



Recipe Booklet!

South Frankfort Food Share

June 13, 2023

Learn more about the farmers market and our farmers at fcmarket.org.

In your food share:

- Beets – Salad Days
- Broccoli – Happy Jack's
- Cabbage – High Five Farm
- Carrots – High Five Farm
- Collard greens – Cedar Ring Greens
- Corn shoots – Lost Acres Farm
- Green onions – Salad Days
- Lettuce – Salad Days
- Kale – Cedar Ring Greens
- Onions – High Five Farm
- Sweet potatoes – FIS Farm-to-School
- Swiss chard – Salad Days
- Zucchini – Happy Jack's

Carrot Cake Smoothie (GF) (V)

Shared By: Plate It Up! KY Proud

From Your Share: Carrots

Special Equipment: Blender

Ingredients

- 1 medium frozen ripe banana
- 2 medium carrots, chopped
- ½ c. canned pineapple tidbits, drained
- ¼ c. low-fat vanilla yogurt
- ½ c. nonfat milk
- 4-5 ice cubes
- ½ t. vanilla extract (*optional*)
- Dash cinnamon (*optional*)

Directions

Add all ingredients to a blender and blend until smooth. Refrigerate leftovers.

Broccoli Salad

Adapted From: Spend with Pennies

From Your Share: Broccoli · Onions

Ingredients

- 1 large head broccoli
- ½ lb. bacon, cooked & crumbled
- ⅓ c. red onion, diced
- ½ c. dried unsweetened cranberries
- ¼ c. sunflower seeds

Dressing

- 1 c. mayonnaise
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. sugar
- Salt & pepper to taste

Directions

1. Wash and prepare broccoli, chopping florets into bite-sized pieces. Combine in a large serving bowl with onion, cranberries, sunflower seeds, and crumbled bacon.
2. Whisk together dressing ingredients in a medium bowl. Pour over salad and gently toss to evenly coat.
3. Chill in refrigerator at least one hour before serving. Enjoy!

Roasted Roots Salad (GF) (V)

Adapted from: Sugar Loves Spices

From Your Share: Beets · Carrots · Onions

Ingredients

- 1 bunch beets, washed & peeled
- 4-5 washed carrots
- 1 onion, peeled & chopped
- 2-3 cloves garlic, peeled & minced
- 3 Tbsp. extra virgin olive oil
- Salt & pepper to taste
- Pinch each onion powder, paprika
- ½ t. each fresh, chopped oregano, thyme, rosemary, basil, parsley
- ½ c. goat cheese



- Dash of fresh-squeezed lemon juice

Directions

1. Cut prepared beets & carrots into bite-sized pieces. Lightly toss both with onions in a large bowl and drizzle with two tablespoons olive oil. Sprinkle in dry seasonings: salt, pepper, onion powder, paprika. Add fresh garlic and herbs. Mix well to coat and chill about 30 minutes.
2. Preheat oven to 375 degrees F. Roast vegetables on parchment-lined baking sheet until tender, about 30 minutes.
3. Return cooked vegetables to bowl. Add crumbled goat cheese, remaining olive oil, and lemon juice. Garnish with fresh parsley, toss well to coat evenly, and serve.

Bubble & Squeak (GF) (V)

Adapted From: Good and Cheap, Leanne Brown

From Your Share: Cabbage · Carrots · Broccoli · Greens · Green onions · Onions · Zucchini

This traditional British breakfast is a savory pancake, perfect for leftover mashed potatoes, cooked cabbage, and roasted root vegetables!

Ingredients

- 2 c. leftover mashed potatoes
- 1-2 c. leftover mashed/roasted vegetables
- 2 Tbsp. butter or cooking oil
- Salt & pepper to taste

Directions

1. In a large bowl, combine mashed potatoes with whatever other vegetable leftovers you have on hand. Cabbage is customary, but we encourage you to experiment with this recipe! Potatoes act as a binder, and should make up at least half of your veggie mixture. Once combined, season to taste with salt, pepper, and other desired seasonings.

2. Melt butter or heat cooking oil in a large frying pan on medium-high heat. Add mixture to pan, pressed into either one large pancake or several smaller rounds. Fry pancake(s) until golden brown then flip, about 5-7 minutes per side.
3. Cool and serve with desired toppings. Our suggestions include sour cream, green onions, chopped bacon, or a poached egg!

Hot Brown Frittata (GF) (V)

Adapted From: KSU Cooperative Extension
From Your Share: Kale · Onion

Ingredients

- ¼ c. onions, chopped
- 1.4 c. red pepper, chopped
- Tomatoes & mushrooms to taste
- 3 c. fresh kale, deveined & quartered
- 6 eggs
- Mrs. Dash or similar seasoning of choice
- ½ c. low-fat cheese
- 1 slice roasted turkey
- 1 slice tomato
- 1 Tbsp. cooked & crumbled bacon

Directions

1. Preheat oven to 375 degrees F. In a nonstick skillet, cook onions and peppers 4-5 minutes in cooking oil of choice. Add kale and cook additional 1-2 minutes, until wilted.
2. Crack eggs into a mixing bowl. Add cooked vegetable mixture and season with salt, pepper, and Mrs. Dash or similar. Return to skillet and cook 1-2 minutes. Add cheese.
3. Place skillet in preheated oven for 8-10 minutes or until surface is lightly golden brown. Remove and transfer frittata from skillet to cutting board.
4. Slice frittata into serving portions and serve topped with sliced turkey, tomatoes, and bacon.



