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2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JUL
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OUR HOURS



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FOODSHARE SOUTH CAROLINA
IS A PROGRAM OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

3 Ways to Peel Fresh Garlic

How to Peel Garlic By Hand

When to Use this Technique

This method is great for preparing small amounts (one or two cloves) of whole or sliced garlic.



What to Do

- Use a small paring knife to cut off the root end of a clove.
- Working from the stem end, use your fingers to peel away the skin.

How to Peel Garlic By Smashing It

When to Use this Technique

If a recipe calls for a small amount of chopped or minced garlic, then a chef's knife is the perfect tool.

What to Do

- Lay a clove of garlic on a cutting board and slice off the stem end.
- Place the flat side of the knife on top of it, push down and apply pressure until you feel the clove smush. The skin will split apart around the clove of garlic.
- Pluck the skin off the garlic — it'll come off in big, satisfying pieces.

How to Peel Garlic with a Microwave

When to Use this Technique

When you need to peel an entire head of garlic, this lets you do it in mere minutes.

What to Do

- Remove any excess papery skin from the head.
- Take a thin slice of the top off to reveal the cloves.
- Transfer the whole head to a microwave-safe plate and microwave on high for 20 seconds.
- **Let the head cool** until you can easily handle it.
- Pick up each clove and pop it out of its skin like you're removing a jacket. The cloves will be so easy to peel they'll practically fly out of their skin.

Adapted from foodnetwork.com

The Magic Corn Cooking Trick



Instructions

1. Remove a few of the outer husks that might be dirty.
2. Cut off about an inch from the bottom end of the cob with a large, sharp knife.
3. Place a moist paper towel on the bottom of the microwave or on top of the carousel and place the corn on the paper towel.
4. Use the guide below for your cook time. Remember the cook time can vary for each microwave.
5. After cooking, let the corn sit for 2-3 minutes. It will continue to cook and will be cooler and easier to handle. However, if you let it sit too long, the silk will stick to the ear and will be harder to clean.
6. Pick the cooked corn up by the top (you might want to use an oven mitt if it is too hot to handle) and squeeze and lightly shake out the ear of corn. It should just slide out leaving the silk and all of the husks behind.
7. Just like magic, your corn is cleaned and cooked!

1 ear	2 minutes
2 ears	3 to 4 minutes
3 ears	5 to 6 minutes
4 ears	7 to 8 minutes
6 ears	8 to 9 minutes

Adapted from musely.com

NEXT BOX:



ORDER BY THURSDAY, JULY 18. PICK-UP WEDNESDAY, JULY 24.
ORDER BY THURSDAY, AUG 1. PICK-UP WEDNESDAY, AUG 7.

Roasted Red Cabbage



If you're usually *meh* on cabbage, you have to try roasting it. The leaves get crispy and caramelized on the edges and it brings out a kind of nutty flavor that goes perfectly with the acidity of the vinegar and the sweetness of the honey.

Ingredients

- 1 head red cabbage
- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/2 teaspoon honey
- 1 teaspoon whole grain mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Pinch of red pepper flakes
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 Tablespoon chopped parsley

Instructions

1. Preheat the oven to 400 degrees F.
2. Trim the bottom off the cabbage and cut it in half lengthwise. Then cut it into 1/2-inch-thick slices.
3. In a medium bowl, whisk together the olive oil, balsamic vinegar, honey, mustard, garlic powder, onion powder, red pepper flakes, salt and pepper. If possible, it helps to do this in a wide shallow bowl with a flat bottom.
4. Dip each cabbage slice on both sides in the marinade. Place the slices on a sheet pan in a single layer. They should not be touching or overlapping.
5. Roast the cabbage for 20-25 minutes until browned in spots and caramelized at the edges.
6. Sprinkle with parsley before serving.

Adapted from lastingredient.com

Roasted Onions



These roasted onions are wonderfully flavorful and caramelized. Mellow and sweet, they're the perfect side dish or topping for meat and poultry dishes.

Ingredients

- 2 Tablespoons butter plus more for the pan
- 1 medium onion
- 1/2 teaspoon kosher salt

Instructions

1. Preheat your oven to 400°F. Coat a square 8-inch baking dish lightly with butter.
2. Peel the onion and slice it into 1/4-inch-thick slices. You should get five slices.
3. Arrange the slices in a single layer in the prepared baking dish. Melt 2 Tablespoons butter and pour it over the onions. Sprinkle them with kosher salt.
4. Roast the onions until the bottoms are golden, about 20 minutes.
5. Turn the onion slices to the other side and bake them until golden brown, about 20 more minutes.

Adapted from healthyrecipesblogs.com

BECOME A STORAGE PRO

When you store food correctly, it lasts longer (like not storing potatoes near onions; onions will cause the potatoes to sprout). **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>