

This summer, South Carolina's children won't receive the \$120 in food benefits that kids in 38 other states will. We're building a story map for Palmetto State families — you are the ones closest to this reality, and you should be the ones writing the story.



\*Participation is anonymous

What do you wish people in South Carolina understood about getting food on the table? Would SUN Bucks help?

If someone sat at your table, what would they learn about you and your family?

What is the change you want to see in South Carolina?

Submit your story to  
our Story Map!

Scan this code to fill out our form or visit our website to learn more:



[www.palmettotableportraits.com](http://www.palmettotableportraits.com)

## Baked Zucchini Sticks



### Ingredients

- 4 medium zucchini
- 2 eggs
- ½ cup water
- ¼ cup grated parmesan cheese
- 1 ½ cups bread crumbs
- 1 Tablespoon Italian seasoning

### Instructions

1. Cut zucchini into sticks about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat dry with a paper towel.
3. Mix eggs and water together in a small bowl.
4. Mix cheese, bread crumbs and herbs together in another small bowl.
5. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
6. Arrange zucchini in rows on a lightly greased baking sheet.
7. Broil until golden brown, about 12 to 15 minutes. Turn while cooking, after about 8 minutes.
8. Refrigerate leftovers within 2 hours.

*Adapted from foodhero.org*

**NEXT BOX:**



**ORDER BY THURSDAY, APR 30. PICK-UP WEDNESDAY, MAY 6.**  
**ORDER BY THURSDAY, MAY 14. PICK-UP WEDNESDAY, MAY 20.**

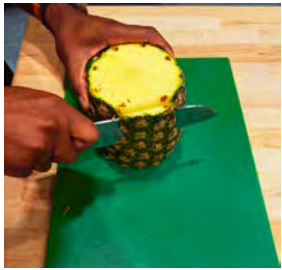
## How to Cut a Pineapple

Cutting a pineapple may look tricky at first, but it's simple once you know the steps. With a few basic cuts, you can quickly remove the tough outer skin and slice the fruit into clean, ready-to-eat pieces!



1

Use a large knife to cut off the top & bottom. This will give you a flat surface for safe cutting!



2

Stand the pineapple up and slice off the rind working from the top to the bottom.



3

Keeping the pineapple upright, cut down around the edges of the pineapple.



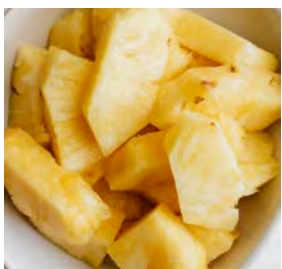
4

Lay the slices down flat and cut across.



5

To make chunk sized pieces, make cuts in the opposite direction.



6

Enjoy!

## Onion Fritter



### Ingredients

- ½ cup all-purpose flour
- 1½ Tablespoon cornmeal
- 1 Tablespoon baking powder
- ½ cup + 1 Tablespoon milk
- 2 Tablespoons oil
- 1 Tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- 2 cups chopped onions

### Instructions

1. Add oil to a pan. Place it over medium heat.
2. Line a small sheet pan or large plate with paper towels and set aside.
3. Add the flour, cornmeal, baking powder, salt, pepper, garlic powder, and paprika to a large bowl.
4. Mix to combine.
5. Add the cold milk and lemon juice to the bowl and stir until combined.
6. Add the diced onions to the bowl and stir to combine.
7. Spoon a heaping tablespoon of batter at a time into the hot oil. Avoid overcrowding the pan, making sure there's space between each spoonful. You will need to do this in multiple batches.
8. Cook each side for 3 to 4 minutes. The time depends on spoonful size. Then turn and cook the other side for 3 to 4 minutes. Do this until the batter turns crisp and golden.
9. Move the cooked onion fritters to paper towels. Let them drain extra oil. Keep cooking the rest of the batter. Eat right away plain or with your favorite dip.

Adapted from [carmyy.com](http://carmyy.com)