Zucchini Waffles (V)

Shared By: Kayla Anderson, FreshRx Nutrition Coordinator

From Your Share: Zucchini · Yellow squash

Special Equipment: Waffle iron

Ingredients

- 1½ c. milk
- 1 c. shredded zucchini or yellow squash
- 2 eggs
- 2 Tbsp. butter, melted
- 1½ c. all-purpose flour
- 1 c. quick oats
- 1 Tbsp. baking powder
- 2 Tbsp. brown sugar
- 1 tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 tsp. vanilla extract

Directions

1. Preheat waffle iron according to manufacturer's instructions.
2. Stir milk, zucchini/squash, eggs, vanilla, and butter in a large bowl until evenly blended.
3. Combine dry ingredients in a separate bowl. Gradually stir flour mixture into zucchini mixture.
4. Ladle batter into preheated waffle iron. Cook until golden brown, about 5 minutes.

Broccoli Mac 'n Cheese (V)

Shared By: Kayla Anderson, FreshRx Nutrition Coordinator

From Your Share: Broccoli

Ingredients

- 1 head broccoli
- 5 oz. cheddar or Monterey Jack, grated
- 1 (16-oz.) package whole wheat macaroni
- 1½ c. skim milk
- 1½ T. unsalted butter
- 2 T. all-purpose flour
- ½ t. salt

- ½ t. black pepper
- 2 oz. light cream cheese

Directions

1. Rinse and chop broccoli. In a microwave-safe bowl, add broccoli and enough water to cover halfway. Heat in microwave until bright green and tender, about 6-8 minutes.
2. Cook pasta according to package directions. Drain in colander and set aside. While pasta is cooking, prepare cheese sauce.
3. In a small saucepan, warm milk on medium-high heat. Once hot, remove from heat and cover to keep warm.
4. In a large pot over medium heat, melt butter. Add flour and whisk with a fork, stirring constantly. Once incorporated, slowly stir in warm milk. Stir constantly with a rubber spatula until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
5. Stir in salt and pepper. Add cream cheese, grated cheese, and broccoli. Stir until cheese is melted.
6. Remove from heat and add macaroni to cheese sauce. Stir to coat and serve.

Kickin' Greens

Shared By: Plate It Up! KY Proud

From Your Share: Collards

Ingredients

- 2 Tbsp. olive oil
- 8 slices turkey bacon, cut into bite-sized pieces
- 1 large onion, chopped
- 6 cloves garlic, minced
- 2 lbs. fresh greens (collards, turnip, mustard)
- 3 c. low-sodium chicken broth
- ½ t. black pepper
- ¼ t. red pepper flakes, or to taste

Directions

1. Heat olive oil in large stockpot over



medium-high heat. Cook turkey bacon in hot oil until crisp.

2. Add onion and garlic. Cook until onion is tender, stirring occasionally.
3. Add greens and stir until greens begin to wilt. Add chicken brown, pepper, and pepper flakes.
4. Cover. Reduce heat to low and simmer 25-30 minutes or until greens are tender.

Swiss Chard Quiche (GF) (V)

Adapted From: Susanna Truckle of Dog Hollow Farm (Culyer, NY)

From Your Share: Swiss chard · Onion

Ingredients

- 1 bunch Swiss chard, washed
- 6 farm-fresh eggs
- 2-3 cloves garlic, peeled & minced
- 1 onion, chopped
- 1 T. cooking oil
- 1 c. shredded cheese
- 2 prepared pie crusts

Directions

1. Preheat oven to 400 degrees F. Meanwhile, sauté onions and garlic in cooking oil. Trim and chop Swiss chard, then add leaves to skillet and cook until wilted.
2. Beat eggs in a large bowl. Add chard mixture, cheese, and salt & pepper to taste. Pour into pie shells and bake 30-40 minutes or until toothpick inserted comes out clean.

Jacket Sweet Potatoes (GF) (V)

From Your Share: Sweet potatoes · Scallions

Ingredients

- Sweet potatoes
- 1 Tbsp. olive oil
- Salt & pepper to taste
- ¼ c. sour cream
- ½ bunch green onions, finely chopped

Directions

7. Preheat oven to 400 degrees F. Scrub sweet potatoes and vent with fork. Brush lightly with olive oil and bake on foil-lined baking sheet 60 minutes or until fork-tender.
8. Allow potatoes to cool about 15 minutes. Split down the middle, fluff, season, and top with sour cream and onions.

Balsamic Veggie Pizza (GF) (V)

Adapted From: UK Cooperative Extension

From Your Share: Yellow squash · Zucchini · Green onions

Ingredients

- 4 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 2 tomatoes, chopped
- ½ c. green onions, chopped
- Salt & pepper to taste
- 2 Tbsp. balsamic vinegar
- 1 t. dried basil
- 8 oz. whole wheat pasta
- 1 Tbsp. grated parmesan cheese

Directions

1. In a large skillet, heat 1 tablespoon olive oil over medium heat. Add minced garlic and cook 1 minute, until fragrant. Add chopped zucchini and squash, tomatoes, and green onions. Salt and pepper to taste and cook until tender.
2. In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil. Stir in cooked vegetable mixture and let sit 5-10 minutes.
3. In a large pot, cook pasta in salted water about 7 minutes, until al dente. Drain. Toss pasta with vegetable mixture until incorporated. Sprinkle with shredded parmesan and serve warm.



South Frankfort Food Share 2023

Every other Tuesday • 5:00–7:00 PM • Dolly Graham Park

May 30 | **June 13** | June 27 | July 11 | July 25 | August 8

August 22 | September 5 | September 19 | October 3 | October 17