

Recipe Booklet!

South Frankfort Food Share
July 12, 2022

In Your Food Share

Kale - Cedar Rings Greens, Lost Acres Farm
Mint- Cedar Rings Greens
Cucumbers- Happy Jack's Farm
Squash/Zucchini - Blackberry Heaven, Morgan
Rae Farms, and Salad Days Farm
Onions- High Five Farm
Potatoes - High Five Farm
Cabbage- High Five Farm
Cherry Tomatoes- Salad Days Farm
Tomatoes- Happy Jack's Farm
Hot Pepper- Salad Days Farm
Carrots - Salad Days Farm
Mixed Greens- Lost Acres Farm

Learn more about our farmers at:

www.fcmarket.org

Southwestern Salad Mix

From Leah McCammom

From your Food Share: onion, tomato, zucchini,
cucumber

Ingredients:

- 1 can black beans, drained and rinsed
- 2 ears of corn shucked and cut off the cob
***or 1 can of corn drained and rinsed
- 2 red bell peppers, diced
- 1/2 a medium onion, diced
- 2 small cucumbers, cut into thin quarters
- 2 small zucchini, cut into thin quarters
- 1 large tomato, diced
- 2 heads of garlic, minced fine
- Juice of 2 large lemons
- 2.5 tsp salt
- 1 tsp black pepper
- *optional* add 1/2 bunch of cilantro, chopped

Directions:

Mix all ingredients together and allow at least 2 hours to chill, stir and serve

Mediterranean Variation:

From Leah McCammom

From your Food Share: onion, zucchini, cucumber

Ingredients:

- 1 can chickpeas, rinsed and drained
- 2 red bell peppers, diced
- 1/2 a medium onion, diced
- 2 cucumbers, cut into thin quarters
- 1 small zucchini, cut into thin quarters
- 2 heads of garlic, minced fine
- Juice of one large lemon
- 2.5 Tbsp red wine vinegar
- 3 Tbsp olive oil
- 2 tsp fresh oregano(or 1 tsp dried)
- 2 tsp salt
- 1 tsp black pepper

Directions:

Mix all ingredients together and allow to chill for at least two hours.

Simple Skillet Zucchini and Yellow Squash

From melskitchencafe.com

From your Food Share: zucchini, squash

Ingredients:

- 1/2 tablespoon butter
- 1/2 tablespoon olive oil
- 2 small zucchini, ends trimmed and diced
- 2 small to medium yellow crookneck squash, ends trimmed and diced
- Salt and pepper to taste
- Sprinkle of freshly grated Parmesan cheese, optional but yummy

Directions:

In a 10- or 12-inch nonstick skillet, heat the butter and olive oil over medium heat until hot and rippling.



Add the zucchini and yellow squash in as even a layer as possible (it should sizzle as it hits the skillet) and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Give it a good stir, add a touch more salt and pepper to taste if needed, and let it continue to cook, stirring only every now and then, until the squash is browning here and there and tender to your liking, about 5-7 more minutes.

Season with salt and pepper to taste and top with freshly grated Parmesan, if desired. Serve immediately.

Roasted Carrot, Kale, and Quinoa Bowl

From runningonrealfood.com

From your Food Share: carrots, kale

Ingredients:

For the Roasted Carrots:

- 8–12 medium whole carrots (2–3 carrots/ bowl)
- 1/2 teaspoon olive or avocado oil
- sprinkle of salt and pepper

For the Lemon Tahini Sauce:

- 5 tablespoon (75 g) tahini
- 3 tablespoon lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon garlic powder
- 1/2–1 teaspoon sea salt, to taste
- 2–6 tablespoon water to adjust consistency

For the Bowls:

- 2 cups cooked quinoa (1 cup dry, about 1/2 cup cooked per bowl)
- 4 cups de-stemmed and finely chopped kale (about 1 big handful per bowl)
- approx. 2 cups chickpeas (about 1/2 cup per bowl)
- 8 tablespoon pumpkin seeds (2 tablespoon per bowl)

Directions:

Preheat the oven to 425 degrees F.

To make the roasted carrots, give the whole carrots a good scrub to clean, chop into bite size pieces, then place on a baking pan lined with a

silicone baking mat or parchment paper. Drizzle with the oil and sprinkle with salt and pepper, then roll them around to coat.

