



# FOODSHARE GREENVILLE

powered by  MILL VILLAGE  
- FARMS -

**DON'T FORGET  
TO REORDER  
YOUR NEXT  
BOX!**

**JANUARY 10TH, 2024**

Cleaning produce before eating is important!

**Make sure to wash and refrigerate produce to get the best flavor & lifespan.**

Always wash your hands for 20 seconds with warm water & soap before and after preparing fresh produce.

***Ingredients from your box in each recipe are marked with \****

## CRUNCHY GINGER NOODLES

Serves: 4 Time: 45 minutes from recipe to table

Recipe from Yotam Ottolenghi of *New York Times Cooking*

### Ingredients

#### Broth:

- 2¼ cups vegetable stock
- 1 (4-inch) piece fresh ginger\*, roughly chopped (about ⅓ cup)
- 1 shallot\*, peeled and roughly chopped
- 1 small head of garlic, halved crosswise

#### Noodles

- 7 to 9 ounces soba noodles or spaghetti
- 2 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- Optional: ⅓ cup roughly chopped fresh cilantro

#### Crunchy Ginger:

- 1 (2-inch) piece fresh ginger\*, finely chopped (about 3 tablespoons)
- 1 shallot\*, peeled and finely chopped
- ¼ cup bread crumbs
- 1 tablespoon sesame seeds
- Kosher salt



### Instructions

1. Add all the broth ingredients plus ¾ cup water and 1 teaspoon salt to a medium saucepan, and bring to a simmer over medium-high heat. Cover once simmering, turn the heat down to low and cook for 25 minutes. Drain through a sieve set over a bowl, discarding the solids, and return the broth to the saucepan along with another 1¼ cups hot water. Keep warm over low heat until ready to serve.
2. Prepare the noodles: Boil them in a pot or saucepan according to package instructions, or for 5 minutes in plenty of boiling water. Drain well and run under cold water to stop the cooking. Return the drained noodles to the pot or saucepan and toss with the lime juice, soy sauce and cilantro (coriander).
3. Add 2 tablespoons oil to a skillet over medium-high heat. Once hot, turn the heat down to medium and add the ginger and shallot. Cook for 10 to 15 minutes, stirring often, until nicely browned and starting to crisp. Add the panko, sesame seeds and ¼ teaspoon salt, and cook for 4 to 6 minutes more, stirring often, until nicely toasted. Transfer to a bowl and set aside.
4. Divide the warm broth across four bowls, then use a fork to twist and gather the noodles and nest them in each bowl. Top with a spoonful of the ginger crumbs, serving the remaining alongside.



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## BALSAMIC ROASTED MUSHROOMS & CABBAGE

Serves: 4. Time: 1 hour from recipe to table

### Ingredients

- 1/2 red cabbage\*, sliced into thin sheets
- 8 oz mushrooms\*, thickly sliced
- 2 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



### Instructions

1. Preheat oven to 400 deg F.
2. Slice the cabbage into 1/4" thick strips, see picture, and cut mushrooms into 1/4-1/2" thick slices.
3. In a large bowl, mix together the olive oil, vinegar, thyme, salt, and pepper. Add the mushrooms and toss to coat, then pour the remaining liquid over the cabbage slices.
4. Spread in a single layer on a lined sheet pan and bake for 17-22 minutes, stirring mushrooms after 10 minutes to prevent sticking and get even browning. The mushrooms should shrink slightly and become golden brown, and the cabbage should become soft. If you'd like even browning on the cabbage, flip halfway through cooking.
5. Serve warm as a side dish, or use as a topping for a bowl with a grain like cous cous and a protein like chicken or shrimp.

## WHAT TO DO WITH CELERY

A head of celery always seems to yield more celery than I think it will, often getting forgotten at the bottom of the fridge. To avoid this, first ensure you are storing it well. To keep a whole head of celery fresh for longer, remove it from any packaging and wrap it in aluminum foil- this prevents moisture loss in the fridge while still allowing the ethylene gas it naturally produces to escape. If you have cut celery you'd like to keep fresh, store it in an airtight container filled with water, just make sure to change the water every few days.

Celery is a great addition to almost any soup or stew- perfect for the cold winter months. It is also a great midday snack- try it with peanut butter, ranch dressing, hot sauce, or cream cheese. Celery can also add a little crunch to most dishes. Slice it very thinly and add on top of a salad, chicken, noodles, or anything else!



