

recipes

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

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Delicious Greens



Ingredients

- 3 1/2 cups mustard greens (about 1/2 pound, rinsed, stems removed and coarsely shredded)
- 2 cups cabbage (shredded)
- 1 Tablespoon olive oil
- 2 Tablespoons garlic (minced) or garlic powder
- 1 onion (chopped)
- 1 Tablespoon vinegar

Instructions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Adapted from snappedny.org

Massaged Mustard Green Salad



Ingredients

- 2 bunches mustard greens
- 1/2 cup grated cheese
- 1/3 cup olive oil
- 1/4 cup lemon juice
- 3 large cloves garlic, minced or 3 teaspoons garlic powder
- 1 Tablespoon reduced-sodium soy sauce
- 1/2 teaspoon ground pepper
- 1/4 teaspoon salt

Instructions

1. Strip leaves from the stems (discard stems). Wash and dry the leaves.
2. Tear the leaves into small pieces and place in a large bowl.
3. Add cheese, oil, lemon juice, garlic, soy sauce, pepper and salt.
4. With clean hands, firmly massage and crush the greens to work in the flavoring.
5. Stop when the volume of greens is reduced by about half.
6. The greens should look a little darker and somewhat shiny.
7. Taste and adjust seasoning with more cheese, lemon juice, garlic, soy sauce and/or pepper, if desired.

Adapted from eatingwell.com

NEXT DATES



ORDER BY THUR, NOV 13. PICK-UP WED, NOV 19.
ORDER BY WED, NOV 26. PICK-UP WED, DEC 3.

Garden Stir Fry



Ingredients

- 2 Tablespoons oil
- 1 onion, sliced
- 1-2 cloves of garlic, minced or 1-2 teaspoons garlic powder
- 1/2 teaspoon ground ginger
- 3 Tablespoons low-sodium soy sauce
- 1/4 cup water
- 4 cups of washed mustard greens
- 2 cups dry brown rice, cooked according to package directions
- 1/8 teaspoon cayenne pepper, optional

Instructions

1. Heat oil in a large skillet or wok over medium-high heat.
2. Sauté onions until they begin to soften, about 3 minutes.
3. Add garlic and ginger to the onions and continue to cook for another minute or so.
4. Add soy sauce to the mixture.
5. Add the vegetables, pour in the water, and cover tightly (hint: if you are using hard vegetables, such as carrots, add these first and let them cook for five minutes or so before adding the rest of your vegetables).
6. Cook for 10-15 minutes, or until vegetables are tender but not mushy.
7. Serve over brown rice.

Adapted from extension.umd.edu



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<https://foodsharesc.org/recipes/recipe-collection/>

Honey Cinnamon Grapefruit



Ingredients

- 1 grapefruit, cut in half
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon

Instructions

1. Turn the oven on and set it to broil.
2. Loosen the segments using the grapefruit or paring knife, slicing along each section between the fruit and the papery membrane, and then along the peel edge as well.
3. Put the grapefruit halves, cut side up, on the baking pan. Drizzle each half with 1 teaspoon honey and sprinkle with the cinnamon.
4. Put the baking pan in the oven and broil until the grapefruit halves are bubbling and lightly browned, 3 to 5 minutes.
5. Set aside to cool a little bit, then enjoy warm.

Adapted from masnaped.org



KEEPIN' IT FRESH

Removing your Fresh Food Box from your vehicle immediately and storing produce promptly and properly helps keep it fresh longer, reduces food waste, and prevents spoilage by managing temperature and moisture.

WHAT GOES IN THE FRIDGE? STAYS ON THE COUNTER?

Check out **SAVETHEFOOD.COM** for an interactive storage guide with tips, tricks and other info to keep your Fresh Food Box contents fresh and tasty for as long as possible.



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