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# FOODSHARE

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## The Perfect Baked Potato

We know what you're thinking. Everyone knows how to bake a potato! Well, we think this is the best baked potato recipe ever! The end result is perfectly crispy on the outside, soft and fluffy on the inside, and so flavorful and delicious.



### Ingredients

- Medium or large Russet potato, scrubbed clean of dirt
- 1-2 teaspoons olive oil
- Coarse Kosher salt
- Freshly-cracked black pepper

### Instructions

1. Heat oven to 450 degrees F. Line a large baking sheet with foil (or parchment), and if you have a wire cooling rack, place it on top of the baking sheet.
2. Using a fork, poke the potato at least 10 times on all sides. Place the potato on the prepared baking sheet.
3. Bake for 25 minutes. Remove baking sheet from the oven.
4. Using a pastry brush, brush the outside of the potato with olive oil until it is completely coated on all sides. Sprinkle the potato with a generous pinch of Kosher salt, and place the potato back on the baking sheet reverse-side-up, so that it can cook evenly on both sides.
5. Bake for an additional 20 minutes. Using an oven mitt, carefully squeeze the potato to check for doneness. If the insides are soft and give under pressure, remove the potato from the oven. Otherwise, continue cooking in 5-minute increments until potato is soft.
6. Using a small paring knife, slice halfway through the potato lengthwise. Then give it a gentle squeeze to open and serve immediately with your desired toppings.

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

## Romano Baked Tomatoes



### Ingredients

**Serves 4**

- 2 medium tomatoes, sliced in half horizontally
- 2 Tablespoons grated, low-fat Romano cheese (can substitute low-fat Parmesan, Mozzarella or Ricotta)
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 Tablespoon extra virgin olive oil

### Instructions

1. Preheat the oven to 400 degrees F.
2. Place tomatoes cut side up on a baking sheet. Top with cheese, oregano/parsley/basil, pepper and garlic powder.
3. Drizzle oil over the tops and bake 20 minutes, until tomatoes are tender and cheese is lightly browned.

*Adapted from [recipes.heart.org](http://recipes.heart.org)*



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## Creamy Mexican Corn Soup

*This vegetarian, creamy Mexican corn soup is hearty, filling, and full of flavor!*



### Ingredients

**Serves 2-3**

- 1 1/2 Tablespoons olive oil
- 1/3 cup onions, chopped (approximately 1/4 onion)
- 2 large cloves garlic, minced
- 2 1/2 cups raw corn kernels, removed from cob (1/4 cup set aside)
- 2 cups vegetable broth
- 1 potato, chopped into small cubes
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- pinch of cayenne powder (optional)
- 1/4 cup light sour cream or plain Greek yogurt
- 1/4 cup sharp white cheddar cheese, grated
- 1/4 teaspoon lime juice

### Instructions

1. Heat oil in a medium sized pot over medium heat. Add onion, garlic and corn, and sauté until soft and tender, about 4-5 minutes. Add in vegetable broth, potato, salt and pepper, and cayenne (if using). Bring to a boil and then reduce heat, cover, and simmer for 45 minutes.

**Add the bare cobs to the simmering mixture for extra corn flavor!**

2. While soup is simmering, toss remaining corn kernels with 1/2 teaspoon olive oil and a pinch of cayenne powder. Stir in a hot pan until brown and set aside
3. Remove the soup from heat and add sour cream. Using an immersion blender or hand mixer, pulse the soup until desired consistency is reached. To keep this soup a little chunky, only puree about 3/4 of the soup. Then, stir in grated cheese until melted and combined.
4. Transfer soup to serving bowls, decorate with a swirl of sour cream or yogurt, toasted corn kernels and fresh cilantro. Serve with a fresh green salad on the side.

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

## Simple Banana Pancakes



### Ingredients

- 1 1/2 large bananas, ripe to overripe
- 2 eggs
- 1/8 teaspoon baking powder

### Instructions

1. In a mixing bowl, crack in the eggs and add in baking powder. Whisk with a fork to combine.
2. In another bowl, add in 1 1/2 large bananas. Lightly mash with a fork, but not too much. There should be chunks of bananas to make fluffy pancakes.
3. Pour whisked egg mixture into mashed bananas and stir gently to combine.
4. In a frying pan, cook mini pancakes over a medium low heat. 1 or 2 tablespoons of batter is enough for each mini pancake. When the pancake puffs up a little, flip it over and cook for about one minute more.
5. Helpful Hint: Flip the pancakes SLOWLY by working a spatula about halfway under the pancake until half the pancake is just barely lifted off the skillet and flip the rest of the way over. It's a bit runnier than a standard pancake until fully-cooked.
6. Serve hot with syrup or fruit.

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