

EST.

2021

FOODSHARE

PICKENS & O'CONNOR

Italian Oven-Roasted Vegetables

recipe adapted from evolvingtable.com



Serves 4

- 1 zucchini
- 1 yellow squash
- 1 red onion
- 2 bell peppers
- 1 cup mushrooms
- 3 tbs oil
- 3.4 tsp salt
- 1/4 tsp black pepper
- 1 1/2 tsp Italian seasoning

Instructions

1. Preheat oven to 425 degrees.
2. Place all chopped veggies in a large bowl. Lightly drizzle with oil and toss to combine. Sprinkle salt, black pepper, and Italian seasoning. Toss again until well mixed.
3. Line a baking sheet with parchment paper and place the veggies evenly in a single layer.
4. Roast for 25-30 minutes, stirring half way through.
5. Serve and enjoy!

Crustless Spinach & Mushroom Quiche

recipe adapted from budgetbytes.com



Serves 6

- 1.5 cups spinach, chopped
- 1 cup mushrooms
- 1 clove minced garlic
- 1/8 tsp salt
- 1 tbs oil
- 1/4 cup feta cheese
- 1/2 cup mozzarella cheese
- 4 large eggs
- 1/4 tsp pepper
- 1 cup milk

Instructions

1. Preheat the oven to 350 degrees.
2. Rinse the mushrooms and slice thinly.
3. Add the mushrooms, garlic, salt, and 1/2 tbs oil to a skillet over medium heat until the moisture has evaporated and no water remains in the skillet.
4. Grease a 9 inch pie plate with oil and layer the mushrooms, chopped spinach, and feta into the dish. Whisk the eggs together in a separate bowl and pour over the spinach and mushrooms. Top with shredded mozzarella.
5. Bake for about 50 minutes or until golden brown on the top. Slice and enjoy!

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