

recipes

FEB
11
2026

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

803-851-4461

info@foodshare.sc.org

Blackberry Cookies



Ingredients

- 1 large egg
- 2 tablespoons lemon juice
- ½ cup oil
- ½ teaspoon vanilla extract or imitation extract
- ½ cup + 2 tablespoons granulated sugar
- 1¾ cups all purpose flour
- 1½ teaspoons baking powder
- 1 cup chopped blackberries

Instructions

1. Pre-heat oven to 350F line 1 or 2 baking sheets with parchment paper or spray with cooking spray.
2. In a large bowl whisk together the egg, juice, oil, vanilla and sugar, until well combined.
3. Add flour and baking powder and mix until combined, gently mix in the chopped blackberries just until combined.
4. Form into balls, about the size of a golf ball.
5. Place on baking sheets, and sprinkle with a little granulated sugar and bake for approximately 15 minutes.
6. Let cool completely and enjoy!

Adapted from anitalianinmykitchen.com

Carrot Ribbon Salad



Ingredients

- 8-10 Whole Carrots
- 1 Garlic clove minced of (1 Tablespoon Garlic Powder)
- Zest of 1 lemon/lime
- Juice of 1 lemon/lime
- 2 Tablespoons Oil
- 2 Tablespoons low sodium Soy Sauce
- Ground Black Pepper to taste
- Red Pepper Flakes (optional)

Instructions

1. Peel the carrots into ribbons. Starting at the top of the carrot, slide the peeler down the entire carrot until you have a ribbon. Continue until you have about 8 cups (but it doesn't have to be exact).
2. To make the sauce, mince one garlic clove and put in a bowl. Add the zest from 1 lemon, then juice that same lemon, or lime into the bowl. Add in the oil, soy sauce, black pepper, and optional red pepper flakes. Taste, and adjust seasonings to your liking.
3. Mix in the sauce with the carrot ribbons until all of them are coated.
4. Allow to sit for 10 minutes so carrots can absorb the flavors, serve and enjoy!

Recipe from Justin Henderson, USC Dietetic Student

NEXT BOX:



ORDER BY THURSDAY, FEB 19. PICK-UP WEDNESDAY, FEB 25.
ORDER BY THURSDAY, MAR 5. PICK-UP WEDNESDAY, MAR 11.

Shepherds Pie



Ingredients

- 1½ pounds ground beef
- 2 large carrots, peeled and shredded (about 2 cups)
- 1 teaspoon garlic powder
- ½ cup chopped onion or 1 teaspoon onion powder
- One 15-ounce can pinto beans, drained and rinsed
- One 14½-ounce can tomato soup
- 1½ cups shredded Cheddar cheese
- 1 cup corn kernels
- Kosher salt and freshly ground black pepper
- 4 cups mashed potatoes

Instructions

1. Preheat the oven to 375°F. Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place a large pan over medium-high heat. Put in the beef, carrots, garlic powder, and onion, or onion powder. Cook it. Break up the big chunks. Do this until the meat has no pink color and the carrots are soft. It takes about 5 minutes.
3. Drain excess fat.
4. Stir in the beans, tomato soup, cheese, and corn. Simmer until heated through, 2 to 3 minutes. Season with salt and pepper to taste.
5. To make the mashed potatoes, add potatoes to a large pot and cover with water (about 1 inch).
6. Bring to a boil and reduce heat to a simmer.
7. Simmer for 10-15 minutes until fork tender.
8. Drain potatoes and mash
9. Arrange the meat mixture evenly in the prepared pan. Spread the mashed potatoes evenly on top.
10. Bake until the meat mixture starts to bubble and the potatoes are heated through, about 15 minutes. Turn the oven to broil and broil until the top turns golden brown, 2 to 4 minutes.

Adapted from eatright.org

Sauteed Green Beans with Garlic



Ingredients

- ½ pound of green beans, trimmed
- 4 cups of water
- 1 clove of garlic, minced or 1 teaspoon garlic powder
- Salt & pepper, to taste
- Oil

Instructions

1. Bring 4 cups of water to a boil
2. Once the water is boiling, boil the green beans for about 5 minutes. The green beans should turn a nice bright green color
3. Drain the green beans
4. Heat a drizzle of oil in a pan
5. Once hot, add garlic and cook until fragrant, about 2-3 minutes
6. Add the green beans and salt and pepper to taste
7. Sauté green beans for about 4-5 minutes
8. Serve as a side along your favorite dish!

FoodShare-SC Culinary Medicine Teaching Kitchen

