

Recipe Booklet!

South Frankfort Food Share
August 23, 2022

In Your Food Share

Learn more about our farmers and the
Farmers Market at: www.fcmarket.org

Collard Greens from Happy Jack's Farm
Tomatoes from Happy Jack's Farm
Corn from Happy Jack's Farm
Sweet Colorful Pepper from Happy Jack's Farm
Onions from Russell Gardens
Spaghetti Squash from Russell Gardens
Potatoes from Blackberry Heaven and Morgan
Rae Farms
Basil from Blackberry Heaven and Cedar Ring
Greens
Summer Squash from High Five Farm
Jalapeño Pepper from High Five Farm
Cucumbers from Salad Days Farm
Cherry Tomatoes from Salad Days Farm

Greek Couscous Salad

From the Market's very own Kellie Sebastian! <3

From your Food Share: Cucumber, tomato,
onions

Ingredients

2 cups cooked pearl couscous, or regular
couscous
1 cucumber, diced
1 tomato diced
1 cup of Greek dressing (we use store bottled)
Optional, 1 can drained artichokes (we use
marinated halves, chop them up)
Optional: Feta cheese crumbles or parmesan
cheese
Fresh herbs to taste

Directions

Mix all ingredients well.

Roasted Summer Squash

Adapted from spendingwithpennies.com

In your Food Share: Squash

Ingredients

1 pound summer squash (about 2 medium)
1 tablespoon olive oil
2 tablespoons parmesan cheese grated
1 tablespoon panko bread crumbs
1 teaspoon lemon pepper seasoning
½ teaspoon paprika
½ teaspoon kosher salt or to taste

Directions

Preheat oven to 400°F.
Cut squash into ½" slices. Toss with olive oil.
Combine remaining ingredients in a small bowl
and toss with squash.
Place squash on a baking pan and roast 12-14
minutes or until squash is tender. Broil 1-2
minutes or until crumbs are lightly browned.

Potatoes with Tomatoes and Basil

Adapted from Italian Food Forever

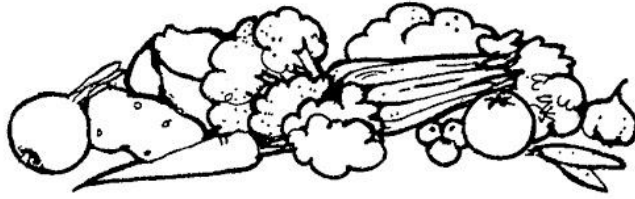
From your Food Share: tomatoes, basil, potatoes,
onion

Ingredients

1 small onion, coarsely chopped
1½ lb. potatoes, cut into 2-inch pieces
1/4 c. olive or vegetable oil
salt & pepper
dash of red pepper flakes
3 tomatoes, seeded, cored, and diced
3 T. chopped basil

Directions

Preheat oven to 375 degrees F. Mix together
onions, potatoes and oil.
Season with salt, pepper and red pepper flakes.
Bake for 30 to 40 minutes, until the potatoes have
started to turn golden brown and can be easily
pierced with a fork.



Then, increase the heat to 400 degrees F, add the tomatoes to the pan, and return to the oven for 10 minutes. Stir in fresh basil, and serve.

Spaghetti Squash

Adapted from instructions by Elie and Love and Lemons recipe

From your Food Share: Spaghetti squash!

Ingredients

1 spaghetti squash
Olive oil or vegetable oil
Salt and pepper

Directions

Preheat the oven to 400°F.
Cut the squash in half (lengthwise) and scoop out the seeds
Drizzle oil onto the cut sides and sprinkle with salt and pepper
Place on a baking sheet
Bake 25 minutes then flip the squash over and bake 25 more minutes until lightly browned on the outside and tender when you poke it with a fork.
The timing can be different depending on the size of the squash
Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
Use the cooked squash like you would spaghetti noodles, top with sauce and cheese if desired!

More about Spaghetti Squash from Plate it Up- Kentucky Proud

Available: August through November.

Nutrition Facts: Squash is low in calories. One cup raw squash contains 42 calories. It contains vitamin C, potassium and calcium. It is naturally free of fat and cholesterol.

Selection: Choose squash that is a creamy to deep yellow in color. Look for hard skinned, evenly colored squash without blemishes or ridges. Avoid squash that are tinged with green as they are not mature.

