

# Recipe Booklet!

## South Frankfort Food Share October 18, 2022

### In Your Food Share

Learn more about our farmers and the Farmers Market at: [www.fcmarket.org](http://www.fcmarket.org)

Kabocha Squash from Happy Jack's Farm  
Butternut Squash from Frankfort Independent Farm to School  
Green Peppers from Cedar Ring Greens  
Garlic from Blackberry Heaven  
Potatoes from Blackberry Heaven  
Sweet potatoes from High Five Farm & Frankfort Independent Farm to School  
Swiss Chard and Kale from High Five Farm  
Kale from Cedar Ring Greens  
Lettuce Mix from Salad Days Farm  
Beets or Turnips from Salad Days Farm  
Garlic from Salad Days Farm  
Jalapeño from Salad Days Farm  
Apples from Eckert's Orchard  
Rosemary from Cedar Ring Greens

### **Roasted Beets and Sweets with Brown Butter Maple Glaze**

*Adapted from [www.mantitlement.com](http://www.mantitlement.com)*  
From your Food Share: beets, sweet potatoes

#### Ingredients

6 small sweet potatoes, peeled and cubed (small, 1 inch pieces)  
4 beets, peeled and cubed (small, 1 inch pieces)  
2 tablespoons olive oil  
2 teaspoons salt  
1 teaspoon fresh ground black pepper

#### For the Glaze

1 stick butter  
2 tablespoons real maple syrup  
3–4 fresh thyme sprigs, plus 2 tablespoons more chopped for garnish

#### Directions

Preheat the oven to 435 degrees.  
Spray 2 baking sheets with cooking spray.  
In a large bowl, toss together the beets, sweet potatoes, salt and pepper.  
Roast in the oven for 30 minutes.  
While the potatoes and beets are in the oven, make the brown butter glaze by adding 1 stick of butter to a skillet along with the fresh thyme sprigs.  
Melt the butter until just browned (about 5 minutes) then stir in the maple syrup and remove from the heat.  
After the potatoes and beets have roasted in the oven for 30 minutes, remove the potatoes and beets from the oven and toss with the brown butter glaze.  
Place back in the oven for 15 minutes then remove from the oven, put in a serving dish, and garnish with the two tablespoons of reserved chopped thyme.

### **Butternut Squash & Baked Eggs**

*Adapted from Tessemae's*

From your Food Share: butternut squash  
Called shakshuka or eggs in purgatory, this is a Middle Eastern dish that's usually made with tomatoes on their own. This combo with butternut squash adds a little bit of sweetness.

#### Ingredients

1/4 c. balsamic vinegar  
1 onion, finely chopped  
1/2 butternut squash, peeled & cut in 1/2" pieces  
1 T. paprika  
1 tsp. cumin  
1/2 tsp. red pepper flakes  
salt & pepper  
1 28-ounce can diced tomatoes  
4 eggs



### **Directions**

Preheat oven to 375 degrees F.  
Heat balsamic vinegar in a large oven-proof skillet over medium-high heat. Add onion and squash and cook, stirring often, for about 15 minutes. Stir in paprika, cumin, red pepper flakes, and salt and pepper to taste, and cook, stirring, for 2 minutes.  
Reduce heat to low, and add tomatoes. Cover and cook about 10 minutes.  
Remove from heat, and using the back of a spoon, make 4 depressions in tomato mixture and crack an egg into each. Transfer pan to oven and bake until egg whites are set and yolks are still wobbly, about 10-12 minutes.

### **Potato Butternut Squash Soup**

*Adapted from Will Cook for Smiles*

From your Food Share: potatoes, butternut squash

### **Ingredients**

2 T. butter or oil  
1 medium yellow onion, chopped  
1 lb. potatoes, chopped  
1 butternut squash, peeled and chopped  
1/2 tsp. paprika  
salt & pepper  
1 small bay leaf  
3 c. vegetable or chicken stock or water  
1/4 c. heavy cream or dairy alternative  
1/2 c. mild cheddar cheese, optional

### **Directions**

Heat pot over medium heat. Add butter or oil. Add onion to the pot and cook until transparent, about 3 minutes. Add potatoes and butternut squash. Add paprika, salt and pepper, and cook for 5-10 minutes, stirring occasionally.  
Add bay leaf and just enough stock or water to cover the veggies. Cook until veggies tender, about 20 minutes. (Time may vary depending on how small you cut potatoes and squash.)

