FOODSHARE SOUTH CAROLINA

recipes

OCT 21 2026

Mo-Th: 9am-5pm & Fr: Closed 803-851-4461 info@foodsharesc.org

Oven Roasted Celery



Ingredients

- 1 bunch celery
- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon rice vinegar
- Black pepper, to taste

Instructions

1. Wash celery stalks + remove any hard or browned ends. Cut each stalk into roughly 1/4-inch pieces.
2. Heat olive oil in a large pan over medium-high. When hot, add the minced garlic and cook for a couple of minutes, stirring frequently.
3. Add chopped celery to the pan along with soy sauce, rice vinegar, and black pepper. Cook for approximately 8 minutes, stirring every 30-or-so seconds. Celery should be tender, but still have a good crunch to it.

Adapted from walderwellness.com

Baked Butternut Squash



Ingredients

- 1 butternut squash, halved lengthwise and seeded
- 1 Tablespoon olive oil (or butter, cut into pieces)
- salt and ground black pepper to taste

Instructions

1. Preheat oven to 350° F.
2. Wash the squash and lay it on its side on a large sturdy cutting board. Use a sharp chef's knife to carefully slice off the top 1/2-inch (including the stem) of the squash, and discard, Cut the squash in half length-wise.
3. Place squash, **cut-sides down**, in a 9x13-inch baking dish. Pour 1-2 cups water into the dish around the squash halves.
4. Bake until tender and easily pierced with a fork, about 1 1/2 hours, adding more water as needed.
5. Remove from the oven and transfer each half to a plate, cut-side up.
6. Top each half with olive oil (or butter) and season with salt and pepper. Enjoy!

Adapted from allrecipes.com

NEXT BOX: ORDER BY THURSDAY, OCT 29. PICK-UP WEDNESDAY, NOV 4.
ORDER BY THURSDAY, NOV 12. PICK-UP WEDNESDAY, NOV 18.

Mustard Greens Garden Stir Fry



Ingredients

- 2 Tablespoons oil
- 1 onion, sliced
- 1-2 cloves of garlic, minced or 1-2 teaspoons garlic powder
- 1/2 teaspoon ground ginger
- 3 Tablespoons low-sodium soy sauce
- 1/4 cup water
- 4 cups of washed mustard greens
- 2 cups dry brown rice, cooked according to package directions
- 1/8 teaspoon cayenne pepper, optional

Instructions

1. Heat oil in a large skillet or wok over medium-high heat.
2. Sauté onions until they begin to soften, about 3 minutes.
3. Add garlic and ginger to the onions and continue to cook for another minute or so.
4. Add soy sauce to the mixture.
5. Add the vegetables, pour in the water, and cover tightly (hint: if you are using hard vegetables, such as carrots, add these first and let them cook for five minutes or so before adding the rest of your vegetables).
6. Cook for 10-15 minutes, or until vegetables are tender but not mushy.
7. Serve over brown rice.

Adapted from extension.umd.edu



¿PREFIERES LAS RECETAS EN ESPAÑOL?

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https://foodsharesc.org/recipes/recipe-collection/

4 Types of Onions & How to Use Them

Many recipes call for an onion, and our box this week has yellow onions. Here's a simple guide to picking the right type of onion for various dishes.



Yellow Onions

Good for all recipes—especially caramelizing. If a recipe doesn't specify what type of onion to use, your safest bet is a yellow onion.



Sweet Onions

Good for salads, relishes, garnishes. Popular sweet onions include Vidalias. If you're looking for an onion that tastes amazing raw in salads, relishes or chopped as a garnish, go for sweet onions.



Red Onions

Great on salads, sandwiches and other raw preparations because of the deep-purple color. With a peppery, spicy flavor to them, these are sweetest can easily be eaten raw or cooked.



White Onions

Great for Mexican dishes and grilling. Often used in prepared salads (potato and macaroni salads, for instance), white onions can be strong but they tend to have less aftertaste.

Onion Storage Tips

No matter the type, onions should be stored in a cool, dark place with plenty of ventilation. Remove onions from plastic bags immediately; plastic traps moisture and causes mold or rotting. Lay onions out loosely in wire baskets or hang them individually tied in sheer pantyhose or mesh sacks so they do not touch.

Never store onions and potatoes together. Potatoes release moisture and ethylene gas that make onions sprout and rot faster.

Avoid storing whole unpeeled onions in the refrigerator. They become soft and mushy in cold, humid refrigerator conditions.

Adapted from tasteofhome.com