FOODSHARE SOUTH CAROLINA

recipes

NOV 04 2026

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

Pan-Seared Garlicky Mushrooms



Ingredients

- 1 Tablespoon butter
- 1-2 Tablespoons olive oil
- 8 ounces mushrooms sliced
- 2-3 cloves garlic sliced

Instructions

1. Add 1 tablespoon butter to a large heavy bottomed skillet over medium high heat until it starts to melt. Add 2 Tablespoons of oil and the sliced mushrooms.
2. Let the mushrooms sear without moving for 2-3 minutes then toss occasionally, until the mushrooms start to brown and soften. Add the garlic and season with a pinch of salt and pepper and continue to cook, tossing occasionally, until deeply brown and caramelized, turning down the heat if needed.
3. Enjoy with some garlicky toast, over wheat pasta or brown rice.

Adapted from minimalistbaker.com

Pineapple & Cucumber Salad



Enjoy this sweet, refreshing salad alongside grilled meat or fish to cut through the richness. If you like a little heat, adding jalapeño will give you the kick you crave.

Ingredients

- 2 Tablespoons oil
- 2 Tablespoons lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 medium pineapple, peeled, cored and cut into bite-size pieces
- 2 cups halved and thinly sliced cucumber
- 1 small jalapeño pepper, seeded and finely chopped (optional)
- 1/2 cup chopped fresh cilantro (optional)

Instructions

1. Stir oil, lime juice, salt and pepper together in a large bowl.
2. Add pineapple, cucumber, jalapeño (if using) and cilantro(if using)
3. Stir well to coat.

Adapted from eatingwell.com

NEXT DEADLINES: ORDER BY THURSDAY, NOV 12. PICK-UP WEDNESDAY, NOV 18.

THANKSGIVING WEEK: ORDER BY WEDNESDAY, NOV 25. PICK-UP WEDNESDAY, DEC 2.

Lemon-Glazed Carrots



Ingredients

- 2 carrots, sliced 1/4-inch thick
- 1 tablespoon butter
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice
- 1 pinch salt and ground black pepper to taste

Instructions

1. Place carrots into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until carrots are tender, about 8 minutes. Drain.
2. Heat butter in a skillet over medium heat; cook and stir carrots, brown sugar, and lemon juice in the melted butter, stirring often, until sugar has dissolved, 2 minutes.

Adapted from allrecipes.com



KEEPIN' IT FRESH

Removing your Fresh Food Box from your vehicle immediately and storing produce promptly and properly helps keep it fresh longer, reduces food waste, and prevents spoilage by managing temperature and moisture.

WHAT GOES IN THE FRIDGE? STAYS ON THE COUNTER?

Check out **SAVETHEFOOD.COM** for an interactive storage guide with tips, tricks and other info to keep your Fresh Food Box contents fresh and tasty for as long as possible.

SCAN WITH PHONE CAMERA



The Perfect Baked Potato



We know what you're thinking. Everyone knows how to bake a potato! Why is there a recipe for it here? Well, we think this is the best baked potato recipe ever! The end result is perfectly crispy and flavorful on the outside, soft and fluffy on the inside, and so flavorful and delicious.

Ingredients

- Medium or large Russet potato, scrubbed clean of dirt
- 1–2 teaspoons olive oil
- Coarse Kosher salt
- Freshly-cracked black pepper

Instructions

1. Heat oven to 450°F. Line a large baking sheet with foil (or parchment), and if you have a wire cooling rack, place it on top of the baking sheet.
2. Using a dinner fork, poke the potato at least 10 times on all sides. Place the potato on the prepared baking sheet.
3. Bake for 25 minutes. Remove baking sheet from the oven.
4. Using a pastry brush, brush the outside of the potato with olive oil until it is completely coated on all sides. Sprinkle the potato with a generous pinch of Kosher salt, and place the potato back on the baking sheet reverse-side-up, so that it can cook evenly on both sides.
5. Bake for an additional 20 minutes. Using an oven mitt, carefully squeeze the potato to check for doneness. If the insides are soft and give under pressure, remove the potato from the oven. Otherwise, continue cooking in 5-minute increments until the potato is soft.
6. Using a small paring knife, slice halfway through the potato lengthwise. Then give it a gentle squeeze to open and serve immediately with your desired toppings.

Adapted from gimmesomeoven.com