

recipes

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

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*How can we better serve you and your family?
How can we make the Fresh Food Box better?*

WE WANT TO HEAR FROM YOU!

**PLEASE JOIN US IN-PERSON
OR ONLINE FOR A FOODSHARE
COMMUNITY CHAT**



TUE., JULY 15, 6-7:30 PM
201 COLUMBIA MALL RD
COLUMBIA, SC 29223

**ATTEND AND BE ENTERED
INTO A DRAWING FOR A
FREE FRESH FOOD BOX!**

**REFRESHMENTS WILL BE
SERVED!**



**USE LINK OR SCAN QR
CODE TO REGISTER!**



<https://bit.ly/FoodShareCommunityChat>

Plum Cucumber Salad

Ingredients

- 4 black or red plums, diced
- 1 cup cucumbers, diced (about 1 medium cucumber)
- 1/4 onion, diced
- 3/4 bell pepper, diced (any color)
- 1 1/2 Tablespoon balsamic vinegar
- 1 Tablespoon oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Cilantro, to taste chopped, optional

Instructions

1. In a large bowl combine plums, cucumber, onion, pepper and cilantro (if using).
2. In a small bowl, whisk vinegar, oil, salt and pepper or combine ingredients in a small jar and shake.
3. Add dressing to the salad and toss.

From huskynutritionsport.education.uconn.edu



Garden Frittata

This frittata with its blend of colorful vegetables and fresh eggs makes a deliciously nutritious single-dish meal for breakfast, brunch or supper.



Ingredients

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red or white potatoes
- 1/2 Tablespoon oil
- 1 bunch kale
- 1/4 cup chopped onion
- 1/2 cup, chopped cherry tomatoes

Instructions

1. Beat eggs, pepper and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube. (Alternate method without microwave: Cube potatoes and boil five minutes until slightly soft, drain.)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a large pan. Sauté vegetables for 5-8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes.

Adapted from fruitsandveggies.org

**NEXT
DATE:**



ORDER BY THURSDAY, JUL 17. PICK-UP WEDNESDAY, JUL 23.
ORDER BY THURSDAY, JUL 31. PICK-UP WEDNESDAY, AUG 6.

Savory Kale Cottage Cheese Muffins

Speckled with kale, these savory cottage cheese muffins are a vegetarian breakfast option that's easy to prepare!

Ingredients

- 1 cup cottage cheese
- 4 eggs
- 1/4 cup oil
- 1 1/4 cups whole wheat flour
- 1 teaspoon garlic powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup finely chopped kale - from about 8 to 10 leaves, stems removed
- 1/3 cup shredded parmesan cheese - for topping



Instructions

1. Preheat the oven to 350°F. Use a silicone muffin pan, put liners in your standard muffin pan or thoroughly grease the cavities with cooking spray.
2. In a large mixing bowl, whisk together the cottage cheese, eggs, and oil.
3. In a measuring cup, stir together the flour, garlic powder, baking powder and soda, and salt.
4. Add the dry ingredients to the wet ones. Use a rubber spatula to stir until just combined, being careful to not overmix.
5. Fold in the finely chopped kale
6. Spoon the batter into the prepared muffin pan, dividing it evenly among the 12 cavities.
7. Sprinkle each cavity with parmesan cheese.
8. Bake for 18 to 22 minutes until lightly browned on top and cooked through. A toothpick inserted in the center of a muffin should come out clean.
9. After baking, cool muffins for a bit while they are still in the pan. Then, gently move them to a plate or rack to completely cool.

Adapted from itsavegworldafterall.com

What is Dinosaur Kale?

Dinosaur kale is named for the bumpy, textured appearance of its dark blue-green leaves, which are said to resemble the skin of a dinosaur.

It is also known as Lacinato kale or Tuscan kale. It's sweeter and less bitter than other types of kale and packed with healthy nutrients. Store dino kale loosely wrapped in plastic in the refrigerator for 5 to 7 days. Put off washing until you're ready to use it. Once cooked, it can be refrigerated and eaten within a few days.

More info: <https://bit.ly/dinokale>



Citrus Chickpea and Kale Salad with Orange Vinaigrette Dressing



Salad Ingredients

- 1 bunch of Kale
- 2 Oranges, peeled and sliced
- 15 ounce can Garbanzo Beans (Chickpeas)
- 1 Tablespoon Oil
- 1/2 teaspoon Paprika or chili powder
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper

Salad Instructions

1. Drain, rinse and dry the chickpeas well.
2. Spread them out onto a kitchen towel and lightly press to remove as much water as possible.
3. Add the chickpeas to a bowl along with the oil and paprika/chili, salt and pepper. Toss to coat well.
4. In a pan over medium-high heat, add the chickpeas and saute for about 10-15 minutes. Be sure to stir the chickpeas often so all sides can get crispy.
5. When you have reached your desired crispness, remove from the pan and set aside.
6. To prep the kale remove the stems and chop or rip into bite sized pieces.
7. In a bowl rinse and drain the kale and massage for 30 seconds or so.
8. Add orange slices, chickpeas and orange dressing or dressing of your choice and enjoy!

Dressing Ingredients

- 1/4 cup freshly squeezed orange juice, about 1 medium orange
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon spicy or yellow mustard
- 2 teaspoons honey
- Pinch of black pepper

Dressing Instructions

1. Place all ingredients in a bowl or jar.
2. Whisk ingredients together, or shake well in a jar.
3. Serve over salad and keep the leftovers for up to 1 week in your refrigerator!

From FoodShare-SC Culinary Medicine Teaching Kitchen & allrecipes.com