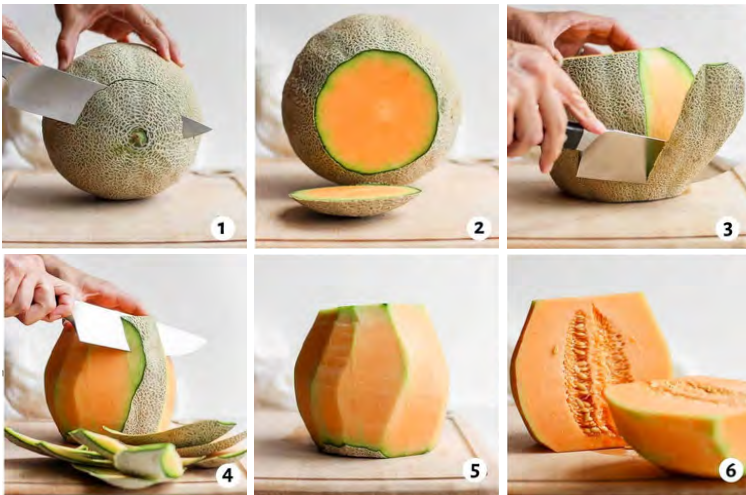
ORDER BY THURSDAY, FEB 1. PICK-UP WEDNESDAY, FEB 7.
ORDER BY THURSDAY, FEB 15. PICK-UP WEDNESDAY, FEB 21.

How to Cut a Cantaloupe

If you've ever tried to cut a melon without knowing what you're doing, you know it can be challenging. Where do you start? How do you stabilize it so that it doesn't roll right off your cutting board? And once you've cut into it, what are you supposed to do? It doesn't have to be intimidating. With a few tips, you'll become a pro.

- Wash the cantaloupe under cool, running water. Use a vegetable brush to remove any dirt. Pat dry with a clean towel or paper towels.
- Place a damp paper towel on your work surface then cover with your cutting board. This creates a stable surface for cutting.
- Trim off both ends (the stem and blossom ends) of the cantaloupe using a chef's knife.
- Place the cantaloupe on one of its cut (now flat) ends on the cutting board. Use your knife to remove the rind by cutting it away from the fruit. Start at the top then move the knife down towards the cutting board. Follow the curve of the melon as you go to prevent slicing too far into the fruit. Continue along the cantaloupe until all of the rind has been removed. Discard or compost rind.
- Slice peeled melon in half and use a large spoon to scoop out the seeds. Discard or compost seeds.
- Place the halves with their flat, cut sides facing down on the board. Cut into slices, wedges or chunks.
- Place cut melon into a food-safe container, cover with a lid and enjoy within 5 days.

Adapted from allrecipes.com



Want More?
Follow along with
this great video
from
FeedHero.org



<https://foodhero.org/cutting-watermelon-and-cantaloupe>

Roasted Lemon Garlic Potatoes



These roasted potato wedges are flavored with fresh lemon juice and garlic, and make for an easy, savory side dish. They are delicious served with chicken or pork.

Ingredients

Serves 4

- 1 serving cooking spray
- 4 large Yukon Gold potatoes, cut into wedges (about 1 1/2 pounds)
- 2 Tablespoons olive oil
- 2 Tablespoons salted butter, melted
- 1 Tablespoon lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried Italian Seasoning
- 1 pinch freshly ground black pepper to taste

Instructions

1. Preheat the oven to 400 degrees F. Spray a 9x13-inch baking dish with nonstick cooking spray.
2. Toss potato wedges with olive oil, melted butter, lemon juice, minced garlic, thyme, garlic salt, and onion powder in a large bowl. Season with freshly ground cracked pepper to taste. Spread the potatoes in an even layer in the prepared baking dish.
3. Roast in the preheated oven for 20 minutes. Remove the pan from the oven and flip the potato wedges. Continue roasting until the potatoes are golden and cooked through, about 20 minutes more.

Adapted from allrecipes.com