

EST.



2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

FEB  
07  
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA  
IS A PROGRAM OF



School of Medicine  
Columbia  
UNIVERSITY OF SOUTH CAROLINA

## Roasted Cauliflower



### Ingredients

- nonstick cooking spray
- 1 large cauliflower head (cut into small florets)
- 2 Tablespoons olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon Kosher salt

**Serves 6**

### Instructions

1. Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.
2. In a small bowl, mix together the cauliflower, olive oil, black pepper and salt. Pour the mixture onto baking sheet.
3. Bake for 15-20 minutes, until the cauliflower tips are slightly brown and tender.

*Adapted from diabetesfoodhub.org*

## Blueberry Salsa



*A light and delicious salsa to snack on is never a bad idea! In this recipe, the colors are vibrant, the flavors are fresh, and the blueberries add a hint of sweetness!*

### Ingredients

- 1/4 yellow or red onion, diced
- 3 Roma tomatoes, seeded and cubed
- 1/2 pint blueberries
- 2 jalapenos diced, seeded for less heat
- 4 cloves garlic, finely diced
- 1/4 cup cilantro, coarsely chopped
- juice of one lime
- 1 teaspoon dried cumin

### Instructions

1. Mix the onion, tomatoes, blueberries, jalapeno, garlic, and cilantro in a medium bowl.
2. Add lime juice and cumin and stir until combined. Taste and add more if needed.
3. Serve with tortilla chips.

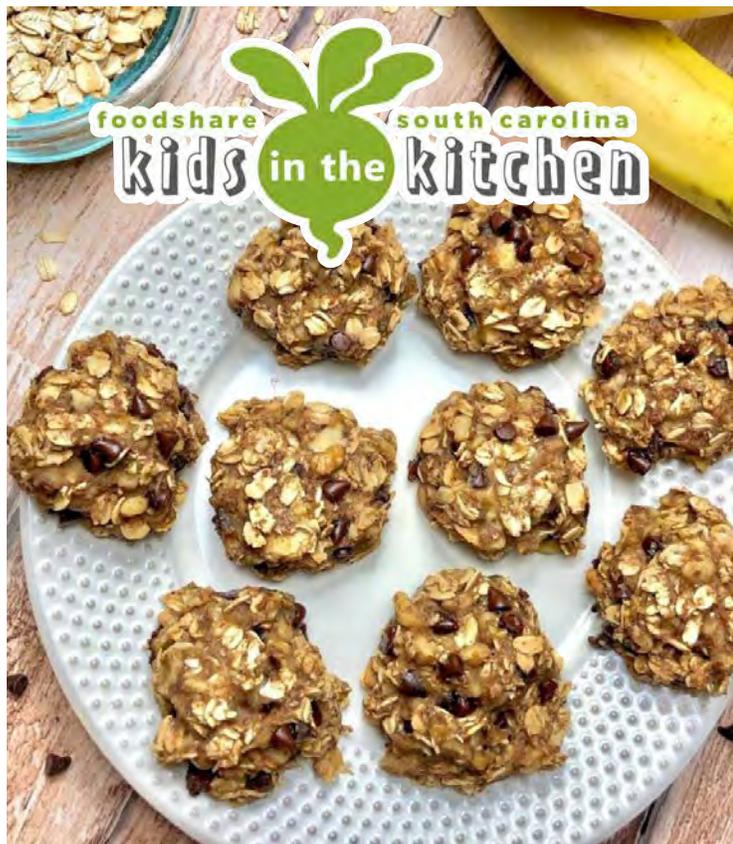
*Adapted from abundanceofflavor.com*

**NEXT DATES:**



**ORDER BY THURSDAY, FEB 15. PICK-UP WEDNESDAY, FEB 21.**  
**ORDER BY THURSDAY, FEB 29. PICK-UP WEDNESDAY, MAR 6.**

## Banana Bites



These healthy 3-ingredient banana and oatmeal snacks are so easy, perfect for using up ripe bananas. It's a great recipe for "little hands" in your household to help put things together **before** you put it in the oven!

### Ingredients

**Makes 12 bites**

- 2 very ripe bananas
- 1 cup old-fashioned oats
- optional: 1/4 cup of any of these: dried cranberries, walnuts, peanut butter, raisins or chia seeds

### Instructions

1. Preheat oven to 350 degrees F. Prepare baking sheet with a non-stick silicone liner or parchment paper.
2. Mash the bananas with a fork, add the oats plus other add-ins and stir. Once it's all mixed well, drop 1 1/2 inch balls on the baking sheet and press down (like peanut butter cookies but without the fork). They won't rise or change shape in the oven so make them the size and shape you want now. About 2 inches across works best. Bake for 12 minutes.
3. Store in an air-tight container in the refrigerator.

*Adapted from [foodlets.com](http://foodlets.com)*

## Mashed Potatoes & Carrots



There are many things you can add to mashed potatoes if we were running low on spuds, such as carrots, or even turnips. The bits of carrot stay a little firmer than the potatoes, so you get little pops of sweetness in every bite.

### Ingredients

**Serves 4**

- 1 pound potatoes, peeled and cubed
- 1/2 pound carrots, peeled and cut into chunks
- 2 Tablespoons butter
- 2 Tablespoons half-and-half or milk
- 1 medium green onion, minced
- salt and freshly ground black pepper to taste

### Instructions

1. Combine potatoes and carrots in a pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain.
2. Mash potatoes and carrots with butter, half-and-half, green onion, salt, and pepper until desired consistency.

*Adapted from [allrecipes.com](http://allrecipes.com)*

## BONUS RECIPE

### Step-by-Step Stir Fry

Stir-fries are a great way to use up veggies that may soon go bad. Using the "framework approach" from **Cooking Matters for Adults**, published by SCDHEC, you can choose ingredients and follow simple directions to make a tasty meal!



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