FOODSHARE SOUTH CAROLINA

recipes

NOV 18 2026

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

Maple Candied Sweet Potatoes



Ingredients

- 4-5 sweet potatoes
- 1/3 cup maple syrup
- 1/3 cup apple cider
- 3 Tablespoons butter
- 1 cinnamon stick or 1 teaspoon cinnamon powder
- 2 whole cloves
- 1 teaspoon finely grated orange zest, optional

Instructions

1. To cook the sweet potatoes, wash them and prick all over with a fork.
2. Wrap in foil and bake in a 375-degree oven until very tender.
3. This can take anywhere from 50 minutes to 1½ hours, thinner potatoes cook more quickly.
4. Cool and peel.
5. Heat oven to 400 degrees.
6. In a small pot, combine syrup, cider, butter, cinnamon, cloves and orange zest.
7. Bring to a boil, then reduce heat and simmer until somewhat thickened, about 15 minutes.
8. Pour syrup over sliced sweet potatoes and bake, uncovered, until bubbling and brown, 25 to 40 minutes.

Adapted from cooking.nytimes.com

Homemade Cranberry Sauce



Ingredients

- 3 cups fresh cranberries (12 ounce bag)
- 3/4 cup sugar
- 1/2 cup water
- 1/2 cup orange juice

Instructions

1. Combine sugar, juice and water in a medium saucepan.
2. Bring to boil; add cranberries, return to boil.
3. Reduce heat and boil gently for 10 minutes, stirring occasionally. You'll see and hear the cranberries pop.
4. Cover and cool completely at room temperature.
5. Refrigerate until serving time.

Adapted from oceanspray.com



How long can you leave Thanksgiving dinner on the **table**? How long can leftovers be kept in the **fridge**? What's the best way to **freeze** leftovers?

Store your Thanksgiving leftovers safely and quickly with advice from the experts.

food network

https://bit.ly/StoringThanksgiving

OR SCAN THE CODE WITH YOUR PHONE

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

FOLLOWING WEEK: ORDER BY THURSDAY, DEC 10. PICK-UP WEDNESDAY, DEC 16.

Sukuma Wiki (Kenyan Collard Greens)

Looking for a different way to prepare your collard greens? Sukuma wiki is a delicious East African dish, made with a fragrant and delightful combination of collard greens, tomatoes, and spices. Serve it over brown rice or cauliflower rice. Ground turkey, ground chicken or lean beef are optional.



Ingredients

- 6 cups chopped collards
- 1 pound ground turkey cooked (optional)
- 2 Tablespoons olive oil
- 1 onion, diced
- 4 grape tomatoes, quartered
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon black pepper

Instructions

1. Sauté onions in olive oil on medium heat.
2. Add chopped tomatoes and stir for about 2 minutes.
3. Add cayenne pepper, bouillon, salt, and black pepper.
4. If using ground turkey, add it and stir.
5. Cook for 5-10 minutes on low heat.
6. Add chopped collard greens.
7. Stir and cook for 3-5 minutes or until your preferred crunchy level.
8. Serve over cooked cauliflower rice or brown rice.

Adapted from lowcarbafrica.com

Apple Cobbler



Ingredients

- 3 cups apples, chopped
- 1 egg
- 1/2 cup butter
- 1 Tablespoon lemon juice
- 1 cup sugar
- 1 cup biscuit mix or self rising flour

Instructions

1. Preheat oven to 375 F
2. Put apples in a 11 x 7 inch baking dish
3. Sprinkle lemon juice over apples
4. Mix sugar and flour in a bowl
5. Beat egg well, stir into sugar and flour until crumbly
6. Sprinkle over apples
7. Pour melted butter on top of this
8. Bake for 35 minutes.

Adapted from Sea Island Seasons Cookbook