

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

APR
17
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
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Roasted Radishes



Unlike the spicy bite of fresh radishes, roasted radishes have a mild, slightly sweet, and fairly neutral flavor. Imagine a slightly sweeter potato, with a smooth, soft, and dense texture. Because their flavor is subtle, they make a great blank slate for any flavors you'd like to add in the way of spices or dressing after roasting.

Ingredients

- 6 ounces radishes, trimmed
- 1 Tablespoon extra-virgin olive oil
- 1/2 teaspoon ground thyme or oregano
- salt to taste
- 1/2 lemon, juiced

Instructions

1. Preheat oven to 450 degrees F. Line a baking sheet with aluminum foil.
2. Cut radishes into halves; cut any large radishes into quarters. Stir olive oil and thyme together in a bowl and toss radishes in mixture to coat. Spread radishes onto prepared baking sheet; sprinkle with salt.
3. Roast in the preheated oven until tender but firm in the centers, tossing every 5 minutes for about 20 to 25 minutes, until caramelized. Drizzle with lemon juice.

Adapted from allrecipes.com

Roasted Lemon-Garlic Potato Wedges



Ingredients

- Cooking spray
- 4 large Yukon Gold potatoes, cut into wedges
- 2 Tablespoons olive oil
- 2 Tablespoons salted butter, melted
- 1 Tablespoon fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1 pinch freshly ground black pepper to taste
- 1 teaspoon dried parsley

Serves 4

Instructions

1. Preheat the oven to 400 degrees F. Spray a 9x13-inch baking dish with nonstick cooking spray.
2. Toss potato wedges with olive oil, melted butter, lemon juice, and Italian seasoning in a large bowl. Season with freshly ground cracked pepper to taste. Spread the potatoes in an even layer in the prepared baking dish.
3. Roast in the preheated oven for 20 minutes. Remove the pan from the oven and flip the potato wedges. Continue roasting until the potatoes are golden and cooked through, about 20 minutes more. Sprinkle with parsley and serve.

Adapted from allrecipes.com

NEXT DATES: 

ORDER BY THURSDAY, APR 25. PICK-UP WEDNESDAY, MAY 1.
ORDER BY THURSDAY, MAY 9. PICK-UP WEDNESDAY, MAY 15.

Spring Coleslaw



Ingredients

- 4 cups shredded red or green cabbage (about half a large head of cabbage)
- 1 cup shredded carrots (about 2 medium carrots)
- 4 radishes, shredded
- 1/4 cup chopped cilantro
- Juice from half a lime
- 1 teaspoon sesame seeds
- 1/4 cup white vinegar
- 3 Tablespoons oil
- 2 teaspoons honey
- Salt & pepper to taste

Instructions

1. In a large bowl combine the cabbage, carrots and radishes.
2. In a small mixing bowl whisk together the white vinegar, oil, honey, sesame seeds, and lime juice.
3. Pour the dressing over the cabbage and stir until the dressing coats the coleslaw. Sprinkle the cilantro on the salad.
4. Serve as a side salad or topping for tacos or sandwiches, like BBQ Pork Sandwiches.

Adapted from acedarspoon.com



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FOODSHARE KITCHEN TIP

**DOES THIS GO IN THE FRIDGE?
DOES IT STAY ON THE COUNTER?**

When storing fresh produce, you have to consider **temperature**, **ethylene**, and **airflow**. A lot of produce keeps well in the fridge, while some like potatoes, onions, and garlic are best left at cool room temperatures. And then there's ethylene gas which fruit such as apples and bananas naturally release. It hastens the ripening (and eventual decay) of certain produce like cabbage, leafy greens, lettuce, and broccoli which are gas-sensitive. Whether you refrigerate or not, you should keep gas-sensitive produce separate from the gas-emitting ones. **Happy eating!**

Storage Tips

Food item	Conditions	Container	Shelf life	Avoid
Apples	Refrigerator	Plastic bag	2 weeks +	Cabbage, leafy greens, carrots
Pears	Room temperature then Refrigerator	Loose then plastic bag in fridge	Up to 2 weeks	Cabbage, leafy greens, carrots
Grapefruit Oranges	Refrigerator	Loose or open container	Room temp.: 1-2 weeks Fridge: 2 weeks +	n/a
Lemons Limes	Room temperature then Refrigerator	Loose or open container	Room temp.: 1-2 weeks Fridge: 2 weeks +	Plastic bags, apples, pears, bananas
Mangoes	Room temperature then Refrigerator	Loose or open container	A few days - 2 weeks	Apples, pears
Winter squash	Cool and dry	Loose or open container	3-6 months	Bananas
Ginger	Refrigerator	Sealed container	3 weeks +	n/a
Parsnips Beets Radishes Rutabaga Turnips	Refrigerator	Sealed container, remove green tops	3 weeks +	n/a
Carrots	Refrigerator	Sealed container, remove green tops	2-3 weeks	Apples, pears
Onions Garlic	Cool and dry	Loose or open container	2 weeks +	Refrigerator, plastic bags
Potatoes Sweet potatoes	Cool and humid & Dark	Loose or open container	Potatoes: 3 weeks + Sweet potatoes: 1-2 weeks	Refrigerator, plastic bags
Head lettuces	Refrigerator	Sealed container, unwashed	Up to 1 week	Apples, pears, moisture
Escarole Kale Watercress Curly endive	Refrigerator	Sealed container, unwashed	Up to 2 weeks	Apples, pears
Cabbage	Refrigerator	Loose, then sealed when cut	Up to 3 weeks	Apples, pears
Broccoli Cauliflower	Refrigerator	Sealed container	Up to 2 weeks	Apples, pears

Download a copy of this from <https://wrctr.co/3ME470A> or scan the QR Code. Print it out and put it on your fridge for easy reference!

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