

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

JUL
24
2024



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A PROGRAM
OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

"Baked" Fried Green Tomatoes



Ingredients

- 4 large green tomatoes
- 1 1/2 cups yellow cornmeal
- 2 teaspoons salt-free seasoning (like Mrs. Dash)
- 2 teaspoons onion powder
- 1/2 teaspoon pepper
- 2/3 cup milk
- Cooking spray

Instructions

1. Combine the cornmeal, salt-free seasoning, onion powder, and pepper in a medium bowl. Stir well to thoroughly combine. Place the milk in another bowl and set aside. Lightly coat a baking sheet with cooking spray and set aside.
2. Begin your production line: Dip your tomatoes in the milk, then coat lightly with the cornmeal mixture (both sides). Place on the baking sheet.
3. Spray the tops generously with cooking spray and place in the oven.
4. After ten minutes, flip over and spray generously with the oil again. Bake another ten minutes. Flip and spray one last time and bake a final ten minutes.

Adapted from bowandarowbrand.com

Sautéed Yellow Squash



A crispy panko topping and fresh herbs add bold flavor to this sautéed yellow squash recipe. Easy and delicious, it's a perfect summer side dish.

Ingredients

- 3 yellow squash
- Light Italian dressing
- 1/4 cup panko bread crumbs
- 1/4 cup grated Parmesan
- 1 teaspoon dried parsley
- 1 teaspoon salt-free seasoning (like Mrs. Dash)
- Extra-virgin olive oil, for drizzling

Instructions

1. Slice the squash into 1/4-inch rounds. If the squash is large, slice the rounds into half-moons.
2. In a small bowl, combine the panko bread crumbs, Parmesan, parsley, and salt-free seasoning.
3. Heat a large skillet over medium heat with a few drizzles of olive oil. Add the squash and sauté for about 7 to 10 minutes, stirring occasionally so that all sides get cooked. Cook until it's soft, yet still has a firm bite, but before it becomes too watery and mushy. Remove from the skillet and toss with a splash of Italian dressing. Top with the panko mixture. Serve.

Adapted from loveandlemons.com

NEXT BOX:



ORDER BY THURSDAY, AUG 1. PICK-UP WEDNESDAY, AUG 7.
ORDER BY THURSDAY, AUG 15. PICK-UP WEDNESDAY, AUG 21.

How to Caramelize Onions

Caramelizing onions by *slowly* cooking them in a little olive oil until they are richly browned is a wonderful way to pull flavor out of the simplest of ingredients. You can use onions prepared this way on top of meats, or for onion soup, pizza, or onion dip, or just eat it straight up!



Ingredients

- Several medium or large onions, yellow, white, or red
- Extra virgin olive oil
- Butter, optional
- Kosher salt
- Sugar, optional
- Balsamic vinegar, optional
- 2 Tablespoons olive oil

Instructions

1. Cut both ends from the onion, cut onion in half, remove peel and cut in 1/4-inch thick half-moon slices.
2. Use a wide, thick-bottomed sauté pan for maximum pan contact with the onions. Coat the bottom of the pan with olive oil, or a mixture of olive oil and butter, if using (about 1 teaspoon per onion).
3. Let the onions cook for 30-45 minutes more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn.
4. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning.
5. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color. At the end of the cooking process you might want to add a little balsamic vinegar or wine to help deglaze the pan and bring some additional flavor to the onions.
6. Use right away or store refrigerated for several days in an air-tight container.

Adapted from simplyrecipes.com

The Best Baked Sweet Potato Fries Ever



Ingredients

- 1 pound sweet potatoes, peeled
- 2 Tablespoons olive oil
- 2 teaspoons cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon freshly-cracked black pepper
- salt-free seasoning (like Mrs. Dash), to taste

Instructions

1. Slice your sweet potatoes into long, thin strips, about 1/4-inch wide. It's important that the fries are uniformly sized for even cooking. Add the fries to a large bowl of cold water and soak for at least 30 minutes (or up to overnight). This will help to rinse off the excess starch and help the potatoes crisp up beautifully in the oven.
2. Preheat the oven to 425°F. Line a large baking sheet (or two medium baking sheets) with parchment paper, or mist with cooking spray. Set aside.
3. Drain the fries, rinse out and dry your bowl of water, then blot dry the fries with a clean towel.
4. Add the fries back to the clean bowl, drizzle evenly with the olive oil, and toss until they are evenly coated.
5. In a separate small bowl, whisk together the cornstarch, garlic powder, smoked paprika and black pepper until combined. Sprinkle the mixture evenly over the bowl of fries, then toss until the fries are evenly coated and the cornstarch soaks into the oil.
6. Spread the fries out in an even layer on the prepared baking sheet. Be sure that the fries aren't overlapping, or else they will not cook evenly.
7. Bake for 15 minutes. Remove pan from oven, and flip each fry with a spatula. Rearrange so fries are evenly spaced and not overlapping. Bake for 10-15 more minutes, or until the fries are crispy and have begun to brown a bit on the tips.
8. Transfer the baking sheet to a cooling rack, sprinkle with no-salt seasoning, then let the fries rest for 5 minutes. Serve warm.

Adapted from gimmesomeoven.com