# Don't lose your Medicaid benefits.

You may receive a Healthy Connections Annual Review Form in the mail from the South Carolina Department of Health and Human Services (SCDHHS). If you do, it's important to complete and return this form right away. If you don't, you could lose your Medicaid and Molina benefits.

## Need help? Call today.

- Healthy Connections Member Contact Center: (844) 549-0820
- SC Thrive: (800) 726-8774

Healthy Connections Medicaid members can renew online at [apply.scdhhs.gov](https://apply.scdhhs.gov) and click "Submit Annual Review". For more information on how to renew, visit [molinahealthcare.com/keepmyhealthplan](https://molinahealthcare.com/keepmyhealthplan)



# Keep your Healthy Connections Medicaid benefits! Renew today!



## Renewing your Medicaid coverage

- The South Carolina Department of Health and Human Services (SCDHHS) may send you a renewal form soon. This form is called the Healthy Connections Annual Review Form. You must complete and return the form to SCDHHS and any other required information.
- You may return your information online, by mail, fax, email or in person. We have added the information below.
- Once you complete and return the form and other required information, Healthy Connections will send you a letter to let you know if you still qualify for coverage.
- If you do not return the renewal form on time, you may lose your Medicaid and Molina Healthcare benefits.
- If you've moved or you have a new phone number or email, it's important to call Healthy Connections to give them your new contact information. Call (888) 549-0820 TTY: (888) 842-3620.

## How to renew

Step 1: Check Your Mail.

The South Carolina Department of Health and Human Services (SCDHHS) will send you a Healthy Connections Annual Review Form when it's time to renew your benefits.

Step 2: Fill Out Your Renewal Form.

Step 3: Send Your Completed Form Back.

## How to return your completed renewal form:

Healthy Connections Medicaid members are encouraged to complete their annual review online instead of completing a paper review form. Visit [apply.scdhhs.gov](https://apply.scdhhs.gov) and click "Submit Annual Review." You may also submit your renewal online by uploading it to the South Carolina Healthy Connections Document Upload Tool. This can be found at [apply.scdhhs.gov/CitizenPortal/](https://apply.scdhhs.gov/CitizenPortal/).

If you prefer to complete a paper review form, you may submit your completed paper review form in the ways listed below:

Fax: (888) 820-1204

Email: [8888201204@fax.scdhhs.gov](mailto:8888201204@fax.scdhhs.gov)

Mail: SCDHHS, Central Document Management

PO Box 100101 Columbia, SC 29202-3101

In Person: Visit [scdhhs.gov/members/where-go-help](https://scdhhs.gov/members/where-go-help) for a list of local eligibility offices.

Please take time to complete your application and return it as soon as possible.

### What to do if you need help:

If you need help completing the Healthy Connections Annual Review Form, please call one of the following:

- Healthy Connections Member Contact Center at (888) 549-0820. The Member Contact Center is open from 8 a.m.-6 p.m. Monday-Friday and 9 a.m.-2 p.m. on Saturday.
- SC Thrive at (800) 726-8774. For more information, visit [scthrive.org](https://scthrive.org).

You may also visit [scdhhs.gov/site-page/where-go-help](https://scdhhs.gov/site-page/where-go-help) to find the address to your local SCDHHS office for help.

### Who do I contact to get my annual review paperwork if I haven't received it?

If you have not received your annual review paperwork you can call the Healthy Connections Member Contact Center at (888) 549-0820. Make sure you have your member ID number before you call.

### Information you may need to renew your benefits:

- Social Security Numbers (or document numbers for legal immigrants who need insurance) • Employer and income information for you and everyone in your family. This includes paystubs, W-2 forms, or wage and tax statements)
- Policy numbers for your current health insurance
- Information about job-related health insurance available to you and your family

### What happens if your Healthy Connections Annual Review Form is not sent back on time?

You must return your review form by the due date provided on the form. If you do not, you may be at risk of losing your Medicaid benefits. Call SCDHHS at (888) 549-0820 if you think you missed your due date.

For more info, visit [MolinaHealthcare.com/keepmyhealthplan/SC](https://MolinaHealthcare.com/keepmyhealthplan/SC), scan the QR code below,

or

call our Molina Benefits Renewal line at (877) 373-8971, (TTY: 711). We're here to help!