Discard bay leaf. Let cool somewhat. Transfer to a food processor or blender (or use an immersion blender in the pot). Blend well, and return to the pot over medium heat.

Add cream or dairy alternative and cheese, if using. Stir well. Be careful, as the soup will bubble and splash when it starts to heat up. Keep stirring until soup is heated through.

### **Sweet Potato & Greens Quinoa Skillet**

*Adapted from With Food & Love*

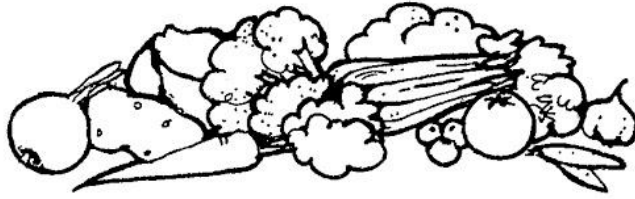
From your Food Share: kale, swiss chard, garlic  
This recipe uses quinoa. You can use rice instead, if that's what you have on-hand.

### **Ingredients**

3 T. butter or olive or vegetable oil  
2 medium sweet potatoes, diced  
1 clove garlic, minced  
1 c. uncooked quinoa  
2 T. white wine or vinegar  
2 c. vegetable or chicken broth or water  
3 c. greens, ribs removed and leaves shredded  
salt & pepper, to taste

### **Directions**

Heat butter or oil over medium in a large skillet. Add sweet potatoes. Stir and cook for 2 minutes. Add quinoa, stir and sauté for 2 minutes more. Turn up heat to medium-high, and add white wine or vinegar. Stir and allow the liquid to evaporate somewhat. Add 1½ cups broth or water, stir, turn heat to low, cover and cook for 12 minutes. Remove the lid, add the remaining broth and greens. Stir and simmer uncovered for 3 minutes, or until greens are bright green and sweet potatoes and quinoa are tender.  
Season with salt and pepper, and serve warm.



### **Pumpkin or Butternut Squash Puree**

*Adapted from Minimalist Baker*

From your Food Share: butternut squash  
Many recipes ask for canned pumpkin or pumpkin puree. Here's how to make your own.

#### **Ingredients**

1 pie pumpkin or butternut squash  
1 T. coconut oil or water  
1 pinch salt

#### **Directions**

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or aluminum foil. Cut off stem end. Cut pumpkin or squash in half lengthwise. Use a spoon to scrape out seeds and strings. Set these aside for roasting! Brush pumpkin or squash flesh with oil or water, and place flesh-down on the baking sheet. Pierce skin a few times with a fork or knife. Bake for 45-50 minutes or until a fork easily pierces the skin. Let the pumpkin or squash cool. Scoop out flesh and blend until creamy and smooth in a food processor or blender.

### **Greens & Sausage Pasta**

*Adapted from Kalyn's Kitchen*

From your Food Share: kale, swiss chard

#### **Ingredients**

12 oz. Italian or hot Italian sausage  
1 bunch greens, ribs removed and leaves sliced  
3 T. olive or vegetable oil  
1/4 tsp. red pepper flakes (more or less, to taste)  
2 c. chicken or vegetable broth or water  
1 package pasta  
salt  
1/2 c. grated Parmesan cheese (optional)

#### **Directions**

Heat small frying pan, squeeze sausage out of casings, and cook until sausage is browned, breaking it apart as it cooks.

In a large heavy frying pan over medium heat, Cook oil, hot pepper flakes and greens for 2-3 minutes, until the greens are all wilted. Add stock or water and sausage, and lower heat to simmer. Cook pasta according to package directions. Save 1/2 cup pasta cooking water, then drain pasta. Gently mix the cooked pasta into the sausage/kale mixture, adding as much pasta cooking water as you think you need for it to be moist enough. Serve with parmesan cheese, if you'd like.

### **Feel Good Fall Salad**

*Adapted from gimmesomeoven.com*

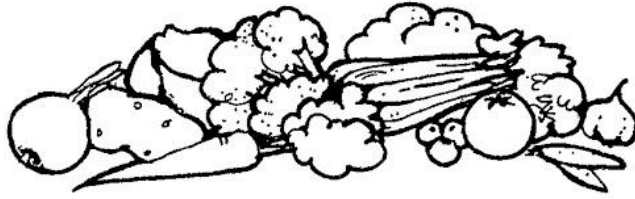
From your food share: sweet potatoes or butternut squash, apples (roasted beet would be great in here, too!)