Roast the carrots for 20 minutes, shake the pan, then continue roasting for another 10-15 minutes until the carrots can be pierced with a fork but still have some firmness to them.

To make the quinoa, bring 2 cups of water to a boil stovetop in a medium-sized saucepan.

Add the quinoa, cover and reduce heat to low. Lightly simmer for 15 minutes.

Remove from heat and let sit for 5 minutes, covered. Remove the lid and fluff with a fork.

To make the tahini dressing, add all the dressing ingredients to a bowl or container and until smooth and creamy. Slowly add water to adjust the consistency, it should be thick and creamy but pourable.

On a cutting board or in a bowl, drizzle the kale with 1/4 tsp olive oil or avocado oil. Massage and squeeze the kale for 1-2 minutes until softened.

To assemble the bowls, divide the kale, quinoa, chickpeas and carrots between 4 servings. Top each with tahini sauce and sprinkle with the pumpkin seeds.

Enjoy right away or let cool and store in the fridge in a sealed container for up to 4 days. If storing, I recommend keeping the dressing separate.

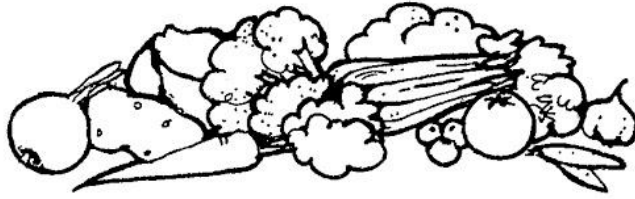
Fall-Apart Caramelized Cabbage

From bonappetit.com

From you Food Share:

Ingredients:

- ¼ cup double-concentrated tomato paste (regular tomato paste is just fine, too)
- 3 garlic cloves, finely grated
- 1½ tsp. ground coriander
- 1½ tsp. ground cumin
- 1 tsp. crushed red pepper flakes
- 1 medium head of green or savoy cabbage (about 2 lb. total)
- ½ cup extra-virgin olive oil, divided
- Kosher salt



- 3 Tbsp. chopped dill, parsley, or cilantro
- Full-fat Greek yogurt or sour cream (for serving)

Directions:

Preheat the oven to 350°. Mix tomato paste, garlic, coriander, cumin, and red pepper flakes in a small bowl.

Cut cabbage in half through the core. Cut each half through the core into 4 wedges.

Heat ¼ cup oil in a large cast-iron skillet over medium-high. Working in batches if needed, add cabbage to the pan cut side down and seasoned with salt. Cook, turning occasionally, until lightly charred, about 4 minutes per side. Transfer cabbage to a plate.

Pour remaining ¼ cup oil into the skillet. Add spiced tomato paste and cook over medium heat, stirring frequently, until tomato paste begins to split and slightly darken, 2–3 minutes. Pour in enough water to come halfway up the sides of the pan (about 1½ cups), season with salt, and bring to a simmer. Nestle cabbage wedges back into skillet (they should have shrunk while browning; a bit of overlap is okay). Transfer cabbage to the oven and bake, uncovered and turning wedges halfway through, until very tender, liquid is mostly evaporated, and cabbage is caramelized around the edges, 40–50 minutes.

Scatter dill over cabbage. Serve with yogurt alongside.

Refreshing Mint Tea

From thespruceeats.com

From your Food Share: Mint

Ingredients:

- 2 cups filtered water
- 15 fresh mint leaves (peppermint or spearmint)
- 1 to 2 teaspoons sugar (or honey), optional
- 1 cup ice, optional
- 2 lemon slices, optional
- Fresh lemon juice, optional

Directions:

Bring water to boil.

Remove from heat and add mint leaves. Let steep for 3-5 minutes.

Add optional sweetener. Start with 1 teaspoon per cup and add more as desired.

Pour into the cup. Garnish with lemon slices or lemon juice to taste.

Can be served iced or hot.

