

## Chicken Salad with Grapes



### Ingredients

- 4 cups shredded chicken, or two 8 oz. cans of chicken, drained
- 1 1/2 cups grapes, quartered
- 1 cup celery, diced
- 1 cup apples, chopped
- 1 cup plain Greek yogurt
- 3 Tablespoons lemon juice
- 1 Tablespoon Dijon mustard
- 1/3 cup dill, roughly chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions

1. Add your chicken, celery, grapes, yogurt, lemon juice, Dijon mustard, dill, and salt and pepper to a medium bowl. Mix well to combine. Adjust according to taste.
2. Enjoy! Serve in a sandwich, salad, or however you like! For the best flavor, let chill in the fridge for a few hours.

*From FoodShareSC Culinary Medicine Kitchen*

## Spicy Okra



### Ingredients

- 1 Tablespoon canola oil
- 1 yellow onion, diced
- 2 medium tomatoes, chopped
- 1/4 (4-ounce) can mild diced green chilies, drained
- 2 cups baby cut okra, frozen
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1/2 teaspoon ground cumin

### Instructions

1. Heat oil in a medium skillet over medium-high heat. Sauté onion for 3 minutes or until lightly browned.
2. Add tomatoes and chilies to skillet. Cook for additional 8 minutes, stirring often.
3. Add okra and continue to stir gently for 5 minutes or until okra is tender.
4. Stir in all seasonings, let simmer for 2-3 minutes and serve.

*Adapted from Eating Healthy in a SNAP published by South Carolina DHEC SNAP-Ed.*

## HOW TO FREEZE OKRA FOR LATER!

1. Wash the okra pods thoroughly and cut them into bite-size pieces, if desired.
2. Bring a large pot of water to a boil over high heat. Meanwhile, prepare a large bowl of ice water.
3. Carefully add the okra to the boiling water; cook until the pods turn bright green, about 30 seconds.
4. Using tongs or a slotted spoon, quickly transfer the pods to the ice water and let them cool for a few minutes. Remove the pods from the ice water and pat dry with paper towels.
5. Spread the pods out in a single layer on a parchment paper-lined baking sheet, making sure the pods are not touching each other, so they don't stick together when they freeze. Place the baking sheet in the freezer for about an hour, or until the pods are frozen.
6. Remove the baking sheet from the freezer and place the frozen okra in zip-top plastic freezer bags or in an airtight plastic container. Store in the freezer for up to a year.

*From eatingwell.com*

**NEXT  
DATE:**



**ORDER BY THURSDAY, APR 24. PICK-UP WEDNESDAY, APR 30.  
ORDER BY THURSDAY, MAY 8. PICK-UP WEDNESDAY, MAY 14.**

## Oven Fried Okra



### Ingredients

- 4 cups fresh-cut okra
- 1 cup crushed corn flakes
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 Tablespoon grated Parmesan cheese
- Cooking spray or 2 tablespoons oil

### Instructions

1. Preheat the oven to 425 degrees. Combine the corn flakes, salt, pepper, and Parmesan cheese in a gallon-size ziplock bag or bowl.
2. In a separate bowl, gently toss the okra with oil or cooking spray until evenly coated.
3. In the meantime, add the okra a little at a time to the bag and shake until coated. Carefully add the okra to the baking sheet.
4. Bake for 15-20 minutes, or until tender, turning the okra halfway through baking. To get a nice golden brown, increase oven heat to broil and watch carefully, stirring as needed.

*Adapted from [lifeloveandgoodfood.com](http://lifeloveandgoodfood.com)*

## BBQ Shrimp, Apple, & Cauliflower Skewers



### Marinade

- 1/4 cup olive oil
- 2 Tablespoons soy sauce
- 2 Tablespoons tomato paste
- 2 Tablespoons light brown sugar
- 2 Tablespoons apple cider vinegar
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 4 garlic cloves, minced (or substitute 1/2 teaspoon garlic powder)
- Kosher salt and freshly ground black pepper

### Skewers

- 2 apples, cut into 1-inch cubes
- 1 pound peeled and deveined shrimp (you can substitute chicken, if desired)
- 1 head cauliflower, stems removed and cut into florets
- 1 Tablespoon lemon juice
- Barbecue sauce for serving (optional)

### Instructions

1. Mix together all ingredients for the marinade in a large bowl.
2. Divide between two zipper-top bags or Tupperware containers.
3. Add the shrimp to one container and the cauliflower to the other container. Toss to coat.
4. Place in the fridge and let marinate for 2-6 hours.
5. When ready to cook, toss the apples with the lemon juice.
6. Alternating between the three, thread the apples, shrimp, and cauliflower onto skewers.
7. Preheat a grill over medium-high heat.
8. Add the skewers to the grill and cook for 5-7 minutes, flipping halfway through, until shrimp are just opaque and pink. (Grill 12-15 minutes if using chicken.)
9. Serve immediately with barbecue sauce if desired.

*Adapted from [fruitsandveggies.org](http://fruitsandveggies.org)*



## Could you be eligible for help with your food budget?

Find out if you may be eligible for SNAP and an estimated amount of benefits you could receive.

<https://bit.ly/4hh5YrR>

