

recipes

11.20
2024

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

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How to Freeze Collard Greens

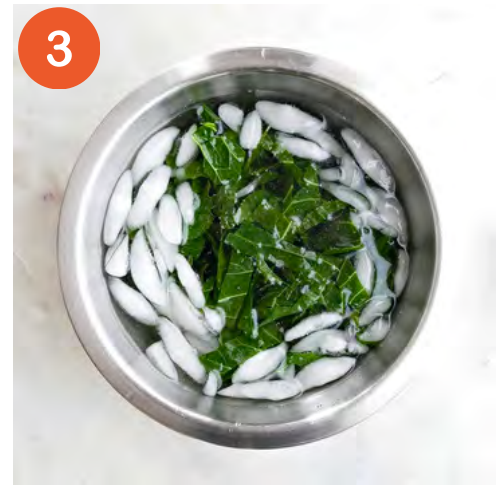
Prep your collards in advance of Thanksgiving to make your cooking day a lot easier!



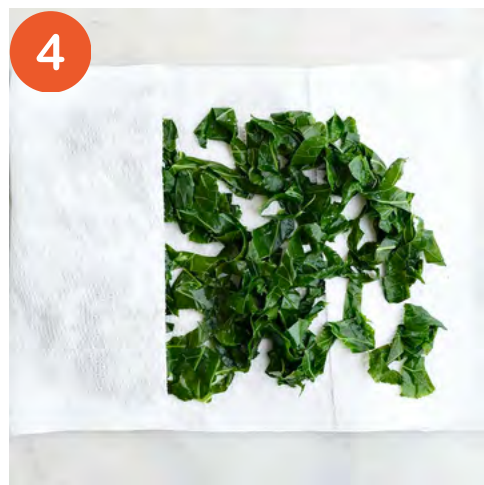
1 Prepare the collard greens by washing them under water and patting them dry. Then, remove the stems and slice them into strips or roughly chopped pieces.



2 Bring a large pot of water to a boil. Drop the collard greens into the pot and cook for 3 minutes.



3 Immediately transfer the blanched collard greens to a bowl of ice water with a slotted spoon. Let them sit in the water for a few minutes to stop the cooking process.



4 Drain the greens and remove as much water as possible. Pick up a bunch of greens and squeeze it in your fist over the sink. Then put all of the squeezed greens in between paper towels and blot out the rest of the water.



5 Arrange the greens into balls and place on a baking sheet. Put the baking sheet in the freezer until frozen solid, about 1 to 2 hours.



6 Transfer the greens to a freezer-safe bag or container. Remove as much air as possible and seal tightly. Store frozen collard greens for up to 6 months in the freezer, but use within 3 months for best results.

*Adapted from
itsavegworldafterall.com*

**UP NEXT: ORDER DEADLINE IS ONE DAY EARLY BECAUSE OF THANKSGIVING!
ORDER BY WEDNESDAY, NOV 27. PICK-UP WEDNESDAY, DEC 4.**

Banana Overnight Oats

Prep your breakfast the night before and help make your Thanksgiving morning stress-free!

Ingredients

- 1/2 mashed ripe banana
- 1/2 cup rolled oats, regular or gluten free
- 1/2 cup milk of choice
- 2 Tablespoons chopped pecans or walnuts
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Dash of sea salt
- 2 teaspoons light maple syrup or honey



Directions

1. Mash the banana in the bottom of a bowl or jar that can be sealed. Combine all other ingredients and stir well to combine.
2. Refrigerate overnight or at least about 4 hours. Serve hot or cold.
3. Garnish with some sliced banana or more nuts if desired.

Adapted from lemonsandzest.com



Sugar-Free Cranberry Sauce

This sugar-free cranberry sauce recipe is perfect for your diabetic-friendly holiday meal planning!

Ingredients

- 1 teaspoon cornstarch
- 1 cup Splenda No Calorie Sweetener, Granulated
- 1/2 cup water
- 3 cups fresh or frozen cranberries
- 1 medium orange, peeled and sectioned



Directions

1. Combine cornstarch, Splenda Granulated Sweetener and water in a medium saucepan.
2. Stir until Splenda Granulated Sweetener and cornstarch dissolve.
3. Stir in cranberries and orange sections; bring mixture to a boil, stirring constantly, over medium-high heat.
4. Reduce heat, and simmer, stirring often, 5 minutes or until cranberry skins begin to pop and mixture begins to thicken.
5. Set aside to cool. Cover and chill at least 3 hours.
6. Serve cold or warm (warm in the microwave for 10 seconds and stir).

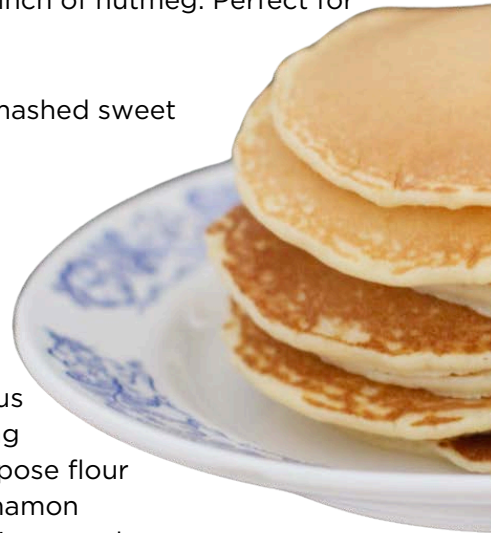
Adapted from diabeticgourmet.com

Sweet Potato Pancakes

Fluffy sweet potato pancake recipe using leftover mashed sweet potatoes (or freshly baked) with cinnamon, and a pinch of nutmeg. Perfect for breakfast!

Ingredients

- 1 cup leftover mashed sweet potatoes
- 2 large eggs
- 1/2 cup milk
- 2 Tablespoons packed light brown sugar
- 1 Tablespoon Maple syrup plus more for serving
- 3/4 cup all purpose flour
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- Pinch nutmeg
- 2 Tablespoons melted butter plus more for cooking



Instructions

1. Place mashed sweet potatoes in a large bowl. Add eggs, milk, brown sugar and maple syrup and whisk until combined.
2. Sprinkle flour, cinnamon, baking powder, salt and nutmeg on top of the sweet potato mixture and stir until smooth. Add melted butter and mix until combined.
3. Set a large nonstick skillet over medium heat and add a small pat of butter. Once melted, drop 1/3 cup portions of the sweet potato batter onto the preheated skillet. Cook until bubbles form on the top of the pancake, 2 to 4 minutes, then flip and cook for an additional 2 to 3 minutes. Repeat process until all of the batter has been used, you should end up with about 8 pancakes.
4. Serve warm with maple syrup.

Adapted from feelgoodfoodie.net



How long can you leave Thanksgiving dinner on the table? How long can leftovers be kept in the fridge? What's the best way to freeze leftovers?

Store your Thanksgiving leftovers safely and quickly with advice from the experts.



<https://bit.ly/StoringThanksgiving>

OR SCAN THE CODE



WITH YOUR PHONE

