

## Join Us for a Special Event

FEATURING

## Michael Twitty

James Beard Foundation

winner, Michael Twitty will

be in Columbia on **April 13**

Twitty, an African-American

Jewish writer, educator and

culinary historian is the author of **"The Cooking**

**Gene: A Journey Through African American**

**Culinary History in the Old South,"** a food

memoir that explores the African roots of

Southern cuisine. Most recently he published

**"Recipes from the American South,"** a cookbook

that blends iconic southern dishes with lesser-

known specialties, all framed by historical context

and cultural storytelling.

We are very excited that **Michael will be visiting**

**FoodShare at 11am on April 13** to cook and chat

with our Fresh Food Box program participants!

Are you interested in spending some time with

Michael? **Please call 803-545-5603 to sign up,**

**space is very limited.**



## Greens Quiche



### Ingredients

- 1 yellow squash, shredded or diced
- ½ cup mushrooms, diced
- 1 bunch of mustard greens, chopped
- 1 cup half and half
- 2 eggs
- ¾ cup of shredded cheese
- 1 pie crust
- 1 Tablespoon cornstarch
- Salt and pepper, to taste

### Instructions

1. Preheat the oven to 350F
2. Shred or dice squash
3. Place the squash in a cheese cloth or paper towel and squeeze to absorb excess water
4. Chop the mushrooms and mustard greens
5. In a bowl, whisk together the eggs, half and half, cornstarch, and cheese until well mixed
6. Season with salt and pepper
7. Add in all the veggies and mix again
8. Pour into the pie crust
9. Bake for about 25 minutes until set
10. Remove from the oven and allow to cool before serving

*From the FoodShare-SC Culinary Medicine Teaching Kitchen*

Michael will also present a talk at 6pm at the Koger Center on April 13. Purchase tickets using the QR link.



A Conversation with  
**Michael Twitty**  
and  
**Preach Jacobs**

**APRIL 13, 2026**

Doors Open at 5 p.m.  
Conversation at 6 p.m.

 Koger Center for the Arts  
UNIVERSITY OF SOUTH CAROLINA

**NEXT BOX:**



**ORDER BY THURSDAY, APR 16. PICK-UP WEDNESDAY, APR 22.**

**ORDER BY THURSDAY, APR 30. PICK-UP WEDNESDAY, MAY 6.**

## Pasta Primavera



“Primavera” [pree-muh-VEHR-uh] is Italian for “spring style”. With Spring here enjoy this pasta dish hot or cold and use any veggies you have on hand!

### Ingredients

- Salt and freshly ground black pepper
- 3 Tablespoons olive oil
- 1 box penne or any short pasta
- 1 cup frozen peas
- 1-2 cups of Mustard Greens, stems removed and chopped
- 3 green onions, thinly sliced
- 3 carrots, cut into matchsticks
- ½ cup mushrooms
- 1 yellow squash, sliced into half circles
- 4 garlic cloves, thinly sliced or 1 teaspoon garlic powder
- 3 tablespoons lemon juice
- ½ cup freshly grated Parmesan, plus more for serving
- Italian seasoning, optional to taste

### Instructions

1. Bring a pot of water to a boil and cook pasta according to package instructions. 2 minutes before the pasta is done, add the peas.
2. Drain the pasta and peas and set aside.
3. Heat a large pan over medium heat and add in the olive oil.
4. Add the onions and garlic and cook until fragrant, about 3 minutes.
5. Add the squash, mushrooms, carrots, and mustard greens. Cook for another 3-5 minutes until the vegetables are tender.
6. Add all ingredients to a bowl and season with salt, pepper, Italian seasoning, and lemon juice.
7. Mix well and top with cheese.
8. Serve warm or cold and enjoy!

*Adapted from [cooking.nytimes.com](http://cooking.nytimes.com)*

## Strawberry "S'Mores"



### Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, vanilla (2 tablespoons)

### Instructions

1. Slice the strawberries.
2. Add the yogurt and strawberries to 1/2 of graham cracker.
3. Top with the other 1/2 of graham cracker.
4. Enjoy right away!

*Adapted from [masnaped.org](http://masnaped.org)*

## Avo-Nana Oatmeal Bites

### Ingredients

- 2 cups rolled oats
- 1/2 teaspoon cinnamon
- 1 medium ripe banana
- 1/2 ripe Avocado, seeded and peeled
- 1/4 cup peanut butter
- 1/4 cup maple syrup or honey
- 1 teaspoon vanilla extract or imitation extract
- 3 Tablespoons mini chocolate chips, optional



### Instructions

1. In a small bowl, mix together the oats, cinnamon
2. Peel the banana and avocado.
3. Using a fork, mash the banana and avocado in a separate bowl. Add the peanut butter, maple syrup (or honey), and vanilla extract and mix.
4. Combine the ingredients in both bowls, add chocolate chips if using and mix together.
5. Cover the bowl with plastic wrap and refrigerate for at least an hour
6. Scoop 1 ½ Tablespoons of the mixture and roll into balls. Place in an airtight container and refrigerate. Enjoy!
7. For an extra crunch try adding chopped nuts of your choice to the top of each ball!

*TIP: For an extra crunch try adding chopped nuts of your choice to the top of each ball!*

*Adapted from [californiaavocado.com](http://californiaavocado.com)*