

EST.

2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JUN
26
2024

OUR HOURS



OPEN M-F 9AM-5PM | PHONE: 803-851-4461

FOODSHARE SOUTH CAROLINA
IS A PROGRAM OFSchool of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Baked Butternut Squash



This easy baked butternut squash is delicious to eat and looks beautiful on the plate served right from the skins. Sometimes simplicity is best, and that's definitely the case with this recipe. Perfect as a side dish. Or, peel the skin and mash the flesh for mashed butternut squash, or use in other recipes!

Ingredients

- 1 butternut squash, halved lengthwise and seeded
- 1 Tablespoon olive oil (or butter, cut into pieces)
- salt and ground black pepper to taste

Instructions

1. Preheat oven to 350° F.
2. Wash the squash and lay it on its side on a large sturdy cutting board. Use a sharp chef's knife to carefully slice off the top 1/2-inch (including the stem) of the squash, and discard. Cut the squash in half length-wise.
3. Place squash, **cut-sides down**, in a 9x13-inch baking dish. Pour 1-2 cups water into the dish around the squash halves.
4. Bake until tender and easily pierced with a fork, about 1 1/2 hours, adding more water as needed.
5. Remove from the oven and transfer each half to a plate, cut-side up.
6. Top each half with olive oil (or butter) and season with salt and pepper. Enjoy!

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

Low-Fat Scalloped Potatoes



Ingredients

- Nonstick cooking spray
- 1/4 teaspoon salt (optional)
- 6 medium potatoes
- 1 medium yellow onion (cut into thin strips)
- 1/4 teaspoon black pepper
- 1 cup fat-free half-and-half
- 1/2 cup reduced-fat sharp cheddar cheese

Instructions

1. Preheat oven to 400 degrees F. Peel potatoes and slice into thin rounds.
2. Coat a large nonstick skillet with cooking spray and sauté onions and potatoes over medium-high heat until the onions turn clear.
3. Spray a pie pan or 8-inch round cake pan with cooking spray.
4. Place half of the potatoes and onions in the bottom of pan.
5. Add salt and pepper to half-and-half. Pour 1/2 cup of the half-and-half over the potatoes. Sprinkle 1/4 cup of the cheese on top.
6. Add remaining potatoes and pour the remaining 1/2 cup half-and-half over the potatoes and top with remaining cheese.
7. Bake for 40 minutes or until potatoes are soft.

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

NEXT BOX:

ORDER BY WEDNESDAY, JULY 3. PICK-UP WEDNESDAY, JULY 10.
ORDER BY THURSDAY, JULY 18. PICK-UP WEDNESDAY, JULY 24.

Frozen Grapes - The Best Snack Ever!



We think this is one of the best snacks ever on a hot summer day! Frozen grapes are super refreshing, incredibly healthy, low-calorie, and SO easy. You can use red or white grapes.

Instructions

1. Put the grapes in a colander and rinse them with cold water for about 30 seconds. Gently rub them as you rinse to remove any bacteria or dirt.
2. Check for any broken or decaying grapes and remove them. Gently pull the rest of the grapes from the stem.
3. Fill the washed and pulled grapes in a resealable plastic bag.
4. Freeze grapes overnight or at least 8 hours.

Adapted from rockandrolldaycare.com



IMPORTANT DEADLINE UPDATE!

Our next order deadline is
ONE DAY EARLY
because of the 4th of July holiday!

**ORDER BY WEDNESDAY, JULY 3 FOR
PICK-UP ON WEDNESDAY, JULY 10!**



Bibb and Bean Burrito Bowl



Eating beans every day may help people with type 2 diabetes better manage their blood glucose, so enjoy the health benefits of this inviting meal-in-a-bowl. And enjoy all of its vivid colors, Mexican-inspired flavors, and lovely textures with a fork. The bowl is made from Bibb lettuce, so it's literally an edible bowl! But if you like, use the Bibb leaves to eat some of the bean mixture burrito-style. Any way you choose to eat it, it's muy delicioso.

Ingredients

- 12 leaves bibb or lettuce
- 2 1/2 cups canned beans, such as a black, pinto, and/or kidney beans (drained and rinsed)
- 2 cups grape tomatoes (quartered lengthwise)
- 3 green onions (scallion) (green and white parts, very thinly sliced on the diagonal)
- 1/3 cup Monterey jack cheese (shredded)
- 1/4 cup cilantro (chopped fresh)
- 1/4 teaspoon ground cumin (or to taste)
- 1/4 teaspoon chili powder (or to taste)
- 1 avocado (peeled, pitted, and diced)
- 2/3 cup medium or hot salsa
- Optional: 1 1/4 cup cooked corn (fresh or thawed from frozen)
- Optional: 1/4 teaspoon Kosher salt
- Lime wedges

Instructions

1. Divide the lettuce leaves among 4 dinner plates or pasta bowls, loosely forming a "bowl" with the leaves.
2. Stir together the beans, tomatoes, corn, scallions, cheese, cilantro, cumin, and chili powder in a medium bowl. Add the avocado, salsa, and salt (if using), and gently stir just to combine. Adjust seasoning.
3. Evenly divide the bean mixture among the 4 lettuce "bowls," and serve with the lime wedges on the side.

Adapted from diabetesfoodhub.org