Storage: Spaghetti squash can be stored at room temperature for up to one month. Longer if stored in a cool, dry, dark location. Do not wash before storing.

Preparation:

To Bake: Pierce holes in the squash and place in a baking dish. Bake at 350 degrees F for one hour or until the skin gives easily under pressure and the inside is tender. Cool for 10 to 15 minutes.

To Microwave: Pierce holes in the squash and microwave on high for 10 to 12 minutes- or until soft. Let stand for 5 minutes.

Halve squash lengthwise and discard seeds. Shred squash with a fork and serve.

Kentucky Ratatouille over Weisenberger Mill Hoe Cakes

From Scott and Teresa Darnell

From your food share: summer squash, onion, tomatoes, pepper, corn, basil

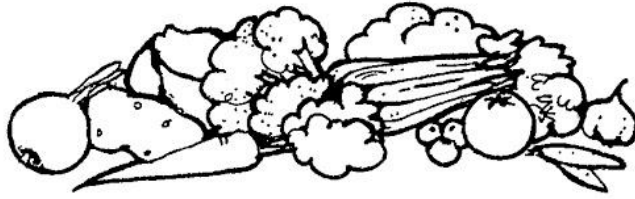
Ratatouille

2 medium zucchini or yellow squash diced
1 small eggplant peeled and diced
1 small onion peeled and diced
2 tomatoes diced
1 red pepper diced
2 ears of corn shucked and taken off the cob
2 cloves garlic minced
3 tablespoons olive oil
2 tablespoons of chopped fresh basil
Salt and pepper to taste

1. Put olive oil, garlic and onion in a medium sauté pan and cook over medium heat for 1 to 2 minutes.
2. Add all other ingredients except basil and cook over medium heat for 10 to 15 minutes or until all vegetables are soft.
3. Stir in basil at the end.

Corn Cake Recipe

1 1/4 cups of flour
1/3 cup sugar



3/4 cup Weisenberger cornmeal
2 teaspoons baking powder
1/2 teaspoon of salt
3/4 cup of milk
1 tablespoon of honey
1/4 cup of vegetable oil
1 large egg

1. Coat a large griddle pan with cooking spray and preheat to medium-high
 2. In large bowl, combine flour, sugar, cornmeal, baking powder, and salt. Mix well with a fork and make a well in the center.
 3. In small bowl, whisk together milk, honey, oil and egg. Pour mixture into center of dry ingredients and mix until just blended.
 4. Pour 1/4 cup batter onto griddle for each corn cake. Cook 2 minutes per side, until puffed up, golden brown and thoroughly cooked.
- Bob Appetite!!!

Corn on the Cob, Three Ways

Adapted from Pillsbury

From your Food Share: Corn!

Boiled Corn on the Cob

8 cups water
1 tsp. salt
4 ears fresh sweet corn, husks and silks removed
In 5-quart saucepan, Dutch oven or stockpot, heat water and salt to boiling. Add corn; cook for 5 to 7 minutes or until heated through.

Grilled Corn on the Cob

Preheat grill to medium-high. Peel back husks, remove silks, and brush the corn with vegetable oil or butter. Bring the husk back over to cover the corn, and place it on a grill at medium heat, turning occasionally, for 10 to 15 minutes.

Microwaved Corn on the Cob

Remove husks and silks from corn. Wrap each ear in wax paper. Microwave on high for 3 to 6 minutes, one or two ears at a time.

Tomato-Jalapeño Enchilada Sauce

Adapted from Martha Stewart

From your Food Share: jalapeño, onion

Ingredients

1½ lb. tomatoes, cores removed
1 c. diced onion
1 jalapeño, quartered (seeded, if you don't want it too spicy)
salt & pepper
1 T. vegetable oil
1 tsp. white vinegar
pinch of sugar

Directions

In a blender, combine tomatoes, onion and jalapeño. Puree until smooth.
Season with salt and pepper.
In a medium pot, heat oil over high until shimmering. Add tomato mixture and simmer, stirring, until thickened, 5 to 10 minutes.
Remove from heat and stir in vinegar and sugar.
Season to taste with salt and pepper.
Serve over scrambled eggs, your favorite chicken enchiladas or the zucchini enchiladas in this recipe packet.

