



# Recipe Booklet!

South Frankfort Food Share

August 22, 2023

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## Special thanks to our sponsors!

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## In your food share:

- Corn – Happy Jack’s Farm
- Potatoes - Blackberry Heaven
- Shishito Peppers - Dandelion Ridge Farm
- Cucumber - High Five Farm
- Garlic - Cedar Ring Greens
- Onions – Blackberry Heaven
- Yellow Squash– Happy Jack’s Farm
- Tomato – High Five Farm
- Cherry Tomatoes– Salad Days Farm & High Five Farm
- Cantaloupe - Salad Days Farm
- Okra - Salad Days Farm
- Pears - Stepping Stone Orchard

## **Black Bean and Corn Salad**

### Ingredients

- 1 (15-oz.) can black beans, rinsed and drained
- 1 c. corn
- 1 avocado, diced
- 1 jalapeño, seeds removed and finely chopped
- 1/2 c. quartered cherry tomatoes
- 1/4 medium red onion, diced
- 1/4 c. freshly chopped cilantro

- Juice of 1 lime
- 2 tbsp. extra-virgin olive oil
- 1/2 tbsp. honey
- 1 clove garlic, minced
- 1/2 tsp. ground cumin
- Kosher salt
- Freshly ground black pepper

### Directions

1. In a large bowl, combine beans, corn, avocado, jalapeño, tomatoes, onion, and cilantro.
2. In a small bowl, whisk together lime juice, oil, honey, and cumin. Season with salt and pepper.
3. Pour dressing over salad mixture and toss to combine. Season to taste with more salt and pepper.

## **Potatoes with Tomatoes and Basil**

Adapted from Italian Food Forever

### 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

1. Preheat oven to 375 degrees F. Mix together onions, potatoes and oil.
2. 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.
3. 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.

## Fried Eggs in Bell Pepper Rings

Adapted from [reluctantentertainer.com](http://reluctantentertainer.com)

### Ingredients:

- 1 large bell pepper, cored
- Oil, butter, or nonstick spray
- 6 eggs
- Parmesan cheese
- Salt and pepper, to taste

### Directions:

1. Cut the bell pepper from top to bottom in slices that resemble rings.
2. Prepare a skillet with a light layer of oil or nonstick cooking spray. Place 6 of the bell pepper rings on the skillet over medium heat. Crack an egg into each ring and allow it to spread out to fill the bell pepper ring. Season the eggs with salt and pepper, to taste.
3. If you like your eggs soft, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.
4. If you like your eggs hard, break up the yolk with the spatula for even cooking. Cook 6-9 minutes, or until the eggs are cooked to your preference.
5. Sprinkle with fresh Parmesan cheese (optional); flip if you like it cooked over-easy! Serve!

## Ratatouille

From Kayla

### Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

### Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.

3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.
4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.
6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## Classic Blistered Shishito Peppers

From Chef Kevin Archer, Dandelion Ridge Farm

### Ingredients:

- 1 tablespoon olive oil
- 1/2 pound shishito peppers, whole, stems intact, washed and patted dry
- 1 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1 lime

### Directions:

Heat a large skillet or sauté pan over medium heat. Add olive oil.

Add whole peppers, keeping them in a single layer in the pan. Sprinkle in the salt and black pepper. Makes 4 servings.

## Shishito Peppers with Garlic and Cherry Tomatoes

From Chef Kevin Archer, Dandelion Ridge Farm

*This simple recipe makes a great side dish. Or, serve it over pasta or polenta as a main course.*

### Ingredients:

- 1/4 pound shishito peppers
- 1 tablespoon olive oil
- 1 clove garlic, thinly sliced
- 1 dozen cherry tomatoes, halved
- 1/4 teaspoon sea salt

### Directions:

Clean the shishito peppers and slice each one, diagonally, into two or three pieces.

Discard the stems.

Heat a skillet or sauté pan over medium heat. Add olive oil.

Add the shishito peppers and sliced garlic to the pan. Sauté over medium heat for 5 minutes, tossing frequently.

Add the halved cherry tomatoes to the pan. Continue to sauté, while tossing, until the tomatoes begin to break down, approximately 5 minutes.

Add the salt, stir to distribute, and take the pan off the heat.

Cook for 5 or 6 minutes, tossing frequently to blister the peppers all around.

Remove from heat and zest the lime over the pan. Alternatively, slice a lime wedge and squeeze it over the peppers.

Serve in the pan or a separate serving dish. The stems are perfect little handles. Discard them as you eat the peppers.

Feel free to use a different cooking oil, such as avocado, sesame, or sunflower. Each adds its own unique flavor to the dish.

## **Simple Roasted Okra**

Adapted From Southern Living

### Ingredients

- 1 pound fresh okra, trimmed and halved lengthwise
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper

### Directions

1. Preheat the oven to 425°F. Toss together all ingredients in a large bowl until combined.
2. Spread mixture in a single layer on a large baking sheet.
3. Roast in preheated oven until okra is tender and browned, 20 to 25 minutes, stirring mixture halfway through cook time.

4. Serve

## **Cucumber Yogurt Dip**

From: The Lemon Bowl

### Ingredients:

- 2 c. plain yogurt
- 2 c. diced or shredded cucumber
- 1/2 c. minced dill
- 1/4 c. lemon juice
- 2 cloves garlic, minced or grated
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions:

1. Combine all ingredients in a medium bowl. Check for seasoning. Add seasonings, if you wish!
2. Serve immediately, or store in the refrigerator for up to 5 days.

## **Eggplant Rounds**

From MaryLinda Wells

### Ingredients

- 1 Eggplant
- 1 egg, beaten
- Seasoned breadcrumbs
- Cooking oil spray
- Marinara sauce
- Mozzarella cheese, shredded

### Directions

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking oil, or use a silicone mat to prevent sticking.
2. Peel the eggplant and cut into 1/4" thick slices.
3. Dip slices into beaten egg, roll in the seasoned breadcrumbs and place on the baking sheet.
4. Spritz each slice with cooking oil and bake for 20 minutes.
5. Remove the baking sheet from the oven and flip each slice over with a spatula.
6. Spoon marinara sauce onto each slice and sprinkle with shredded mozzarella.
7. Place the baking sheet back into the oven and bake for another 10 minutes, or until the cheese is melted.

## Esquites (Mexican Street Corn)

From Chef Jessica Zoller

### Ingredients:

- 2 tablespoons butter
- 1 tablespoon vegetable oil
- 4 ears of corn
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 2 ounces cotija (aged Mexican cheese), crumbled, and extra for garnish
- ¼ cup shishito peppers, blistered and chipped
- 2 teaspoons chopped garlic
- Juice from 1 lime
- 2 tablespoons mayonnaise
- ½ cup chopped cilantro leaves

### Directions:

1. Blister peppers in oil in skillet and set aside to cool and chop.
2. Add butter to skillet and sauté corn with seasonings on medium high.
3. Add garlic and sauté till fragrant then add peppers back in.
4. Squeeze in lime juice and turn heat to low.
5. Mix in the mayo, cotija, and cilantro and adjust seasoning. (Yields 4 servings)

## Ratatouille

From Kayla

### Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

### Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.
4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.
6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## Greek Couscous Salad

From: Kellie Sebastian

### 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

1. Mix all ingredients well.

## **Food Share 2023**

Every other Tuesday • 5–7 PM

Dolly Graham Park

**Aug. 22 | Sept. 5**

Sept. 19 | Oct. 3 | Oct. 17