

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

FEB
21
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Roasted Onions

Wonderfully flavorful and caramelized, roasted onions make a wonderful side dish or topping for meat and poultry dishes.



Ingredients

- Non-stick cooking spray
- 2 tablespoons butter plus more for the pan
- 1 medium onion
- 1/2 teaspoon Kosher salt

Serves 2

Instructions

1. Preheat oven to 400°F.
2. Spray a square 8-inch baking dish with cooking spray.
3. Peel the onion and slice it into 1/4-inch-thick slices.
4. Arrange the slices in a single layer in the prepared baking dish. Melt the butter and pour it all over the onions. Sprinkle with Kosher salt.
5. Roast the onions until the bottoms are golden, about 20 minutes.
6. Turn the onion slices to the other side and bake them until golden-brown, about 20 more minutes.

Adapted from [healthyrecipesblogs.com](https://www.healthyrecipesblogs.com)

Creamy Kiwi Vinaigrette



We love this zingy vinaigrette made with just a few ingredients & packed with nutrients from fresh kiwis. Great for salads or use as a dip for veggie trays.

Ingredients

- 2 medium size fresh kiwis, skin removed
- 1/4 - 1/2 cup extra virgin olive oil
- 1/2 cup lemon juice
- 1 clove garlic
- 1 teaspoon honey or sweetener of your choice
- salt and pepper to taste

Instructions

1. In a blender, add fresh kiwi, olive oil, white wine vinegar, garlic clove and blend until smooth.
2. Slowly add more olive oil as needed until it reaches a consistency you prefer. Season with salt and pepper to taste. Vinaigrette should be bright, slightly sweet but not too acidic/overpowering.
3. Store in an airtight container in the fridge for up to 5 days.

Adapted from [foodpleasureandhealth.com](https://www.foodpleasureandhealth.com)

NEXT DATES:  **ORDER BY THURSDAY, FEB 29. PICK-UP WEDNESDAY, MAR 6.**
ORDER BY THURSDAY, MAR 14. PICK-UP WEDNESDAY, MAR 20.

Roasted Butternut Squash

The easiest way to peel a butternut squash is with a plain old vegetable peeler. Stabilize your cutting board with a damp piece of paper towel under the board to keep it from sliding around your counter. Peel it, then cut off the ends, slice down the middle, scrape out the seeds and then chop it up and roast!



- 1. Peel the Squash.** Starting at the stem end, use a sharp Y-shaped vegetable peeler to remove the skin. The skin is quite thick, and you want to go all the way down to the bright orange flesh, which might take a couple passes.
- 2. Trim the Ends.** Trim and discard the stem and base of the squash.
- 3. Slice in Half.** Using a large knife, carefully cut the squash in half lengthwise. Butternuts can be a little tough to cut through, so a sharp knife is especially needed here.
- 4. Remove Seeds and Pulp.** Remove seeds and pulp with a large spoon.
- 5. Slice and Cube.** Cut each squash half into 1/2-inch-thick slices. Then cut each slice into 1/2-inch cubes. Use immediately, or refrigerate in an airtight container up to three days.
- 6. Roast.** Preheat the oven to 400°F. Place the squash on a sheet pan and drizzle with 3 Tablespoons olive oil 1 teaspoon Kosher salt, and 1 teaspoon black pepper. Toss well and arrange in single layer. Roast 25 to 30 minutes, until the squash is tender, turning once.

Adapted from foodnetwork.com & southernliving.com

Skillet Snow Peas



Ingredients

- 10 ounces fresh snow peas
- 1 1/2 Tablespoons olive oil
- 2-3 garlic cloves, minced
- 3 Tablespoons water
- dash of salt and pepper to taste

Instructions

1. Rinse snow peas well then trim the tips and remove the strings that run alongside the edges of the two sides of each pod. Use a small sharp knife to gently cut into the flesh just under each tip, then pull down to remove the string. If needed diagonally cut larger pods across the middle to make them smaller and easier to cook.
2. Heat a skillet over medium-high heat until very hot, about 2-3 minutes. Add the olive oil and the trimmed pods. Move them around to coat in oil and let them sear for a few minutes, stirring occasionally to avoid excessive browning.
3. Add the minced garlic, stir again for about 30-60 seconds.
4. Add the water and stir to move the snow pea pods around. Let the water evaporate and steam the pods, cooking them through for about 2-3 minutes.
5. Remove from heat and season with salt and pepper to taste or toss with a tablespoon of sweet chili garlic sauce, or sriracha sauce.

Adapted from craftbeering.com



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