

recipes

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

803-851-4461

info@foodsharesc.org

OCT
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Cabbage with Herb Butter



Ingredients

- 1 medium head green cabbage, cut into wedges
- 1/2 cup butter or butter substitute, melted
- 1/2 cup green onions, thinly sliced
- 1/4 cup fresh or dried parsley, minced
- 1 tablespoon lemon juice
- 1 1/2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 1/4 cup shredded cheddar cheese

Instructions

1. Remove the dark loose leaves and cut cabbage into about 12 wedges.
2. Place cabbage in a large saucepan and cover with water.
3. Bring to a boil, and lower the heat. Cover the pot and cook for 8-10 minutes. Stop cooking once it's tender.
4. Combine the butter, green onions, parsley, lemon juice, and thyme.
5. Drain the cabbage and transfer to a serving plate.
6. Drizzle with the herb butter and sprinkle with cheese.

Adapted from extension.umaine.edu

Roasted Radishes and Carrots



Ingredients

- 1 pound fresh radishes, quartered into 1-inch pieces
- 3 medium carrots, peeled and cut into 1-inch pieces
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice, about 1/2 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Instructions

1. Preheat the oven to 425F and line a large baking sheet with parchment paper.
2. In a large bowl, combine the radishes and carrots with olive oil, lemon juice, salt, and pepper. Toss to coat the veggies and transfer to the lined baking sheet.
3. Bake in the preheated oven to 18 to 20 minutes, stirring once or twice, until the veggies are golden brown and fork-tender.
4. Remove from the oven and serve.

Adapted from laurafuentes.com

NEXT BOX:



ORDER BY THURSDAY, OCT 15. PICK-UP WEDNESDAY, OCT 21.
ORDER BY THURSDAY, OCT 29. PICK-UP WEDNESDAY, NOV 4.

Buffalo Chicken Banana Peppers

Banana peppers are not spicy-hot, they're more tangy so they make a great contrast to spicy buffalo chicken dip, like in this recipe.



Ingredients

- 3/4 to 1 cup chopped cooked chicken, from can or leftover rotisserie
- 4 ounces cream cheese, softened (half an 8 ounce package)
- 1/2 cup shredded Parmesan cheese
- 1 1/2 teaspoons hot wing sauce or more to taste
- 1/4 teaspoon salt
- 6 banana peppers, halved and seeded

Instructions

1. Preheat oven to 400°. Line a rimmed baking sheet with foil or parchment paper.
2. In a medium bowl, stir together chicken, cream cheese, Parmesan cheese and wing sauce. Spoon mixture into banana pepper halves, and place on prepared pan. Bake for 15 minutes or until peppers are softened. Drizzle with additional hot wing sauce, if desired.
3. Garnish with hot wing sauce, hot honey, cilantro or however you like it.

From tasteofthesouthmagazine.com



Could you be eligible for help with your food budget? Find out if you may be eligible for SNAP and an estimated amount of benefits you could receive. Visit <https://bit.ly/4hh5YrR> or **scan this code** with your phone.

Roasted Eggplant Dip



Ingredients

- 1 eggplant
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 2 Tablespoons oil
- 1 (6 ounce) can tomato paste
- 1 garlic clove, minced or 1 teaspoon garlic powder
- Salt and pepper to taste

Instructions

1. Preheat oven to 350 F and bake the whole eggplant for about 15-20 minutes until fork tender
2. Allow to cool slightly and cut off the top and bottom of the eggplant
3. Place in a bowl and mash, set aside
4. In a pan, sauté onions and green pepper in oil until they are soft
5. Add tomato paste and simmer for 5 minutes
6. Add in eggplant, garlic, salt and pepper and simmer for 30 minutes
7. Remove from the heat and cool, then place in the fridge to chill
8. Serve with crackers and enjoy!

Notes

- This freezes well and can be kept in the freezer for 6 months! To thaw, place in the refrigerator overnight

Adapted from [Sea Island Seasons Cookbook](#)

