

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

MAR
20
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Taco Lettuce Cups



Ingredients

- 1 Tablespoon oil
- 1-pound lean ground beef, chicken or turkey
- 15-ounce can black beans, rinsed and drained
- 5 Tablespoons low-sodium taco seasoning
- 1 head Bibb or Romaine lettuce, peeled into cups
- 2 medium avocados, peeled, pitted and diced
- 1/2 cup fresh salsa
- 1/2 cup plain Greek yogurt

Serves 6

Instructions

1. Heat the oil in a large skillet to medium. Add the ground beef, chicken or turkey and sauté for 6-7 minutes or until fully cooked, breaking it up with a wooden spoon as it cooks. Add the black beans and taco seasoning. Stir until fragrant. Add 1/4 cup of water and bring to a simmer until thickened.
2. Spoon taco meat into lettuce cups and top each with diced avocado, fresh salsa and dollops of Greek yogurt. Serve immediately.

Adapted from thehealthypicurean.com

How to Store Potatoes & Onions

Onions and potatoes store best in a similar environment: a cool, dry place. And both like to have a ventilated container, like a paper bag, basket or open bin. Stored properly, these pantry staples will last for months.

But, here's the catch:

Storing potatoes and onions together will drastically shorten their shelf life.

The reason? Onions produce ethylene gas, a gas that causes potatoes to spoil prematurely. Conversely, potatoes' high moisture content can cause onions to turn brown and mushy. Here are the details, plus proper storage recommendations for each.



Store potatoes in a cool, dark place with good

ventilation. Potatoes need airflow to stay fresh, so store them in a container like a basket, open box or breathable bag. And don't refrigerate them; the fridge is too cold and will trigger the potatoes' starches to convert to sugars.

What about onions? Choose a cool place away from

sunlight. They can be stored on the counter as long as it's away from the stove or a window. Onions like to stay dry, so don't store them in anything that could trap moisture; a wire basket or paper or mesh bag is ideal. And like potatoes, the cold environment of the fridge encourages onions' starches to turn to sugars, hastening spoilage, so don't refrigerate whole onions.

Want more info and great recipe tips for onions & potatoes? Hop on over to Food Network:

<https://bit.ly/3wR0gdP>



Adapted from foodnetwork.com

NEXT DATES:



ORDER BY THURSDAY, MAR 28. PICK-UP WEDNESDAY, APR 3.

ORDER BY THURSDAY, APR 11. PICK-UP WEDNESDAY, APR 17.

Mexican Street Corn



Ingredients

Serves 3-4

- 3-4 cobs of corn
- 4 Tablespoons mayonnaise
- 1/2 cup cotija, queso blanco, feta, Parmesan or Romano grated
- Chile powder to taste
- 1 lime, sliced into 4 wedges

Instructions

1. Turn your oven's broiler up to high.
2. Peel off the outer layers of the corn and clean off all the corn silk. Leave the green ends attached for a convenient handhold.
3. Place the cobs on a baking pan under the broiler for 2 to 3 minutes, then rotate them and repeat until they're brown and toasty all the way around. The broiling shouldn't take more than 10 minutes total.
4. Working quickly, spread a tablespoon of mayonnaise over each cob, lightly coating every kernel. Next, sprinkle the cheese all over the corn. It should stick fairly easily to the mayonnaise, but you'll probably get a little messy coating them thoroughly.
5. Sprinkle chile powder over the corn, but not too heavy or it'll be gritty. Use any chile powder you like; ancho or cayenne are great.
6. Lastly, squeeze lime juice all over and serve hot!

Adapted from leannebrown.com

Herbed Zucchini



Ingredients

Serves 4

- 2 teaspoons olive oil
- 1 pound zucchini, sliced into medallions or half moons
- 2 teaspoons fresh herb, such as parsley or thyme
- 1/4 teaspoon Kosher salt
- Ground black pepper, to taste

Instructions

1. Heat a large nonstick skillet over medium-high heat and add the oil. Once hot, add the zucchini and cook, stirring occasionally, for about 5 minutes.
2. Once zucchini begins to brown, add the remaining ingredients. Cook for an additional 1-2 minutes.

Adapted from culinarymedicine.org

Quick Strawberry Jam



Ingredients

- 1 pint hulled strawberries
- 1/4 cup sugar
- 1 Tablespoon fresh lemon juice

Instructions

1. Coarsely chop cleaned and hulled strawberries and transfer to a large skillet. Stir in sugar and lemon juice and cook over medium-high heat, stirring frequently, until jam is thickened and bubbles completely cover surface, 9 to 10 minutes.
2. Transfer jam to a jar and let cool to room temperature. (To store, seal jar and refrigerate, up to 10 days).

Adapted from marthastewart.com