

recipes

09.18
2024

Mo-Th 9am-5pm & Fr 9am-2pm

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Spinach-Zucchini Stir-Fry



You can easily transform this light side dish into a meal by topping with fried eggs or by adding leftover chicken or pork.

Ingredients

- 3 tablespoons canola oil
- 10 ounces fresh spinach
- 1 teaspoon ground nutmeg
- 1 lemon
- 1-2 zucchini, sliced
- 2 cloves garlic, chopped

Instructions

1. Zest the lemon, cut in half and juice.
2. Heat 2 Tablespoons oil in a large skillet and sauté the zucchini with the lemon zest and garlic, stirring for 3 min on medium high heat.
3. Add the spinach and 2 Tablespoons lemon juice and cook for 2 more minutes.

Adapted from savoryonline.com

NEXT BOX: ORDER BY **THURSDAY, SEP 26.** PICK-UP **WEDNESDAY, OCT 2.**
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Blistered Tomatoes

Blistered tomatoes elevate just about any meal! A quick sauté with garlic and herbs turns cherry tomatoes into something extra juicy, and almost gourmet - in less than 10 minutes!



Ingredients

- 2 cups grape tomatoes
- 2 Tablespoons olive oil
- 2 garlic cloves, minced
- 1 Tablespoon chopped fresh basil, or other herbs
- kosher salt and black pepper, to taste

Instructions

1. Heat the oil in a medium pan over medium-high heat. Add the tomatoes and let them sit undisturbed in the pan for 2 minutes, to blister on the bottom.
2. Add the garlic, salt, and pepper, then stir together with the tomatoes. Let them cook and blister another 2-3 minutes, stirring a few more times.
3. Remove the blistered tomatoes from the heat, then top with chopped basil or other fresh herbs.

Adapted from downshiftology.com

Sautéed Thyme Mushrooms

Elevate your diabetes-friendly dining with these delightful Sautéed Thyme Mushrooms. Bursting with flavor and seasoned to perfection, these mushrooms are a tasty addition to any meal. Experience a dish that's both satisfying and supportive of your diabetes management goals.



Ingredients

- 1 pound mushrooms (such as cremini or button mushrooms) (quartered)
- 2 Tablespoons olive oil
- 2 cloves garlic (minced)
- 1 Tablespoon fresh thyme leaves
- salt and pepper to taste
- 1 Tablespoon lemon juice (optional, for a tangy twist)

Instructions

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the sliced mushrooms to the skillet and cook for about 6-8 minutes, stirring occasionally, until the mushrooms release their moisture and become golden brown.
3. Add the minced garlic and fresh thyme leaves to the skillet. Sauté for another 1-2 minutes until the garlic is fragrant.
4. Season the mushrooms with salt (optional) and black pepper, adjusting the amount to taste. If desired, drizzle the mushrooms with lemon juice for a tangy flavor.
5. Continue cooking the mushrooms for an additional minute, stirring to evenly distribute the flavors.
6. Remove from heat and transfer the sautéed thyme mushrooms to a serving dish.

Adapted from diabetesfoodhub.org