#### **Salad Ingredients**

1 tablespoon olive oil  
2 medium sweet potatoes, peeled and diced into 1/2-inch cubes (could substitute kabocha or butternut squash)  
Salt and pepper  
4ish cups lettuce  
1 avocado, peeled, diced and thinly sliced (optional)  
1/2 cup crumbled goat cheese (or feta or blue cheese)  
1/2 cup chopped pecans, walnuts or almonds, lightly toasted  
1/3 cup dried cranberries

#### **Dressing Ingredients**

3 tablespoons olive oil  
1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)  
1 teaspoon Dijon mustard  
1 small clove garlic, pressed or finely-minced (or 1/2 teaspoon garlic powder)  
1/2 teaspoon fine sea salt  
1/4 teaspoon freshly-cracked black pepper



### **Directions**

The Dressing: Whisk all ingredients together in a bowl (or shake together in a jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

The Potatoes: Heat oven to 400°F. Spread the diced sweet potatoes out on a medium baking sheet. Drizzle with the olive oil, and toss until evenly coated. Season generously with salt and pepper. Bake about 30 mins, until tender and browned/caramelized around the edges

The Salad: Once the sweet potatoes are ready to go, add them to a large serving bowl along with the arugula, avocado, goat cheese, nuts and cranberries. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!

### **Vegan Kabocha Squash and Black Bean Chili**

*From Chef Nat from last September's Food Share*

From your Food Share: kabocha squash (could substitute butternut, sweet potato, etc), garlic

Yield: 1 gallon

### **Ingredients**

1# diced kabocha squash  
1/8 cup Olive oil blend  
1/8 cup minced garlic  
3/4 Tbsp. dried oregano  
3/4 Tbsp. dried sage  
1/2 large yellow onions, diced  
2 green peppers, diced  
1/2 cups chili powder  
1/8 cup smoked paprika  
1/8 cup cumin  
2 cups crushed tomatoes  
2 cups canned black beans drained and rinsed  
2 cups vegetable stock  
2 cups water  
1/8 cup soy sauce  
1 Tbsp. Kosher salt (to taste)  
1/8 cup brown sugar  
1/8 cup lemon juice

### **Directions**

Saute onion, green pepper, and garlic in the olive oil blend for 5-7 minutes until onion wilts. Add all spices, combine well Add crushed tomatoes, all beans, vegetable stock, soy, and water. Bring to a simmer, add the lemon juice, brown sugar, and salt. Simmer for 40 minutes. Taste and adjust.

### **Roasted Kabocha Squash**

*Adapted from nomnompaleo.com*

From your Food Share: kabocha squash

### **Ingredients**

1 medium kabocha squash  
2 tablespoons oil  
Salt  
Pepper

### **Directions**

Preheat the oven to 400 F with the rack in the middle. Rinse the squash under running water, and dry it; peel it too if you want!

Hard to cut, cut off top and bottom and then cut in half

Scoop out the seeds and cut the squash into thin wedges. Toss the squash with your fat of choice and sprinkle the slices with salt and pepper.

Place the squash in a single layer on a foil- or parchment-lined rimmed baking tray

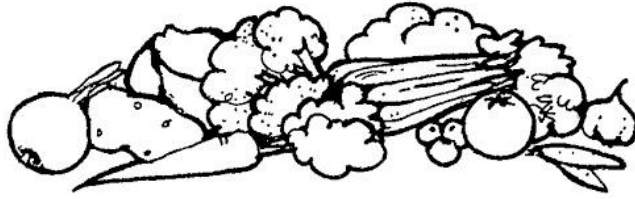
Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

### **Garlic Mashed Potatoes with Chives**

*Adapted from the Food Network*

From your Food Share: potatoes, rosemary, garlic, turnips

A note from MaryLinda: If you want mashed potatoes but don't want all of the carbs, replace up to a third of the potatoes with white turnips. Cook and mash them with the potatoes and no one will notice the difference



if they don't see you do it! My family thinks these mashed potatoes are really creamy.

### **Ingredients**

6 pounds potatoes, peeled  
Salt and pepper  
1 cup heavy cream  
1/2 stick (1/4 cup) unsalted butter  
4 cloves garlic, lightly crushed  
Fresh rosemary  
2 tablespoons chopped chives

### **Directions**

Put the cut potatoes into a large pot, cover them with cold water, and add a large pinch of salt. Bring to a boil and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well. Meanwhile, in a small pot heat the cream, butter, garlic, and rosemary. While the potatoes are still warm, press them through a potato ricer or food mill into a bowl. Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy. Season with salt and pepper and gently fold in the chives. Serve immediately.

