

EST.



2015

# FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

MAY  
15  
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

## Crispy Green Beans



### Ingredients

- 1 pound green beans, ends trimmed
- 1 1/2 Tablespoons olive oil
- 1/2 teaspoon kosher salt adjust to taste
- 1/4 teaspoon granulated garlic or garlic powder
- 1/4 teaspoon granulated onion or onion powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon smoked or traditional paprika
- 1/4 teaspoon freshly ground pepper adjust to taste
- Pinch of cayenne pepper

### Instructions

1. Preheat your oven to 425°F. Place the green beans on the baking sheet and drizzle with oil. Combine the salt, garlic, onion, chili powder, paprika, black pepper, and cayenne in a small bowl and stir to combine. Sprinkle the green beans with all of the spices and toss to coat.
2. Roast the green beans for 20 minutes, stir and roast for an additional 15 minutes. If you prefer the green beans to remain a bit more naturally crisp, you can serve them at this point. You can also continue roasting them for an additional 10-20 minutes until the edges are deeply browned, and the beans are "soft" with very crisp edges.

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

## Sautéed Broccoli



### Ingredients

- 1 Tablespoon extra-virgin olive oil
- 4 cups broccoli florets
- 2 garlic cloves, thinly sliced
- 1/4 teaspoon Kosher salt
- Freshly ground black pepper
- Lemon wedge
- Red pepper flakes, optional

### Instructions

1. Heat the oil in a large skillet over medium heat. Add the broccoli, garlic, salt, and several grinds of pepper and sauté for 3 to 4 minutes. Add 2 tablespoons water, cover, and cook until the broccoli is tender, 2 to 4 more minutes.
2. Turn off the heat and add a squeeze of lemon juice and a pinch of red pepper flakes, if using. Season to taste with more salt and pepper.

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

**NEXT BOX:**



**ORDER BY THURSDAY, MAY 23. PICK-UP WEDNESDAY, MAY 29.**  
**ORDER BY THURSDAY, JUNE 6. PICK-UP WEDNESDAY, JUNE 12.**

## Strawberry Yogurt Pops



### Ingredients

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

### Instructions

1. Cut strawberries into small pieces and mix with yogurt.
2. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut straws).
3. Freeze.

*Adapted from myplate.gov*

## BECOME A STORAGE PRO

When you store food correctly, it lasts longer (like NOT washing broccoli until ready to use.).

**SAVE THE FOOD's** interactive storage guide has all the info you need to keep food fresh so it doesn't go to waste.

<https://savethefood.com/storage>



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<https://snonline.foodsharesc.org>

## Smashed Potatoes



### Ingredients

- 2 pounds yellow potatoes
- 2 teaspoons Kosher salt, divided
- 2 Tablespoons extra-virgin olive oil, more for the pans
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon onion powder
- Freshly ground black pepper
- 1 Tablespoon finely chopped fresh herbs, (parsley, chives, and/or dill)
- Parmesan cheese, optional

### Instructions

1. Preheat the oven to 425°F and liberally coat 2 baking sheets with olive oil.
2. Place the potatoes and 1 teaspoon of the salt in a large pot and fill it with enough water to cover the potatoes by 1 inch. Bring to a boil and cook until the potatoes are soft and fork-tender, 15 to 20 minutes.
3. Drain the potatoes and let them cool slightly. Place each potato onto the oiled baking sheet and use the back of a measuring cup to smash them down until they're about 1/4-inch thick. Drizzle with the olive oil, and sprinkle with the garlic powder, onion powder, remaining 1 teaspoon salt, and pepper. Roast 25 to 35 minutes, or until golden brown and crisp around the edges, rotating the pans halfway.
4. Season to taste with more sea salt, or flaky sea salt, fresh herbs, and sprinkles of Parmesan, if desired.

*Adapted from loveandlemons.com*