



FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JUN
12
2024

OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Nutrition
College of Health, Behavior, & Society
UNIVERSITY OF SOUTH CAROLINA

Balsamic Chicken with Mushrooms



Ingredients

- 1-pound boneless, skinless chicken breasts (divided into 4 (4-ounce) portions)
- 1 Tablespoon olive oil
- 1/4 cup all-purpose flour
- 1 Tablespoon butter
- 1/2 pound white button mushrooms, sliced
- 1/4 teaspoon black pepper
- 1/3 cup balsamic vinegar
- 1/2 cup low sodium chicken broth

Instructions

1. Place the chicken breasts in a plastic freezer bag and pound thin with a mallet or rolling pin.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt the butter in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
5. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breasts back to the pan, simmer for 5 minutes and serve.

Adapted from diabetesfoodhub.org

Lemon & Garlic Skillet Kale



Ingredients

- 1 large bunch kale
- 1 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- Pinch red pepper flakes (optional)
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Juice of 1/2 small lemon

Serves 4

Instructions

1. Pull the kale leaves from their stems. Coarsely chop the leaves. Rinse them, but do not dry.
2. Heat the oil in large, wide, high-sided sauté pan over medium heat until hot and shiny. Add the garlic and red pepper flakes, if using, and cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
3. Add the kale a few handfuls at a time, stirring after each addition so that it starts to wilt, until all of the kale is added. Stir in the salt and pepper. Cover and cook, stirring occasionally, until the kale is just tender, about 5 minutes. Remove from the heat, stir in the lemon juice, and serve.

Adapted from thekitchn.com

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Chili Lime Cantaloupe



Red pepper and salt on cantaloupe? Trust us! This quick and easy recipe is a refreshing way to serve this fruit. Pairs well with any spicy meal.

Ingredients

- 1/2 medium cantaloupe
- 1 1/2 or 2 Tablespoons fresh lime juice
- 1/2 Tablespoon honey
- 2 Pinches of salt
- 2 or 3 shakes crushed red pepper flakes

Instructions

1. Cut the cantaloupe in half and scrape out the seeds with a spoon. Reserve half of the cantaloupe for breakfast or other meals. Take the remaining half and cut it into quarters. Using a sharp knife, carefully run the knife between the flesh and the rind. Once the rind is removed, slice the melon into thin pieces.
2. In a small bowl, combine the juice of half a lime (about 1 1/2 - 2 Tablespoons), honey, salt, and crushed red pepper. Stir until the honey is dissolved.
3. Pour the dressing over the sliced cantaloupe and toss to coat the melon in the dressing. Serve immediately, or chill until ready to eat. Give the melon a brief stir before serving.

Adapted from budgetbytes.com



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Roasted Jalapeño Peppers



Make a batch of and use them throughout the week to spice up your meals! They're a great addition to tacos, in creamy dips, or as a spicy side dish or sandwich addition. This recipe uses only jalapeños and olive oil and is super easy!

Ingredients

- Fresh jalapeños peppers (as many as you want)
- Olive oil spray (or about 1/2 Tablespoon olive oil)

Instructions

1. Wear disposable kitchen gloves. Slice the jalapeños in half lengthwise. Use a knife to carefully separate the pith from the inside of the jalapeños. Scoop out the pith and seeds. Rinse the jalapeños to remove the seeds, if needed.
2. Remove the stem if you plan on using the jalapeños in other recipes instead of eating them on their own.
3. Preheat oven to 375F. Spray a baking sheet with olive oil, arrange the halved cleaned-out jalapeños on the baking sheet and spray lightly with olive oil. Roast at 375F for 25-30 minutes or until they are cooked to your liking, flipping halfway through.

Adapted from babaganosh.org