Zucchini Enchiladas

Adapted from SkinnyTaste

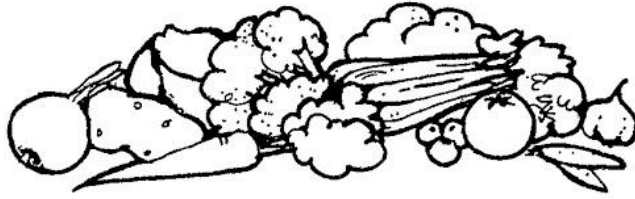
From your Food Share: onion, zucchini/summer squash

Ingredients

cooking spray
1 tsp. olive or vegetable oil
2 cloves garlic, crushed
1/4 c. chopped onion
2 medium zucchini, grated
shredded cooked chicken (optional)
salt & pepper
1½ c. grated cheddar cheese
4 8-inch flour tortillas

Directions

Spray a baking dish with cooking spray. Preheat oven to 400 degrees F.



In a medium nonstick skillet, sauté garlic and onions in olive oil over medium heat for about 3 minutes; add zucchini, salt and pepper to taste, and cook until all the liquid evaporates from the zucchini, about 4 to 5 minutes.

Add the shredded chicken here, if you're using it. Remove from heat, and add 1/2 cup cheese; mix well.

Fill each tortilla with an equal amount of zucchini mixture. Roll and place seam-side down in baking dish.

Top with Tomato-Jalapeño Enchilada Sauce (from this recipe packet) and remaining cheese.

Bake until the cheese is melted, about 20 minutes.

Serve with chopped cilantro, onions, and sour cream, if you wish.

Simple and Fresh Collard Greens

Adapted from Food.com

From your Food Share: collard greens, onion

Ingredients

1 cup collard greens, chopped

1 garlic clove or quarter of an onion, minced (optional)

nonstick cooking spray or 1 teaspoon oil
salt and pepper

Directions

Rinse the greens, remove the central ribs, stack the leaves on top of each other, roll up together, and chop into thin strips. (Rinsing the greens is important- the water that stays on helps them cook to perfection.)

Heat your skillet to medium and spray or add oil, and garlic/onions if wanted. Then just add your greens (these will shrink down a lot so you can do it in a small pan) and stir just until all greens have just turned bright green, usually not more than 3~ minutes.

Turn up to medium-hot and fry for 30 more seconds or until greens are just tender.

Toss with salt and pepper to taste (for this amount I usually use about 1/4 teaspoon salt and 1/8 teaspoon pepper).

Sesame Soba Noodles with Greens

Adapted from the veganatlas.com

From your Food Share: collard greens, pepper

Ingredients

Sauce

1/3 cup tahini (sesame paste)

1/4 cup water

Juice of 1/2 lime (about 2 tablespoons)

2 tablespoons soy sauce or tamari, to taste

2 tablespoons sugar

The Rest

8-ounce package soba (buckwheat) noodles

10 to 12 collard green or lacinato kale leaves

1 tablespoon dark sesame oil

4 cups green cabbage, cut into long, narrow shreds

1 medium red bell pepper, cut into long narrow strips

2 to 3 scallions, thinly sliced

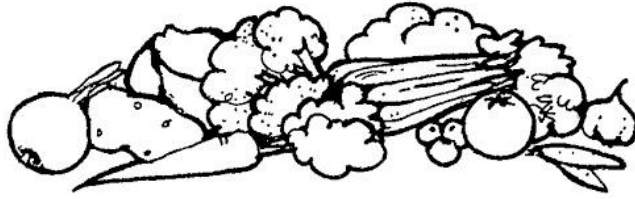
1 tablespoon sesame seeds (regular or black)

Dried hot red pepper flakes or Sriracha to taste

Fresh cilantro leaves and lime wedges for garnish

Directions

1. Combine the ingredients for the sauce in a small bowl, whisk together, and set aside. Cook the noodles according to package directions until al dente, then drain.
2. Meanwhile, cut the stem away from the greens with kitchen shears or a sharp knife. Stack 6 to 8 halves of leaves at a time. Roll the leaves up snugly from one of the narrow ends, then slice thinly crosswise. When the slices unroll, they'll be long ribbons. Give them a good rinse in a colander.
3. Heat the oil in a stir-fry pan. Add the ribbons of greens and cover; once they wilt down a bit, add the cabbage and bell



pepper. Turn up the heat and stir-fry for 2 to 3 minutes, or just until the veggies are tender-crisp. Remove from the heat.