Pickled Cucumbers and Zucchini

From Leah McCammon

From Your Food Share: cucumber, zucchini, hot pepper

Ingredients:

- 2 cucumbers, sliced thin
- 2 small zucchini, sliced thin
- 1 hot pepper, diced (feel free to add more hot pepper if you like!)
- 2 generous pinches of salt (about 3 tsp)
- 2 Tablespoons sugar
- 1/2 cup rice vinegar

Directions:

slice cucumbers and zucchini, and combine in a medium sized bowl. Sprinkle the veggies with salt. Allow to stand for about 10 minutes. This will draw out some of the liquid and keep the veggies from getting watery. Drain off the excess water.

In a small bowl mix sugar and vinegar and allow the sugar to dissolve.

Once sugar is dissolved, add vinegar/sugar mixture and hot peppers to the cucumbers and zucchini. Stir well and allow to chill for 30 min. Enjoy!

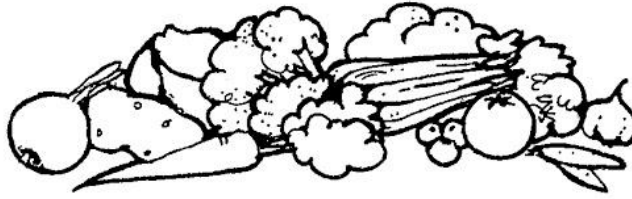
Potato Soup

From Allrecipes.com

From Your Food Share: onion, potatoes

Ingredients:

- 1 pound bacon, chopped



- 2 stalks celery, diced
- 1 onion, chopped
- 3 cloves garlic, minced
- 8 potatoes, peeled and cubed
- 4 cups chicken stock, or enough to cover potatoes
- 3 tablespoons butter
- ¼ cup all-purpose flour
- 1 cup heavy cream
- 1 teaspoon dried tarragon
- 3 teaspoons chopped fresh cilantro
- salt and freshly ground black pepper to taste

Directions:

Place bacon in a Dutch oven and cook over medium-high heat, turning occasionally, until evenly browned, 5 to 10 minutes. Drain bacon pieces on paper towels. Drain off all but 1/4 cup of the bacon grease.

Cook celery and onion in the reserved bacon drippings until onion is soft and translucent, about 5 minutes. Stir in garlic, and continue cooking for 1 to 2 minutes. Add cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender, 15 to 20 minutes.

Meanwhile, melt butter in a separate skillet over medium heat. Whisk in flour. Cook, stirring constantly, 1 to 2 minutes. Whisk in heavy cream, tarragon, and cilantro. Bring cream mixture to a boil, and cook, stirring constantly, until thickened, about 5 minutes. Add cream mixture to the potato mixture; stir to combine.

Transfer about 1/2 of the soup to a blender and puree. Return to the Dutch oven. Adjust seasonings to taste.

Mixed Greens

Ingredients:

Chard

young lacinato kale

aurora spinach

beet greens

arianna lettuce

What can you do with your assortment of Mixed Greens from Lost Acres?

You can add them to a salad, chop them up and add them to a soup for the last couple minutes of cooking, add them to your omelets or other egg dishes, or saute them and add them to a grilled cheese sandwich or a quesadilla.

Cucumber Salad with Mint

from onceuponachef.com

From your Food Share: cucumber, onions, mint

Ingredients:

-2 cucumbers

-1 teaspoon salt

-¼ cup chopped red, white, or yellow onions

-¼ cup white wine vinegar

-2 tablespoons extra virgin olive oil

-2 tablespoons vegetable oil

-2½ teaspoons sugar

-¼ teaspoon freshly ground black pepper

-¼ cup chopped fresh mint

Directions:

-Cut the cucumbers in half lengthwise then cut into thin slices (scrape out any seeds). Toss the cucumbers with the salt in a colander and let drain for at least 30 minutes.

-Meanwhile, soak the onions in a small bowl of ice water for ten minutes, then drain. Blot dry.

-Tap the cucumber-filled colander to release any excess water. Lay a clean dish towel flat on the counter, and dump the cucumbers on top. Use the edges of the towel to blot the cucumbers dry.

-In a medium bowl, toss the cucumbers, onions, white wine vinegar, olive oil, vegetable oil, sugar, pepper and mint. Cover and let stand in refrigerator for at least 20 minutes or up to 12 hours. Before serving, taste and adjust seasoning, if necessary. Serve cold.