

recipes

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

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Let's Talk Portabella!

Portabellas are a hearty, savory, meaty variety of mushrooms with loads of umami, making them an ideal choice for both meat and meatless dishes. The original veggie burger, a grilled or sauteed portabella cap can satisfy the heartiest of appetites. They steal the show in dishes that show off their large size, rich flavor and steak-like texture, and are an ideal choice as a whole-ingredient meatless alternative.



WAYS TO USE THEM



BURGER



GRILL



PIZZA



RAW



SAUTE

For nutrition facts and shopping tips, and more recipes, visit

<https://bit.ly/3J7xWKu>



Keeping it fresh!

We are committed to providing high-quality produce in your FoodShare Fresh Food Box. **Summer heat can reduce the quality and shelf life of produce.** We encourage you to move your box to a cool area immediately after pickup. Leaving produce in a hot car or unrefrigerated spaces can negatively affect quality.



Roasted Portabella Caps



Ingredients

- 2-3 portabella mushrooms, stems removed
- 1/4 teaspoon salt, divided
- Ground pepper to taste
- 1/4 cup plain crushed cornflakes
- 2 Tablespoons grated cheese (parmesan or mozzarella)
- 1 Tablespoon minced parsley, fresh or dried
- 1 Tablespoon oil

Instructions

1. Preheat the oven to 450 degrees F. Coat a rimmed baking sheet or roasting pan with cooking spray.
2. Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with 1/8 teaspoon salt and pepper. Roast until tender, about 20 minutes.
3. Meanwhile, combine cornflakes, cheese, parsley, oil, the remaining 1/8 teaspoon salt and pepper in a small bowl.
4. Take the mushrooms out of the oven. Put around 2 spoons of the cornflake mix on each mushroom. Make sure it covers them well.
5. Return to the oven and roast until the mixture is browned, about 5 minutes.

Adapted from eatingwell.com

**NEXT
DATE:**



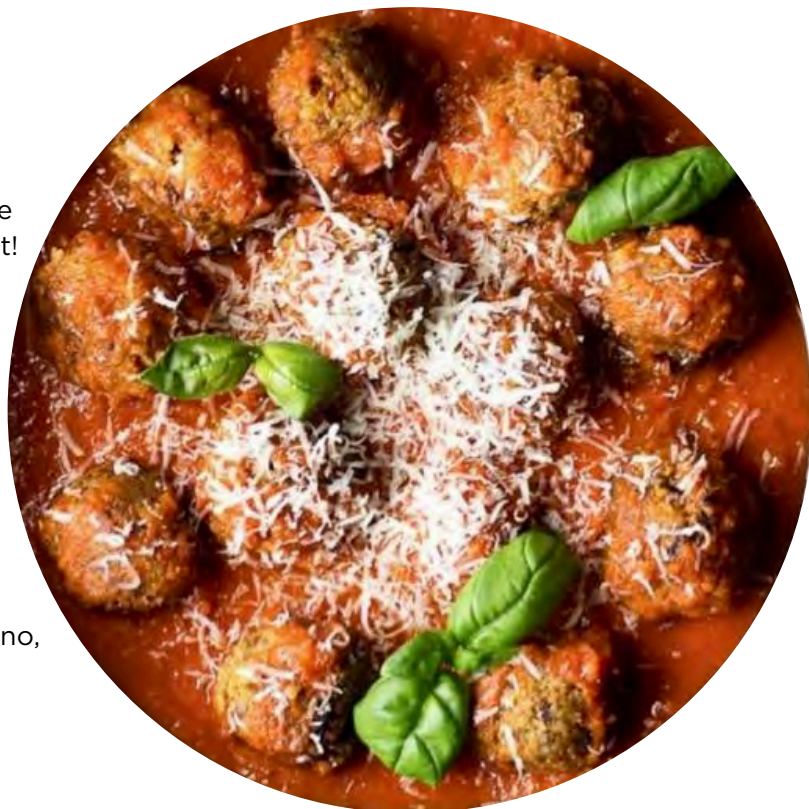
ORDER BY THURSDAY, AUG 28. PICK-UP WEDNESDAY, SEP 3.
ORDER BY THURSDAY, SEP 11. PICK-UP WEDNESDAY, SEP 17.

Mushroom & Chickpea Meatballs

Ready in 30 minutes, these meatballs are satisfying and hold their shape well. Go ahead and make these bite-size veggie-loaded meatballs for dinner tonight!

Ingredients

- 1 - 1 ½ Tablespoon oil
- 1/2 cups of onion, roughly diced
- 2 cups mushrooms, sliced
- 3 garlic cloves, roughly chopped or 3 teaspoons garlic powder
- 1 15-ounce can chickpeas, drained and rinsed
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Tablespoon Italian blend herbs (parsley, oregano, rosemary, basil)
- 2 Tablespoon vegetarian Worcestershire sauce
- 1 cup cornflakes, crushed
- 2 eggs, whisked



Instructions

1. In a large pan, heat oil over medium heat. Add onion and cook for 2 minutes. Add the sliced mushrooms.
2. Cook for 5 to 7 more minutes until they are brown and soft and the water is gone.
3. With 2-3 minutes remaining with the mushrooms, add the garlic. Remove from heat and set aside to cool.
4. In a food processor or blender, add chickpeas, salt, pepper, Italian herb blend, and Worcestershire sauce. Pulse 2-3 times until a very coarse mixture forms.
5. Add the mostly cooled mushroom mixture and continue pulsing as a more uniform, yet still slightly coarse, mixture forms. If the mushrooms are too hot, they will add extra moisture from the steam.
6. Add the crushed cornflakes and pulse until incorporated. Taste test and add additional salt as needed. Transfer the mixture to a bowl and stir in whisked eggs until fully incorporated.
7. Using your hands or spoon, form and roll 1 - 1 ½ inch meatballs, creating about 20-24 balls.
8. Coat a large pan in about ¼ inch of oil, and heat over medium heat. Add the "meatballs" to the heated oil, being sure to not crowd the pan.
9. Cook 1-2 minutes on each side, until golden brown. You may need to gently turn the meatball from underneath so the outside layer doesn't stick on the first side. Continue cooking in batches until all meatballs are cooked.
10. Top with warm tomato sauce. Enjoy!

Adapted from forkinthekitchen.com

Spinach & Cheese Squares

Ingredients

- Cooking spray/oil
- 3 eggs
- 1 cup flour
- 1 cup milk
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 cups of your favorite grated cheese
- 4 cups chopped spinach

Instructions

1. Preheat oven to 350F and grease a 9x13 inch pan with oil or cooking spray.
2. Beat eggs in a bowl and add flour, milk, salt, and baking powder.
3. Add cheese and spinach, mix well.
4. Spread into the pan and bake for 35 minutes.
5. Cool for 30 minutes. Cut into squares and serve!
6. These freeze well for up to 6 months! To re-heat, place in the oven until warmed through or under the broiler for 3-5 minutes.



Adapted from [The Junior League of Denver's Colorado Cache Cookbook](#)