

EST.



2015

FOODSHARE

GOOD HEALTHY RECIPES FOR ALL

AUG
07
2024



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A PROGRAM
OF



School of Medicine
Columbia
UNIVERSITY OF SOUTH CAROLINA

Easy Refrigerator Pickles



Ingredients

- 2 cups thinly sliced pickling cucumbers
- 1/2 cup white vinegar
- 1 1/2 teaspoons kosher salt
- 2 tablespoons chopped fresh dill

Instructions

1. Add cucumber slices to a clean 1-pint jar.
2. Add vinegar, salt and dill. Close the lid and shake to distribute ingredients. (Liquid will not cover cucumber slices. Don't worry. The salt will draw liquid from the cucumbers in a couple of hours.)
3. Place the jar in the refrigerator and remember to shake it once or twice in the next few hours.
4. In about 6 hours, you'll have delicious, crispy pickles.

Adapted from pinchandswirl.com

Thai Style Chicken Lettuce Wraps



Ingredients

- 2 pouches (2.6 ounce) Premium White Chicken (25% Less Sodium)
- 6 Romaine lettuce leaves
- 2 Tablespoons chopped green onions
- 2 Tablespoons finely diced red pepper
- 1 Tablespoon slivered carrots
- 2 Tablespoons Thai style peanut sauce*
- Red pepper flakes (optional)

Instructions

1. Place lettuce on a platter. Top each leaf with 1-2 Tbsp. plain chicken.
2. Top chicken with scallions, carrots and diced red pepper.
3. Drizzle with peanut sauce and red pepper flakes, if desired.
4. Alternately, place chicken in a bowl and mix it with the peanut sauce. Then divide the chicken among the lettuce leaves and top with red pepper and scallions, and red pepper flakes, if desired.

**Make your own peanut sauce by mixing 1 Tablespoon creamy peanut butter, 2 teaspoons soy sauce, 1/2 teaspoon maple syrup, 1/2 teaspoon hot sauce.*

Adapted from starkist.com

NEXT BOX:



ORDER BY THURSDAY, AUG 15. PICK-UP WEDNESDAY, AUG 21.
ORDER BY THURSDAY, AUG 29. PICK-UP WEDNESDAY, MAY 1.

Oven Roasted Okra



Ingredients

- 1/2 to 1 pound fresh okra
- Cooking spray
- Kosher salt
- Black pepper
- Garlic powder
- Cayenne pepper (optional, but it makes a great addition to spice things up a bit!)

Instructions

1. Preheat oven to 400 degrees.
2. Line a baking sheet with aluminum foil or parchment paper
3. Wash and dry the okra. Cut off the pod ends and slice okra in half length-wise.
4. Spread on a baking sheet in a single layer. Coat okra lightly with cooking spray.
5. Season okra with salt, pepper, and garlic powder (cayenne if you want a little kick)
6. Place into the preheated oven and roast for about 15 minutes. Flip and roast for an additional 15 minutes. The okra should be crispy but tender.
7. If you have any leftovers, let the okra cool and then add them to an airtight container and store them in the fridge for 2-3 days. The best way to reheat is to pop them back in the oven for a few minutes so you do not lose the crispy edges!

Adapted from homegrownhopes.com

Savory Steamed Cabbage

Ingredients

- 1 medium cabbage
- 4 Tablespoons **unsalted** butter
- 1 Tablespoon fresh garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Trim the cabbage, then shred it. To shred, cut the cabbage in half, then slice each half into thin slices and separate the slices with your hands into strips.
2. Place the cabbage strips in a colander and rinse them.
3. Transfer the rinsed cabbage to a large, deep skillet without drying it off. The water adhering to the cabbage will allow it to steam.
4. Turn the heat to medium-high and cover the skillet.
5. When the cabbage starts to steam, which should take about a minute, lower the heat to medium.
6. Steam the cabbage, covered, for about 5 minutes. Uncover, stir, and cook it for 2 more minutes to allow any remaining water to evaporate. If there is still too much water in the pan, drain the cabbage into a colander and return it to the skillet.
7. Add the butter, garlic, salt, and black pepper, stirring to combine.
8. Cook for 2 more minutes, stirring, until the butter has melted.



Adapted from healthyrecipesblogs.com

Summer Grilling Ideas!

Did you know you can grill **watermelon**, **peaches** and **pineapple**? Yes you can, plus more! Check this video with great grilling ideas from **American Heart Association!**

<https://bit.ly/3SrXleg>



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