



EST. 2020

# FOODSHARE

## KERSHAW COUNTY

FEEDING A NEED IN OUR COMMUNITY

### Banana Kiwi Smoothie

This tangy and mildly sweet smoothie is great to serve as a breakfast drink or as an afternoon beverage.

#### Ingredients

- 1 1/2 Ripe Kiwifruits
- 1 Ripe Banana
- 1/4 cup to 1/3 cup Orange Juice
- 1/2 tablespoon Honey



#### Instructions

- Peel and cut banana and kiwi fruits into medium pieces.
- Pour orange juice in the jar of a blender.
- Add chopped banana, kiwi and honey.
- Blend them until smooth. Kiwi banana smoothie is ready; pour it into a serving glass and serve.
- Check whether the consistency and taste of smoothie is according to your liking or not before filling up serving glasses. Add more orange juice to reduce thickness or add more banana to thicken it and blend again.
- For a variation you can substitute half a cucumber and half an apple in place of the banana, and throw in a handful of lettuce and half a cup of ice. That's the great thing about smoothies, you can experiment and make them your own!

*Adapted from foodviva.com & naturaljuicejunkie.com*

### Roasted Cabbage With Tomatoes

#### Ingredients

- 1 head cabbage, sliced into 1/2 inch slices
- 1 pint grape tomatoes
- 2 Tablespoons butter
- 1 Tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- salt & pepper, to taste



#### Instructions

- Preheat oven to 400 degrees.
- In medium bowl melt butter in microwave. Add olive oil, cumin, chili powder, garlic powder, onion powder, and Italian seasoning to bowl. Stir to combine. Set aside.
- Place sliced cabbage on baking sheet. Add tomatoes. Brush mixture of oil, butter, and spices onto cabbage. Salt/pepper, to taste.
- Roast for 30-35 minute or until cabbage is tender yet crunchy, flipping with tongs half way through. Serve.

*Adapted from sodamndelish.com*

### Tomato Kiwi Salsa

#### Ingredients

- 2 cups fresh tomatoes, cut into 1/4 inch pieces
- 1 1/2 cups ripe kiwi, diced
- 1/4 cup onion, finely diced
- 2 gloves garlic, finely minced
- 2 Tablespoons lemon juice
- 1 Tablespoon apple cider vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 Tablespoon fresh parsley or cilantro, finely chopped  
OR 1/2 teaspoon dried parsley or cilantro



#### Instructions

- Mix all ingredients well. Tastes best after flavors have a chance to mingle for 60 minutes.

*Adapted from nutritiontwins.com*

### Mark your calendars for the next Fresh Food Box pick-up!

**NEXT FOOD BOX ORDER DEADLINE IS Thursday, April 22, 2021**  
**FOOD BOX PICK-UP WILL BE Tuesday, April 27, 2021**



**Mobile Nutrition Center**

United Way of Kershaw County  
**uwkc.net**  
**803.432.0951**

## How to Eat A Kiwi

A kiwi's prickly, fuzzy exterior conceals a jewel-toned fruit with serious tang and juicy sweetness. But did you know you can actually eat kiwi skin? Learn more on how to prepare and eat kiwis in this guide.

### How to Ripen Kiwi

Like many fruits, you can ripen kiwis more quickly by placing in a brown paper bag with a banana or apple at room temperature. When they're ready to eat, kiwis should yield to slight pressure.

### How to Store Kiwi

Keep ripe fruits in the refrigerator up to 1 week.

### 4 Ways to Eat Kiwifruit

#### Scoop with a Spoon

First, cut off both ends of a kiwi. Then slip a teaspoon just under the kiwi fruit skin, matching the spoon's curve to the curve of the fruit. Slide the spoon around the kiwi to separate the fruit from the skin, being careful not to dig the spoon into the flesh. Once the spoon has been completely run around the fruit, it'll easily slip out of the skin in one smooth piece.



#### Apple-style

Whether you're looking for the easiest possible prep for a kiwi, or you have an adventurous spirit, this is for you. Just take a bite, skin and all. If the fuzziness bothers you, rub it off first to make that kiwi peel more appealing (we couldn't resist!).



#### Peel and Slice

Cut the ends off and peel with a vegetable peeler.

#### Juice It

Blend kiwi, whole or peeled, into a smoothie or squeeze it to extract the juice.

*Adapted from [tasteofhome.com](http://tasteofhome.com)*

## Missed a Food Box Recipe Card?



Check out our recipe archive on our web site to get ideas and tips for preparing healthy and tasty meals!

[www.uwkc.net/food-share-kershaw-county](http://www.uwkc.net/food-share-kershaw-county)

## Super Easy Roasted Vegetables



## Ingredients

- 3-6 red potatoes, unpeeled and sliced into 3/4-inch to 1-inch thick pieces
- 2 large carrots, peeled and sliced into 1/2-inch thick rounds
- 4 cloves of garlic, finely chopped
- 1 large or 2 medium zucchini, sliced into 3/4-inch thick rounds
- 2 green bell peppers, cut into 1-inch pieces
- 1 1/2 Tablespoons garlic salt, or to taste
- Freshly grated black pepper, to taste
- Extra light olive oil
- 1/2 cup shredded parmesan or mozzarella cheese

## Instructions

- Preheat oven to 450°F with the oven rack in the center of the oven. Line two baking pans with foil and generously coat with about 1 Tablespoon olive oil in each pan.
- Start with the vegetables that take longer to bake: place potatoes, carrots and 1/2 of chopped garlic into a large mixing bowl.
- Drizzle with 2 Tablespoons olive oil and sprinkle with black pepper and 1 Tablespoons garlic salt, or to taste. Stir to coat the veggies evenly. Divide this mixture into your two prepared baking pans and roast uncovered at 450°F for 10 minutes.
- In the same mixing bowl, combine remaining veggies: zucchini, bell pepper, remaining chopped garlic, 1 Tablespoon olive oil, black pepper and 1/2 Tablespoon garlic salt, or to taste and stir well to combine. Remove roasting pans from the oven and quickly place the additional mixed vegetables evenly over the top. Return to the oven and roast an additional 20-25 minutes or until potatoes are tender and easily pierced with a fork.
- Sprinkle the top with shredded cheese and place under the broiler for 1-2 minutes or until cheese melts.
- Bake for 40 minutes.

*Adapted from [natashaskitchen.com](http://natashaskitchen.com)*