



Recipe Booklet!

South Frankfort Food Share

August 8, 2023

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

In your food share:

- Corn – *Happy Jack's Farm*
- Cucumber– *Salad Days Farm*
- Green Pepper– *Salad Days Farm*
- Green Beans– *Happy Jack's Farm*
- Carrots– *Salad Days and Lost Acre Farms*
- Beets– *Salad Days Farm*
- Onions – *High Five Farm*
- Spaghetti Squash– *Russell Gardens*
- Eggplant – *High Five Farm*
- Tomato – *High Five Farm*
- Zucchini – *Happy Jack's Farm*
- Cherry Tomatoes– *Salad Days Farm and Lost Acre Farms*
- Basil and Garlic– *Community Garden*

Mexican Street Corn

From "Eat Well on \$4/Day Good and Cheap" by Leanne Brown

From Your Share: Corn

Ingredients:

- 4 ears of corn
- 4 tablespoons of mayonnaise
- ½ cup grated cotija, queso blanco, feta, romano, or parmesan cheese
- Dusting of chile powder
- 1 lime sliced into wedges

Directions:

1. Turn your oven broiler on high.
2. Peel off the corn husks and clean off all the silk. You can leave green ends attached to create a convenient hand hold.

3. Place corn on a baking sheet and put in the oven for 2-3 minutes. Rotate and repeat until brown and toasted, but for no longer than 10 minutes in total.
4. Working quickly, spread a tablespoon of mayonnaise over each ear of corn. Next sprinkle the cheese over the corn.
5. Sprinkle Chile powder on top, but not too heavily to avoid a gritty texture.
6. Finally, squeeze lime juice over the corn and serve hot!

Spicy Panzanella

From "Eat Well on \$4/Day Good and Cheap" by Leanne Brown

From Your Share: Cucumber· Tomatoes

Ingredients:

Salad

- 1 large cucumber
- 2 medium tomatoes, chopped
- 4 slices day-old bread
- Salt and pepper to taste

Dressing

- 2 tablespoons olive oil
- 1 jalapeno, finely chopped
- 2 tablespoons chopped tomato
- Juice of 1 lime
- Salt and pepper to taste

Directions:

1. Peel the skin of the cucumber, chop
2. Reserve 2 tablespoons of the chopped tomatoes for the dressing, throw the rest in a bowl with the cucumbers. Sprinkle generously with salt and pepper, toss.
3. Place a small saucepan over medium heat and add a few drops of olive oil. Add the jalapeno and saute until it sizzles and smells good (~1 minute), then add the rest of the chopped tomato and a tablespoon of water. Cook until the tomato juices release (~2 minutes). Sprinkle liberally with salt and pepper.
4. Once the water has evaporated, turn off the heat and dump the mixture onto a cutting board. Chop up finely, then throw it back in the pan (heat

off) with lime juice and olive oil. Stir to combine

5. Chop bread into bite size pieces, then toast in a skillet over medium heat until the bread chunks are toasty on all sides.
6. Add the bread and dressing to the vegetables and stir to combine. Taste and adjust the salt and pepper. Let the salad sit for a few minutes, then serve!

Fresh Green Beans

Adapted from www.thepioneerwoman.com

From Your Share: Green Beans · Onion · Garlic · Green Bell Pepper

Ingredients

- 1 lb. Green Beans
- 1 Tablespoon Butter
- 1 Tablespoon Olive Oil
- 2 cloves Garlic
- 1 cup chopped Onion
- 1 cup Chicken Broth
- 1/4 To 1/2 teaspoon salt
- Ground Black Pepper to taste
- Chopped Green Pepper

Directions

1. Snap the stem ends of the green beans.
3. Heat butter and oil in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until the beans turn bright green.
5. Add the chicken broth, green pepper, salt and black pepper. Turn heat to low and cover with a lid, leaving a crack to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp.
7. You can add more chicken broth during the cooking process, but it is just fine to let it all cook away so the onions and peppers can caramelize.

Roasted Roots Salad

Adapted from: Sugar Loves Spices

From Your Share: Beets · Garlic · Onion · Carrots

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.

Another Pickled Green Tomato Recipe

Adapted from www.southernliving.com

From Your Share: Green Tomatoes · Garlic · Onion

Ingredients

- 1 ¼ cups rice vinegar
- ½ cup sugar
- 2 tablespoons kosher salt
- 3 basil sprigs (or other herb as desired)
- ¼ cup thinly sliced onion
- ¼ teaspoon crushed red pepper

- 1 pound small green tomatoes (about 4), cored and cut into 1/3-inch-thick slices

Directions

1. Mix 1 cup water, vinegar, sugar, and salt in a medium saucepan. Bring to a boil, stirring until sugar dissolves.
2. Remove from heat; cool for 10 minutes.
3. Place basil, onions, crushed red pepper, and green tomatoes in a canning jar(s). Pour vinegar mixture over green tomato mixture until completely covered.
4. Cover with a tight-fitting lid; chill 24 hours. Store in refrigerator up to 2 months.

