

recipes

Mo-Th: 9am-5pm & Fr: Closed

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JULY
29
2026

Quick Roasted Eggplant



Ingredients

- 1 eggplant, cut into 1-inch cubes
- 3 tablespoons oil, plus more as needed
- ½ teaspoon dried oregano
- Salt and black pepper

Instructions

1. Heat oven to 425 degrees, and line a sheet pan with parchment paper.
2. Place the eggplant on the prepared pan and drizzle with oil. Working quickly, toss with your hands until well coated. Season with the oregano and a ¼ teaspoon each salt and pepper; toss again.
3. Roast for 15 minutes, then toss. If the eggplant looks dry, drizzle with another teaspoon or two of oil. Roast until the eggplant is browned and tender but not falling apart, 10 to 15 minutes more.
4. Sprinkle with more salt and pepper. Serve hot or warm.

Adapted from nourishevolution.com

Blueberry Baked French Toast

Ingredients

- 5 cups whole grain bread cubes
- ½ cup fresh or frozen blueberries
- 4 eggs
- 1 ½ cups milk
- ¼ cup of sugar, divided
- 2 teaspoons vanilla extract or imitation extract
- 1 tablespoon butter
- ½ teaspoon ground cinnamon

Instructions

1. Lightly coat an 8 X 8-inch baking pan with cooking spray.
2. Add bread cubes to the baking pan and top with blueberries.
3. Crack eggs into a mixing bowl. Wash hands with soap and water after cracking raw eggs. Add milk, 2 tablespoons sugar, and vanilla to eggs. Whisk together.
4. Pour egg mixture over bread and blueberries. Cut butter or margarine into small pieces and place on top of bread cubes.
5. In a small bowl, combine remaining 2 tablespoons sugar with cinnamon and sprinkle over the top.
6. Bake about 45 minutes until eggs are set and reach a minimum internal temperature of 165 °F on a food thermometer.
7. Store leftovers in a sealed container in the refrigerator for up to four days.



Adapted from food.unl.edu

NEXT BOX:



ORDER BY THURSDAY, AUG 6. PICK-UP WEDNESDAY, AUG 12.
ORDER BY THURSDAY, AUG 20. PICK-UP WEDNESDAY, AUG 26.

Crispy Baked Parmesan Eggplant Fries



These Crispy Baked Parmesan Eggplant Fries will be the highlight of your week! They are crunchy on the outside. They are perfectly tender on the inside.

Ingredients

- 1-2 eggplants cut into 1/2" thick "fries"
- 3/4 cup cornmeal
- 2 tablespoons grated parmesan cheese
- Dash of cayenne pepper
- 2 eggs
- 1 tablespoon oil

Instructions

1. Preheat your oven to 400 F
2. To cut your eggplant easily, first slice off the ends. Then, cut it in half lengthwise. Next, use your knife to make "french fry" wedges from the eggplant.
3. After you cut the eggplant, add cornmeal, parmesan cheese, and cayenne pepper to a bowl. Mix them together.
4. In another bowl, beat 2 eggs.
5. Prepare a baking sheet. Dip each eggplant wedge into the egg bowl. Then, coat them evenly with the cornmeal mixture.
6. Place each coated wedge onto the baking sheet. Repeat this for all the eggplant pieces.
7. After all the wedges are coated, drizzle oil over them. Put them in the oven for 25 minutes or until they become golden and crisp.
8. Enjoy with marinara sauce or your favorite dipping sauce!

Adapted from foodheavenmadeeasy.com

Broccoli Fritters



Ingredients

- 1 medium broccoli head, chopped
- 1 can of cannellini beans (white kidney beans)
- 1 clove of garlic minced, or 1/4 teaspoon garlic powder
- 2 eggs
- 3/4 cup of flour
- 1/2 teaspoon salt
- 1/4 cup cheese (parmesan, cheddar, or mozzarella) grated
- 1/2 cup of milk
- 2 teaspoons oil
- Pepper to taste

Instructions

1. Bring a large pot of water to the boil.
2. Chop broccoli florets into medium size pieces, place into the boiling water, cook uncovered, about 5-8 minutes.
3. While the broccoli is cooking, beat the eggs. Next, add the eggs, garlic, flour, salt, cheese, milk, and pepper to a bowl. Mix them until it is smooth.
4. When broccoli is soft but still bright green remove from heat, drain and crush with a potato masher.
5. Drain and rinse the beans and add to the broccoli, mix/mash well.
6. Add the broccoli and beans to the batter.
7. Make 2 inch balls with the mixture and place in the pan heated with oil.
8. Press the fritters down with a spatula to make a patty shape.
9. Cook on each side for about 3 minutes until golden brown.

Adapted from theforkedspoon.com