

recipes

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

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12.17.2025

Green Onion Omelete



Ingredients

- 3-4 sliced potatoes
- 1 tablespoon oil
- 3-4 eggs
- 3 tablespoons milk or half and half
- 1/4 teaspoon salt
- 1/2 cup ham, diced
- 1 cup tomatoes, chopped
- 1 tablespoon green onion, chopped

Instructions

1. In a large pan over medium heat, lightly brown potatoes in the oil for 5 to 10 minutes.
2. In bowl, add eggs, milk, and salt. Mix well
3. Stir in ham, tomatoes, and green onions.
4. Pour egg mixture over potatoes in the pan.
5. Cover pan and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
6. Cut the omelet into four pieces and serve.

Adapted from masnapped.org

Roasted Broccoli With Vinegar-Mustard Glaze



Ingredients

- 1-2 broccoli crowns, cut into 1½- to 2-inch-long florets
- 3 Tablespoons oil
- Salt and black pepper, to taste
- 1 Tablespoon unsalted butter
- 1 Tablespoon vinegar
- 1 Teaspoon Dijon mustard

Instructions

1. Preheat the oven to 450 degrees.
2. On a baking sheet, toss the broccoli with the olive oil, salt and pepper.
3. Arrange in a single layer, cut-sides down, and roast, without flipping, until browned and crisp-tender, 15 to 20 minutes.
4. Add the butter, vinegar and mustard to the broccoli on the sheet pan and toss until the butter's melted
5. Season to taste with salt and pepper.

Adapted from cooking.nytimes.com

NEXT DATE: **NOTE: SPECIAL FOODSHARE HOURS! CLOSED DEC. 22 - JAN 4, 2026.**
OUR FIRST DISTRIBUTION OF 2026 IS JAN 14. ORDER BY JAN 8, 2026.

Banana Crumble Cake



Ingredients

- For the Cake:
 - 3 bananas, mashed
 - ½ cup plain Greek yogurt
 - ½ cup unsweetened applesauce
 - 1 cup sugar
 - 1 teaspoon vanilla
 - 2 eggs
 - 1 ¾ cup All-purpose flour
 - ½ teaspoon salt
 - 1 teaspoon baking soda
- Streusel Topping
 - 1¼ cup all-purpose flour
 - ½ cup packed light brown sugar
 - ¼ cup granulated sugar
 - ¼ teaspoon salt
 - ½ cup unsalted butter melted and cooled

Instructions

1. Preheat the oven to 325 degrees and grease a 9x5 inch baking pan.
2. In a large bowl mix together mashed banana, Greek yogurt, applesauce, and sugar.
3. Mix in vanilla and eggs.
4. Add flour, salt, baking soda and mix until just combined – DO NOT OVER MIX – just until there are no remaining streaks of flour.
5. Pour into the prepared pan.
6. To prepare the streusel topping add all ingredients to a bowl and mix together with a spatula or using your hands until crumbly.
7. Bake for 25 minutes and spread over the streusel topping.
8. Place back in the oven for another 25 minutes, until the top is browned and a toothpick inserted into the center of the bread comes out clean.
9. Allow to cool completely before slicing.
10. Store in an airtight container at room temperature up to 5 days.

Adapted from lecremedelacrumb.com

Maple Roasted Rainbow Carrots



Ingredients

- 1 pound rainbow carrots
- 1/2 fresh cranberries or raisins
- ¼ cup maple syrup, divided
- 2 Tablespoon oil
- a few springs of thyme or dried sage
- 1 garlic clove, finely grated or 1 teaspoon garlic powder
- ½ teaspoon salt
- black pepper, to taste
- ¼ cup almond slivers, optional

Instructions

1. Preheat oven to 340° F and spray your baking sheet with cooking spray or line with parchment paper.
2. Trim the tops off the carrots and cut carrots into halves lengthwise.
3. Coat cranberries in 1 tablespoon of maple syrup.
4. In a separate bowl, combine oil, 3 tablespoons maple syrup, thyme leaves or dried sage (about 1 tablespoon), garlic, salt and a good pinch of black pepper.
5. Coat dry carrots in the maple mixture (keep any leftovers) and space them out on a large baking sheet,. If you have a large tray, place cranberries at the other end, if not use two separate trays.
6. Roast for about 20-25 minutes, until carrots are tender and the exterior slightly caramelized and cranberries are soft and jammy. If cranberries are done sooner, remove them from the tray with a spatula and set aside. If you have any leftover carrot marinade, pour over the carrots and cranberries half way through the baking time.
7. Toast almonds lightly in a hot pan until lightly browned and fragrant.
8. Mix roasted carrots and cranberries on a large bowl or plate.
9. Sprinkle with almonds and thyme or sage and enjoy!

NOTE: If using raisins, do not bake! Just add them to the carrots before serving.

Adapted from lazycatkitchen.com