

EST.



2015

# 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

MAR  
06  
2024

## Curried Roasted Carrots



### Ingredients

- 1 pound baby carrots
- 1/2 Tablespoons extra virgin olive oil
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon kosher salt
- 1/2 tablespoon honey, or to taste

Serves 2-3

### Instructions

1. Set oven rack in middle position and preheat oven to 425 degrees. Line a baking sheet with aluminum foil.
2. Toss carrots with olive oil, curry powder and salt directly on baking sheet until evenly coated.
3. Roast, stirring with a rubber spatula a few times to prevent sticking and burning, until tender, 25-30 minutes.
4. Toss roasted carrots with honey directly on baking sheet. Taste and add more salt, pepper or honey if desired.

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

## Celery Salad with Apples



### Ingredients

- 8 celery ribs plus 1/2 cup celery leaves
- 1 red apple
- 1 tablespoon white wine vinegar
- 1/2 Tablespoon Dijon mustard
- 1 teaspoon maple syrup or honey
- 1/2 teaspoon kosher salt
- 3 tablespoons olive oil
- 1/4 cup shaved Parmesan cheese (optional)

Serves 6

### Instructions

1. Thinly slice the celery ribs. Measure out the celery leaves. Thinly slice the red apple.
2. In a medium bowl, whisk together the white wine vinegar, Dijon mustard, maple syrup or honey, and kosher salt. Gradually whisk in the olive oil one tablespoon at a time.
3. In another bowl, toss together the celery and celery leaves with the apple, dressing, and Parmesan cheese, if using. Serve immediately or refrigerate until serving. This tastes best the day of making, but you can refrigerate leftovers for a few days (refresh them with a little vinegar or salt if necessary).

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

**NEXT DATES:**  **ORDER BY THURSDAY, MAR 14. PICK-UP WEDNESDAY, MAR 20.**  
**ORDER BY THURSDAY, MAR 28. PICK-UP WEDNESDAY, APR 3.**

## Roasted Asparagus with Garlic



### Ingredients

- 1 pound fresh asparagus
- 2 teaspoon olive oil
- 2 cloves garlic, minced
- Salt, to taste
- Freshly ground black pepper, to taste
- Lemon wedges, as garnish

### Instructions

1. Preheat oven to 500°F.
2. Rinse asparagus and break off tough ends then place in shallow roasting pan and coat with oil.
3. Sprinkle with garlic and salt and pepper, to taste.
4. Roast uncovered for 6-10 minutes (depending on width of spears). Shake pan occasionally to mix. Serve with lemon wedges.

*Adapted from aicr.org*

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](mailto:orders@foodsharesc.org) and we'll be back in touch with directions to get you registered for online ordering!



## Caldo Verde

*This classic Portuguese Soup is satisfying in every way. Chicken stock adds depth of flavor, chicken sausage instead of the traditional chorizo makes for a more diabetes-friendly dish, and the collards or spinach add a vibrant green color that gives Caldo Verde its name.*



### Ingredients

- 3 Tablespoons olive oil
- 3/4 pound low sodium chicken sausage, sliced into coins or half moons (Look for fully cooked chicken sausage (your choice of flavor) with less than 500 mg sodium per 3 ounce link.)
- 3 cloves garlic, minced
- 1 large onion, diced
- 1 pound Yukon gold potatoes, peeled and cut into 1/2-inch chunks
- 6 cups low-fat, reduced-sodium chicken broth
- 1/2 pound spinach, kale or collards, stems discarded and roughly chopped
- 1/2 teaspoon kosher salt
- 1 pinch black pepper

### Instructions

1. Heat 2 tablespoons of olive oil in a large soup pot, add the sausage and cook until it's lightly golden all over, about 5 minutes. Using a slotted spoon, remove the sausage from the pan, transfer to a bowl and cover with aluminum foil to keep warm.
2. Meanwhile, add the remaining 1 tablespoon olive oil to the pan. Add the garlic and cook until it just starts to turn golden, about 2 minutes. Add the onions and cook, stirring frequently, until it's soft and translucent, about 4 minutes. Then add the potatoes and mix well, allowing them to get hot, stirring occasionally with a wooden spoon, about 4 minutes.
3. Add the cooked sausage back to the pot along with the chicken stock. Cover the pot and bring the soup to a boil, then lower the heat and simmer gently until the potatoes are just cooked and fork-tender, about 15 minutes.
4. Add the greens and cook at a gentle simmer until wilted, about 5 minutes. Season with salt, black pepper, and a pinch of cayenne pepper for heat.

*Adapted from diabetesfoodhub.org*