### **Roasted Potatoes & Sweet Potatoes**

*Adapted from I Love Lindsay*

In your Food Share: potatoes, sweet potatoes

### **Ingredients**

1 lb. potatoes, cut into 1-inch pieces  
1 lb. sweet potatoes, cut into 1-inch pieces  
1/4 c. olive or vegetable oil or melted butter  
salt & pepper, to taste

### **Directions**

Preheat the oven to 375 degrees F.

In a bowl, toss potatoes with 2 tablespoons of the oil or butter, and salt and pepper to taste. Spread onto one layer on a baking tray. Bake for 10 minutes.

In the same bowl, toss sweet potatoes with remaining oil or butter, and salt and pepper to taste.

Remove the pan of potatoes from the oven, and add the sweet potatoes to the pan, keeping everything in one layer. Bake for 15 minutes, stir, and bake another 20–30 minutes, until veggies are crisp and browned.

Eat this on top of a salad or as a side dish to your favorite meats.

### **Kale Apple Salad with Honey Dressing**

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

From your Food Share: kale, apples

### **Ingredients**

5 cups chopped kale  
2 small diced apples  
1/4 cup cranberries, dried  
1/4 cup chopped pecans  
1/4 cup feta cheese

### **Dressing**

4 tbsp honey  
4 tbsp olive oil  
2 tbsp apple cider vinegar  
1/8 tsp salt  
1/8 tsp pepper

### **Directions**

Before you begin, massage the kale leaves (see below) if you want them softer.

Place the kale in the bottom of a bowl then pile the rest of the ingredients on top.

Whisk together the dressing ingredients and pour them over the top of the salad.

Refrigerate after serving and enjoy! *(You can add in your mixed greens as well if you would like.)*

### **Massaging the Kale**

We usually eat our raw kale leaves just as they are after pulling the leafy part off the kale ribs.



The ribs are often tough and chewy. If you prefer to have a softer leaf in your salad you may massage the kale. This is done after you remove the leaf off the ribs of the kale:

Put the kale leaf in a bowl with a bit of oil.

Pick up the leaves between your thumbs and fingers. Gently massage the kale between your finger until you feel the leaf start to soften (about 3 minutes).

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Thank you for supporting the Food Share this year!

Want to help plan next year's food share? Call/text Connie at 502-382-1254 or email [vista@franklincountyfarmersmarket.org](mailto:vista@franklincountyfarmersmarket.org)

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Thanks to long-time farmers market supporter and wonderful home cook MaryLinda Wells who has shared many recipes with us this season to help keep these recipe packets interesting!

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### Farmers Market Schedule for the Fall/Winter:

Saturday | 8:30-12 noon | till Nov. 19  
Thursday | online order/curbside pickup  
[www.FCMarket.org](http://www.FCMarket.org)

Holiday Market | Dec. 10 | 10 am - 1 pm

Winter Markets | every other Saturday  
10-11:30 am starting January 7

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### Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce

*From Chef Mike Vaughn*

In your Food Share: sweet potatoes, peppers

#### **Ingredients**

Sweet Potatoes, 4 medium-sized  
Yellow Onion, 2 large  
Sweet Peppers, 3 each  
Poblano Pepper, 1 each  
Olive Oil (as needed for coating)  
Kosher Salt, to taste  
Black Pepper, to taste  
Lime Zest, 2 limes  
6 inch Flour or corn tortillas 6  
Fresh diced tomatoes, optional

#### **Directions**

Slice sweet potatoes into planks, half & deseed all peppers, slice onions into wheels. Coat all veggies with olive oil, and season with salt & pepper to taste. Grill veggies, slice or dice for tacos, and then toss with fresh lime zest. (Reserve limes for sauce) Serve with diced tomatoes or any other desired taco fixings.

#### Cilantro Lime Taco Sauce

Mayonnaise, 1 cup  
Minced roasted garlic, 1 Tablespoon  
Sour Cream, 1 1/2 cup  
Minced red onion, 1/2 cup  
Fresh Cilantro, 2 bunches  
Fresh Lime Juice, 2 limes  
Cumin, 1 1/2 tsp  
Hot sauce, 2 tsp  
Kosher salt, to taste  
Black Pepper, to taste

#### **Directions**

Rough chop leaves of cilantro, juice limes, & mince onions. Mix with remaining ingredients. Refrigerate overnight for optimal flavor.