Easy Cheesy Eggplant

From Plate It Up KY Proud Recipe

From Your Share: Tomatoes · Eggplant · Onion

Ingredients:

- 3 cups cubed eggplant
- 2 medium tomatoes, sliced
- 1 large onion, sliced
- 1/4 cup melted butter
- 1/4 cup applesauce
- 1/4 teaspoon salt
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 8 ounces shredded mozzarella cheese
- 1/2 cup whole wheat bread crumbs
- 2 tablespoons grated Parmesan cheese

Directions:

1. Peel eggplant and slice into 1/2 inch cubes.
2. Layer eggplant, tomatoes, and onions in a casserole dish.
3. Mix butter and applesauce and pour 1/2 over the vegetable mixture.
4. Sprinkle with the salt, basil, and garlic powder.
5. Cover and bake for 20 minutes in a 450° F oven.
6. Remove from oven and top with mozzarella cheese, whole wheat bread crumbs, and Parmesan cheese. Pour the remaining butter

and applesauce mixture over the cheese.

7. Bake an additional 10 minutes, uncovered.

Roasted Cherry Tomatoes

From thenovicechefblog.com

From Your Share: Cherry Tomatoes · Garlic

Ingredients:

- 2 (10 oz containers) cherry tomatoes, halved
- 6 large garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 2 teaspoons freshly cracked black pepper

Directions:

1. Preheat oven to 375°F. Prepare a baking sheet with parchment paper for easy clean up.
2. In a medium bowl, toss together tomatoes, garlic, oil, salt and pepper. Transfer to prepared baking sheet and spread into an even layer.
3. Bake for 20 to 25 minutes, until tomatoes are soft and very fragrant.
4. Eat immediately standing over the sink with a kitchen fork...or on top of your favorite pasta, pizza, or even grilled chicken breasts!

Stuffed Zucchini

From We Make You Kindly Welcome:

Pleasant Hill, KY

From Your Share: Tomatoes · Zucchini · Onion

Ingredients:

- 2 zucchini
- 1/3 cup onion
- 3 tbsp parmesan cheese
- 1 cup crushed Ritz crackers
- 1 tbsp. Parsley
- 1 egg, beaten
- 2 tsp. Butter
- Salt and pepper to taste

Directions:

1. Wash zucchini, cut off ends
2. Cook in boiling salted water for 5 minutes or until tender

3. Halve lengthwise, remove pulp with spoon.
4. Combine pulp, crackers, cheese, onion, parsley, salt, pepper, and egg.
5. Fill zucchini shells with mixture and dot with butter
6. Sprinkle with additional cheese and bake at 350 degrees for 30 minutes.

Ingredients:

- 3 medium fresh beets (about 1 pound)
- 4 medium navel oranges, peeled and sectioned
- 4 ounces crumbled feta cheese
- 1/2 cup chopped walnuts (optional)
- 1/4 cup minced fresh mint

Roasted Beet and Orange Salad

From Plate It Up KYProud Recipe

From Your Share: Beets

Ingredients:

- 3 medium fresh beets (about 1 pound)
- 4 medium navel oranges, peeled and sectioned
- 4 ounces crumbled feta cheese
- 1/2 cup chopped walnuts (optional)
- 1/4 cup minced fresh mint

Orange Vinaigrette:

- 2 tablespoons olive oil
- 1 teaspoon grated orange Zest
- 2 tablespoons orange juice
- 1/2 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Preheat oven to 425 degrees F. Scrub beets and trim tops to 1 inch. Wrap in foil; place on a baking sheet. Bake 50 to 60 minutes or until tender. Remove foil; cool completely.

Peel beets and chop into bite-sized pieces. In a small bowl, whisk oil, orange zest, orange juice, vinegar, honey, mustard, salt, and pepper until blended. In a large bowl, combine cooked beets and orange sections. Add the vinaigrette and

toss gently to coat. Spoon mixture on serving plate and top with feta cheese, walnuts, and fresh mint.

Spaghetti Squash Pesto

From: KSU Nutrition Trailer Chef Robin Westrick

From Your Share: Spaghetti Squash · Basil · Garlic

Ingredients:

- Noodles from 1 Spaghetti Squash *
- 2 cups packed fresh basil leaves
- 2-3 cloves garlic
- 1/4 cup nuts/seeds (walnuts)
- 2/3 cup extra-virgin olive oil
- Salt & Pepper

1/2 cup freshly grated Parmesan cheese

Directions:

1. Combine the basil, garlic, and nuts/seeds in a food processor. Pulse until coarsely chopped.
2. Add the oil slowly while continuing to process until fully incorporated and smooth.
3. Season with salt and pepper.
4. Transfer the pesto to a large serving bowl and mix in the cheese.
5. Add to noodles until fully coated, serve warm.

* To Prep the Spaghetti Squash Noodles

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.

To Microwave: Pierce holes in the squash and microwave on high for 10 to 12 minutes.

Both: Let cool. Halve squash lengthwise and discard seeds. Shred squash with a fork.

Food Share 2023

Every other Tuesday • 5–7 PM

Dolly Graham Park

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