

recipes

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

803-851-4461

info@foodsharesc.org

09.17.2025

Cabbage and Apple Slaw



Ingredients

- 3 Tablespoons lemon juice
- 2 teaspoons Apple Cider Vinegar
- 1 Tablespoon honey
- 2 teaspoons Dijon mustard
- 3 Tablespoons oil
- ¼ cup plain yogurt
- 1 large carrot
- 2 ribs celery
- ¼ medium red cabbage
- 2 Green apples
- Salt to taste

Instructions

1. Whisk together the lemon juice, vinegar, salt, mustard, oil and yogurt.
2. Shred or thinly slice the carrot, celery, cabbage and apples. Toss immediately with the dressing.
3. Serve as a side or on your favorite sandwich or tacos!

Notes/Variations

- Any vinegar will work, but Apple Cider Vinegar is preferred!

Adapted from cooking.nytimes.com

Seared Red Cabbage Wedges



Ingredients

- 1 head of red cabbage, cut in 8 wedges, core intact so that the wedges stay together
- 3 Tablespoons oil (more as needed)
- Salt, to taste
- Black Pepper, to taste

Instructions

1. Heat the oil over medium-high heat in a pan.
2. When it is very hot, place as many cabbage wedges as will fit in one layer in the pan.
3. Cook for three to five minutes until golden brown on one side.
4. Using tongs or a spatula, turn over and cook on the other side until tender, nicely browned and crispy on the edges, about five minutes.
5. Season generously with salt and pepper, and serve hot.

Adapted from cooking.nytimes.com



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DATE:**



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Red Cabbage and Apple Soup



Ingredients

- 2 Tablespoons oil or unsalted butter
- 1 Tablespoon honey
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon freshly grated nutmeg
- 1 head of red cabbage, cored and shredded
- 1 medium onion, chopped
- 2 to 4 Green apples
- 1 cup thick Greek-style plain yogurt
- 7 cups water
- 1 to 3 Tablespoons lemon juice (to taste)
- Black Pepper, to taste
- Salt to taste

Instructions

1. Heat the oil or butter over medium heat in a large pot and add the onion.
2. Cook, stirring often, until it begins to soften, about 3 minutes.
3. Add the spices and stir together for another few minutes, until the onion is tender.
4. Stir in the cabbage and a generous pinch of salt and cook, stirring, until the cabbage is limp, about 5 minutes.
5. Add the water, honey and salt to taste and bring to a boil.
6. Reduce the heat, cover and simmer over low heat for 30 minutes.
7. Meanwhile, prepare the apples. Core one of them and slice it very thin.
8. Place slices in a bowl of water with 1 tablespoon of the lemon juice and set aside.
9. Core and either dice or slice the remaining apples. Add them to the soup, cover and continue to simmer for another 20 to 30 minutes, until the apples are tender and the soup is sweet and fragrant.
10. Add pepper to taste, and adjust salt. Stir in the lemon juice.
11. Serve, topping each bowl with a generous spoonful of yogurt and a few slices of apple.

Adapted from cooking.nytimes.com

Cauliflower & Chickpea Stew



Ingredients

- 2 Tablespoons oil
- 1 medium onion, chopped
- 1 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/4 teaspoon pepper
- 2 (14.5 ounce) cans no-salt-added crushed tomatoes, undrained
- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 cups cauliflower, chopped
- 1 medium onion, chopped
- 1/2 cup raisins
- 1 1/2 cups water, divided
- 1 (10 ounce) bag frozen, or fresh, chopped spinach
- 1 cup rice, uncooked

Instructions

1. In a large saucepan, add oil and heat over medium.
2. Add onion, cumin, ginger, pepper. Cook for 4-5 minutes, or until onions are tender, stirring occasionally.
3. Add tomatoes, chickpeas, cauliflower, raisins and 1/2 cup water. Bring to a boil.
4. Reduce heat and simmer for 15-20 minutes, or until liquid thickens, stirring occasionally.
5. Meanwhile, cook rice according to package directions.
6. Add spinach to vegetables. Cook 2-3 minutes, or until spinach is warm.
7. Serve over rice.

Adapted from choosehomemade.org



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