4. Add the cooked noodles to the pan. Use a large fork to mix the noodles thoroughly with the veggies.
5. Pour the sauce into the pan, followed by sesame seeds. Season with red pepper flakes or sriracha (and taste to see if you'd like more soy sauce and lime juice). Toss thoroughly. Serve warm or at room temperature garnished with cilantro and lime wedges as desired.

Notes

Variation: Substitute 8 ounces of other long noodles for the soba — udon, rice noodles, yakisoba, or regular spaghetti or linguine.

Balsamic Vinegar Tomato Salad

Adapted from <https://itsmysideoflife.com/>

From your Food Share: tomatoes, cherry tomatoes, basil

Ingredients

5 tomatoes of different varieties
1 large onion thinly sliced
3 tablespoons virgin olive oil
1-2 tablespoons balsamic vinegar (start with one)
Pepper to taste
garlic powder to taste
Fresh basil leaves

Directions

Slice up washed tomatoes. Arrange along with sliced onion overlapping. Sprinkle with vinegar and oil. Sprinkle with basil, pepper and garlic powder.

Calabacitas Recipe

Adapted from www.chilipeppermadness.com, shared by MaryLinda Wells

From your Food Share: squash/zucchini, peppers, onions, jalapeño, corn, onion

2 poblano peppers you can also use Anaheim peppers or even bell peppers work for super mild, or others

1 jalapeno pepper, optional, for a spicier version

1 tablespoon olive oil

1 medium onion diced

3 cloves garlic diced

4 small zucchini/squash, cubed

1 cup fresh corn kernels

1 teaspoon Mexican oregano

1 teaspoon ancho powder or favorite chili powder blend

1 teaspoon red pepper flakes optional, for a spicier version

½ teaspoon cumin

Salt to taste

1/4 cup chopped cilantro

Extra chopped cilantro, crumbly white cheese and red pepper flakes for garnish

OPTIONAL, FOR CREAMY-CHEESY VERSION

1/4 cup Mexican crema or sour cream or use milk

½ cup Monterey Jack or mozzarella cheese

Directions

Slice the peppers in half lengthwise and scoop out the insides. Remove the stems. Set them onto a baking sheet and bake them at 350 degrees 20-30 minutes, or until the skins char and bubble. You can also broil them about 12-15 minutes to the same effect.

Remove from heat and place them into a paper bag or baggie for a few minutes. The heat will steam them and loosen the skins.

Peel away the skins and roughly chop the peppers. Set them aside for now.



Heat the olive oil in a large pan or skillet and add the onions and jalapeno pepper. Cook for 5 minutes to soften. Add the garlic and cook for 1 minute, until the garlic becomes fragrant.

Add the zucchini, squash, corn, Mexican oregano, ancho powder, chili flakes, cumin and salt to taste. Sauté until just tender, 3-4 minutes, to your preference. Stir in the chopped peppers and chopped cilantro. Heat through.

Garnish with fresh cilantro, crumbly white cheese and red pepper flakes

FOR CREAMY-CHEESY VERSION

Stir in the Mexican crema and cotija cheese until it melts through along with the chopped peppers and cilantro over low heat.

Super Easy Spaghetti Squash

Adapted from Greater Pittsburgh Community Food Bank and farmersmarketinstitute.org

From your Food Share: spaghetti squash, onion, pepper, tomatoes

Ingredients

2 cups microwaved spaghetti squash
(1 small squash or 1/2 large)
1/4 cup chopped onion
1/4 cup chopped bell pepper
1/4 cup chopped tomatoes
1/4 tsp salt
black pepper to taste

Directions

Stab spaghetti squash several times with a paring knife so the steam can escape while it is being microwaved.

Microwave on high power for 5 minutes. Turn squash and microwave for 3 more minutes. Repeat until squash is soft and skin is wrinkled.

Cut in half. Scoop out seeds, then use a spoon to scrape stringy squash fibers into a bowl. Stir

veggies, salt and pepper into squash. Microwave for 5 more minutes.

Let sit for 5 minutes before serving.

Our Remaining Three Food Shares are:

Tuesday, September 6 | 5 - 7pm

Tuesday, September 20 | 5 - 7pm

Tuesday, October 18 | 5 - 7pm

Order online at www.fcmarket.org or call/text Connie at 502-382-1254 or email vista@franklincountyfarmersmarket.org