

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

MAY
29
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Oven Roasted Celery



Ingredients

- 1 bunch celery
- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon rice vinegar
- Black pepper, to taste

Instructions

1. Wash celery stalks + remove any hard or browned ends. Cut each stalk into roughly 1/4-inch pieces.
2. Heat olive oil in a large pan over medium-high. When hot, add the minced garlic and cook for a couple of minutes, stirring frequently.
3. Add chopped celery to the pan along with soy sauce, rice vinegar, and black pepper. Cook for approximately 8 minutes, stirring every 30-or-so seconds. Celery should be tender, but still have a good crunch to it.

Adapted from walderwellness.com

3-Ingredient Crispy Potato Peel "Chips"



When we peel them and toss the skins, we're throwing away **more than half** of the potato's fiber. Cook potatoes with the skin on as often as possible—or make this recipe and eat **just** the skins, saving the rest for mashed potatoes or another dish.

Ingredients

- 3 pounds small russet potatoes (about 9 potatoes)
- 1 Tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- Desired seasonings

Instructions

1. Preheat oven to 400°F. Thoroughly scrub and dry potatoes. Fill 2 large bowls with cold water. Using a peeler, peel the potatoes in long strips, placing the peels in 1 bowl of water and the peeled potatoes in the other. (Refrigerate the potatoes, submerged in water, covered, for up to 3 days, to use later.)
2. Drain the peels; pat dry between 2 kitchen towels. (You should have about 2 cups potato peels.)
3. Toss peels in a bowl with oil and salt, and transfer to a rimmed baking sheet. Spread in an even layer.
4. Bake until lightly golden and crisp, about 18 minutes, stirring once after 10 minutes. Immediately toss with your choice of garlic powder, taco seasoning mix, salt & pepper, any desired seasonings. Let cool slightly, about 5 minutes, on the baking sheet.

Adapted from eatingwell.com

NEXT BOX:



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Apple "Sandwiches"

Kids will love to help you make this healthy snack since it's fun to spread the nut butter and sprinkle the chips or raisins. No corer in the kitchen drawer? Slice the apples into rounds first then use a small paring knife to remove the core from the center of each slice before spreading ingredients!

Ingredients

- 2 small apples, cored and cut crosswise into 1/2-inch thick rounds
- 1 teaspoon lemon juice, optional
- 3 Tablespoons peanut or other nut butter
- 2 Tablespoons semisweet chocolate chips or raisins
- 3 Tablespoons granola

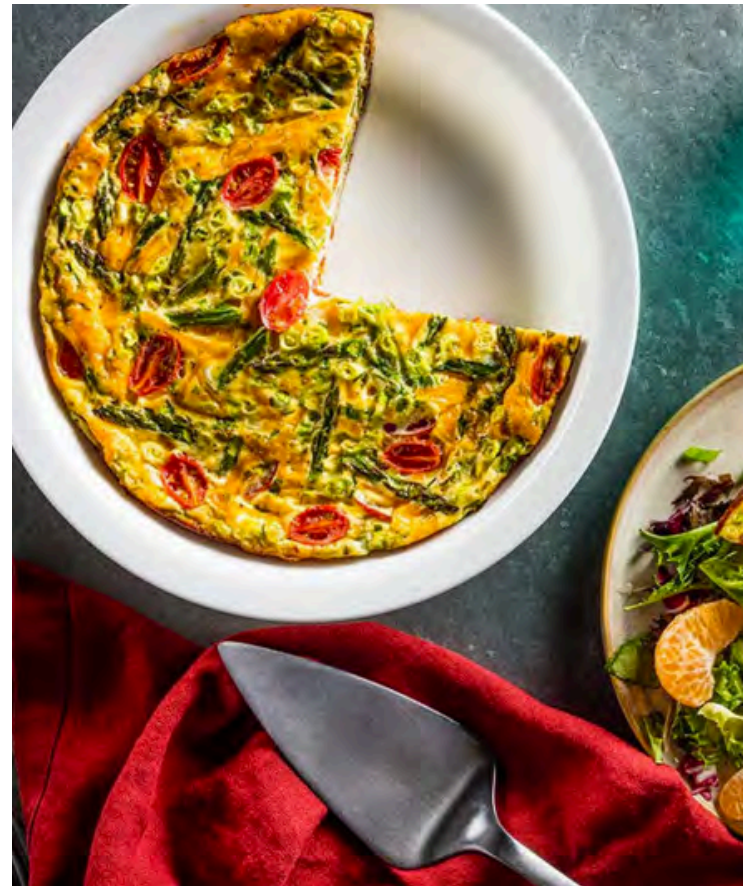
Instructions

1. If not eating immediately, brush the apples slices with lemon juice to keep them from turning brown.
2. Spread one side of half of the apple slices with nut butter, then sprinkle with raisins or chocolate chips and granola.
3. Top with remaining apple slices, pressing down gently to make the sandwiches.

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



Crustless Asparagus and Tomato Quiche



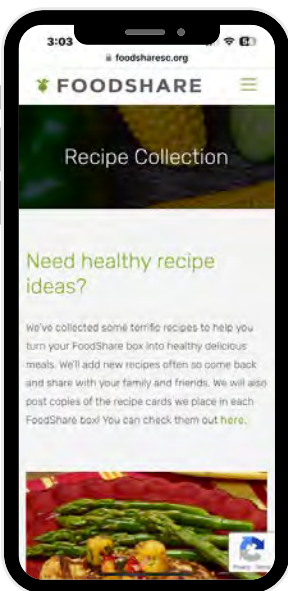
Ingredients

- 1 bundle of asparagus (trimmed and cut into 2-inch pieces)
- 4 green onions (chopped)
- 12 grape or cherry tomatoes (halved)
- 1 cup skim milk
- 4 eggs
- 4 egg whites
- 2 teaspoons Dijon Mustard
- 1 1/2 teaspoons dried thyme)
- 1/4 teaspoon black pepper
- 1/2 cup cheddar cheese (shredded, reduced-fat)

Instructions

1. Preheat the oven to 350°F. Lightly spray a 9-inch glass pie pan with cooking spray.
2. In a medium nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the asparagus and green onions for 4–5 minutes, or until soft. Arrange the asparagus mixture and the tomatoes in the pie pan.
3. In a medium bowl, whisk together the remaining ingredients except the cheese. Pour the mixture over the vegetables. Sprinkle with the cheese.
4. Bake for 30–35 minutes, or until a knife inserted in the center comes out clean. Let the quiche cool for about 10 minutes before slicing into 4 equal slices.

Adapted from [diabetesfoodhub.org](https://www.diabetesfoodhub.org)



<https://foodsharesc.org/recipes/recipe-collection/>



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