

recipes

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

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AUG
12
2026

Cinnamon Apple Muffins



Ingredients

- 1 box of yellow cake mix
- 1-2 apples, cored and diced
- 2 cups of apple sauce, unsweetened
- 1 Tablespoon ground cinnamon

Instructions

1. Preheat the oven to 325F.
2. In a large bowl combine all ingredients until smooth.
3. Spray cooking spray in a cupcake pan.
4. Pour the mixture in each compartment about $\frac{3}{4}$ of the way full.
5. Bake for 15-18 minutes.
6. Remove from the oven and insert a toothpick in the middle of one of the muffins. If it comes out dry they are done.
7. Allow to cool for 10 minutes and enjoy!

from FoodShareSC Culinary Medicine Teaching Kitchen

Corn Salad



Ingredients

- 3 cups fresh corn, boiled, or grilled (about 2-3 ears of corn)
- 1 Tomato, cut into wedges
- $\frac{1}{3}$ cup crumbled feta
- 3 Tablespoons oil
- 1 lime, juiced
- Salt, to taste
- Black pepper, to taste
- $\frac{1}{4}$ red onion, finely chopped, optional
- $\frac{1}{4}$ cup fresh basil, thinly sliced, optional

Instructions

1. If boiling the corn, bring a pot of water to a boil.
2. Husk the corn and place in the water and boil for about 8-10 minutes.
3. Allow the corn to cool and cut the kernels off the cob.
4. In a large bowl, toss onion, corn, tomatoes, feta, basil, oil and lime juice; season with salt and pepper.
5. Serve and enjoy!

Adapted from delish.com

NEXT BOX:



ORDER BY THURSDAY, AUG 20. PICK-UP WEDNESDAY, AUG 26.
ORDER BY THURSDAY, SEPT 3. PICK-UP WEDNESDAY, SEPT 9.

Cabbage Caesar Salad



Ingredients

- ⅓ cup oil
- ⅓ cup grated Parmesan, or white cheese of your choice
- Salt and pepper
- 2 tablespoons lemon juice, more to taste
- 1 garlic clove, finely grated or minced
- 1 teaspoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- ¼ cup plain greek style yogurt
- 4 cups shredded cabbage

Instructions

1. To make the dressing in a bowl or jar combine the lemon juice, garlic, mustard, Worcestershire sauce and a pinch each salt and pepper.
2. Close the jar and shake well or mix well in a bowl.
3. Add the yogurt and oil, and mix/shake until smooth.
4. Taste and add more lemon juice, salt and pepper as needed.
5. In a large bowl, combine the cabbage and cheese and enough of the dressing to coat the cabbage.
6. Toss well, adding more dressing as needed.

Tips/Notes

- For an extra crunch add some croutons on top of this salad!

Adapted from cooking.nytimes.com

Sloppy Joe Baked Potatoes



Ingredients

- ⅓ cup dried lentils
- 2 russet potatoes
- ⅓ green bell pepper, diced
- 3 teaspoons oil
- 3 Tablespoons onion, diced
- 3 Tablespoons carrot, diced
- ⅓ (15 ounce) can of tomato sauce
- 1 teaspoon low sodium soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon garlic powder
- ½ teaspoon chili powder

Instructions

1. Cook lentils according to package directions.
2. While the lentils are cooking, scrub potatoes clean, pierce with a fork and microwave on high for 10 minutes, flipping once, until tender or bake them ahead of time in a 400-degree oven for 1 hour until soft.
3. Heat oil in a pan over medium-high heat.
4. Add the onion, carrot, and bell pepper, and cook, stirring, until tender (about 3 minutes).
5. Add the tomato sauce with the remaining ingredients and cook on medium-low heat for about 10 minutes.
6. When lentils are cooked, gently mix them into the tomato mixture and cook for about 5 minutes on low heat.
7. Cut a slit into each baked potato, squeeze potato to make an opening, and top with the tomato/lentil mixture.

Adapted from extension.umd.edu