

EST.

2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

APR  
03  
2024

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

## Sautéed Green Beans with Garlic



*The beauty of this dish is that it's so simple and goes with almost anything!*

### Ingredients

- 1 pound beans, ends trimmed
- Kosher salt
- 2 Tablespoon extra virgin olive oil
- 3 garlic cloves , finely minced
- Black pepper

**Serves 4**

### Instructions

1. **Blanch beans:** Bring a large saucepan of water to a boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. Shake off excess water.
2. **Sauté:** Heat oil in a large skillet over medium high heat. Add green beans and garlic. Stir for 2 minutes until the garlic is golden and crispy. Add 1/8 teaspoon salt and pepper, then toss.

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

## How to Freeze Strawberries



*The best way to preserve extra strawberries before they go bad is to freeze them. While you can't just toss them into a bag and call it a day, it's still pretty easy!*

### Instructions

1. Place the berries in a colander in a sink, and clean them under cold running water. Discard any berries that are already mushy or showing signs of age. Once washed, spread the berries onto tea or paper towels and dry each berry with another towel then let them air dry for 30-60 minutes.
2. Remove the green tops and white centers with a small paring knife. Insert it just beside the stem and carefully cut along the stem in a circular motion, and pop out the hull. You can leave the berries whole or cut larger ones into halves or quarters.
3. Once hulled, place the strawberries on a parchment-lined baking sheet that will fit into your freezer. Spread them out so that they do not touch or they will freeze into a large block. If you have many berries, use multiple baking sheets, and repeat the process.
4. Freeze until solid. Depending on the size and shape of the berries, this could take two to four hours. For larger batches, freeze overnight.
5. Remove the frozen berries from the baking tray and place them in a freezer-safe bag. Squeeze out as much air as possible. Frozen strawberries will last up to one year if they remain frozen. Use within six months for the best flavor.
6. Place them in a single layer on a plate, and set it on the kitchen counter at room temperature to thaw before using.

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

**NEXT DATES:**



**ORDER BY THURSDAY, APR 11. PICK-UP WEDNESDAY, APR 17.**  
**ORDER BY THURSDAY, APR 25.. PICK-UP WEDNESDAY, MAY 1.**

## Hasselback Sweet Potatoes



### Ingredients

*Serves 4*

- 4 medium sweet potatoes
- 1 Tablespoon unsalted butter, melted
- 1 teaspoon olive oil
- 1 teaspoon finely chopped fresh thyme leaves
- 1 garlic clove, finely chopped
- Kosher salt and freshly ground black pepper
- 1/3 cup nonfat Greek-style yogurt
- 1 green onion, white and green parts chopped

### Instructions

1. Preheat the oven to 425 degrees F. Line a baking sheet with aluminum foil.
2. Make a series of 1/8-inch slices along each potato, slicing 2/3 of the way through.
3. Stir together the butter, oil, thyme, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Rub the potatoes all over with the mixture, getting in between the slices.
4. Place on the baking sheet and roast until the center of the potatoes are tender and the outside is crisp, 50 minutes to 1 hour. Halfway through the roasting time, remove the potatoes from the oven and run a fork gently across the tops of the potatoes, using light pressure, to fan the slices and separate them from one another.
5. Meanwhile, stir the yogurt and green onions with a pinch of salt and a pinch of pepper. Serve the sauce with the potatoes.

*Adapted from foodnetwork.com*

## Turkey Mushroom Burgers



### Ingredients

*Serves 5*

- 12 ounces mushrooms
- 2 teaspoons extra virgin olive oil
- 12 ounces turkey, ground, 99% lean
- 1 large egg
- 1 Tablespoon tomato paste
- 2 teaspoons Worcestershire sauce
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon minced garlic
- Cooking spray, as needed

### Instructions

1. Chop mushrooms into small pieces. Set aside.
2. Heat a large non-stick skillet over medium-high heat and add the olive oil. Once the oil is hot, add the mushrooms. Sauté until the mushrooms are soft and most of the liquid has evaporated.
3. Meanwhile, in a medium sized bowl, add the turkey, egg, tomato paste, Worcestershire sauce, Parmesan cheese, salt and pepper. Mix until well combined.
4. Add the garlic to the mushrooms and cook for 30 seconds. Turn off the heat and cool slightly.
5. Once the mushrooms have cooled slightly, add them to the turkey mixture and stir well to combine.
6. Shape turkey mixture into five equally-sized patties.
7. Coat a large non-stick skillet with cooking spray. Cook the burgers over medium heat for about 3 to 5 minutes., or until browned. Flip the burgers and cook for another 2 to 4 minutes.
8. The burgers are done when a thermometer inserted in the center of the burger registers 165 degrees.
9. Assemble each burger on a whole wheat bun and your favorite toppings.

*Adapted from culinarymedicine.org*