



Recipe Booklet!

South Frankfort Food Share

September 5, 2023

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- Corn – Happy Jack’s Farm
- Potatoes - Blackberry Heaven
- Green Tomatoes - Salad Days Farm
- Jalapeño - High Five Farm
- Dill or Cilantro - Cedar Ring Greens
- Onions – Blackberry Heaven
- Yellow Squash– Happy Jack’s Farm
- Sweet Pepper - Happy Jack’s Farm
- Tomato – Happy Jack’s Farm
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- Okra - Salad Days Farm
- Eggplant - High Five Farm
- Golden Delicious Apples- Ayres Orchard
- Spaghetti Squash - Russell Gardens
- Green Beans - Happy Jack’s Farm

Spaghetti Squash with Tomatoes

Adapted from KY WIC Farmers Market Nutrition Program Recipe Book

From your Food Share: Tomato, Spaghetti Squash, Pepper, Onion

Ingredients

- 1 cooked spaghetti squash halved, seeds removed

- 1 medium onion, chopped (1/2 cup)
- 1 green pepper chopped (1/2 cup)
- 1 large garlic clove chopped
- 2 tablespoons olive oil
- 4 tomatoes chopped (4 cups)
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- Salt and pepper
- 2 tablespoons butter
- 1/4 cup grated parmesan cheese

Directions

1. Cook squash till done using any method you prefer – bake, boil, steam or microwave.
2. When squash is nearly done, sauté onion, green pepper and garlic in olive oil over medium heat until tender.
3. Stir in tomatoes, salt, pepper, oregano and basil.
4. Simmer together for about 5 minutes more.
5. When squash is done, shred with a fork, keeping it inside the shell. Toss with butter.
6. Spoon mixture on top of shredded squash, top with parmesan.

Pomegranate Apple Salad

Adapted from thespruceeats.com

From your Food Share: Apples, Asian Greens, Onion

Ingredients

For the Dressing:

- 3 tablespoons white wine vinegar or unseasoned rice vinegar
- 6 tablespoons sugar
- 1/2 teaspoon kosher salt, or sea salt
- 1/2 teaspoon Dijon mustard
- 1/4 to 1/3 cup chopped onion, from about 1/2 small onion
- 1/2 cup canola oil, grapeseed oil, or extra-virgin olive oil
- 1 3/4 teaspoons poppy seeds

For the Salad:

- 1 large head lettuce bag of asian greens or other salad greens, washed and patted dry
- 1 pomegranate, seeded
- 1 large yellow or green apple, cored and sliced or chopped

Directions

Make the Dressing

1. In a blender or mini food processor, combine the vinegar, sugar, salt, mustard, and onion. Pulse several times until well blended. With the machine running, slowly add the oil in a thin stream and blend until emulsified.
2. Pour dressing into a jar. Add the poppy seeds and shake well to combine. Store in the refrigerator, shaking well before serving.

Make the Salad

1. Gather the ingredients.
2. Place the lettuce/greens in a large bowl or arrange on a deep, wide serving platter.
3. Sprinkle with the pomegranate seeds and add the apple slices or cubes.
4. Just before serving, drizzle with about 1/4 of the poppy seed dressing and toss gently. Serve the remaining dressing on the side so guests can add more if desired.
5. Tip: The dressing can be made a day in advance and stored in the fridge until it's time to serve.

Vegan Louisiana Gumbo With Okra and Yellow Squash

Adapted from thespruceeats.com

From your Food Share: Okra, Yellow Squash, Onion, Pepper

Ingredients

- 1 tablespoon olive oil, or other neutral cooking oil
- 1 onion, diced
- 1 bell pepper, diced
- 3 stalks celery, sliced
- 3 cloves garlic, minced
- 3 cups vegetable broth, or water
- 3 cups water
- 1 (14-ounce) can diced tomatoes, undrained (or equivalent fresh tomatoes)
- 1 1/2 cups okra, sliced
- 1 medium zucchini, sliced
- 1 teaspoon thyme
- 1 teaspoon filé powder, optional*
- 1/2 teaspoon salt
- 1 dash freshly ground black pepper
- 1 dash Tabasco sauce, to taste
- 3 cups cooked rice or quinoa

Directions

1. Sauté the onion, bell pepper, celery, and garlic in olive oil over medium heat in the largest saucepan or soup pot you have. Allow this mixture to cook for about 5 minutes.
2. Next, carefully add the water and vegetable broth and bring the mixture to a low simmer, then add the tomatoes, sliced okra, sliced zucchini, thyme, filé powder, salt, pepper, and Tabasco, stirring to combine. Cover the pot partially and cook for 30 minutes, stirring occasionally.
3. Serve generous portions of your vegetable gumbo over precooked plain steamed white or brown rice or even quinoa for a little protein boost.

**The recipe does call for filé powder (made from the sassafras tree) for seasoning, and though it's difficult to find in mainstream grocery stores, there's not really a good substitute. You can omit it without too much trouble and just add a touch more thyme and salt, and maybe also a touch of something savory and neutral to add flavor (like garlic powder, celery seed, or a dash of a Creole seasoning blend if you have one).*

Pickled Okra

Adapted from thespruceeats.com

From your Food Share: Okra

Yields: 1 pint

Ingredients

- 1/2 pound okra pods
- 1 small clove garlic
- 1/2 teaspoon dill seeds
- 1 chile pepper, fresh or dried, or 1/4 teaspoon red chile flakes
- 1 cup cider vinegar
- 1 cup water
- 1 1/2 teaspoons pickling salt, or 2 teaspoons kosher salt

Directions

1. Trim off and discard any brown bits from the stem ends of the okra pods, rinse the pods clean, and dry them thoroughly with paper towels or a clean kitchen towel.
2. Peel the garlic and cut it into thin slices.
3. Stuff the trimmed okra, sliced garlic, and dill seeds into a clean pint jar. To make spicy

pickles, be sure to stuff in the chile option. Be a bit aggressive, since the okra will shrink a bit as it pickles and you want to take advantage of the space in there.

4. Bring the vinegar, water, and salt to a boil.
5. Ladle the hot mixture over the okra in the jars, leaving about 1/2 inch of headspace.
6. Close the jars. Let the jar(s) sit until they've cooled to room temperature. As they cool they may "pop"—all this means is the seal on the jar sealed itself. While a "popped" jar still cannot be stored in the cupboard (it wasn't hot-water processed), there is nothing wrong with that jar and it will keep in the fridge. Put the jar(s) in the fridge and let them sit for at least 1 week but ideally four weeks before opening to eat.

Tip: This recipe gives you the amount to prepare per pint jar—feel free to double, triple, or quadruple this recipe based on how much okra you have on hand and how many pints of pickled okra you think you can eat.

Sauteed Green Beans with Red Peppers and Peanuts

Adapted from thespruceeats.com

From your Food Share: Green Beans, Pepper, Onion

Ingredients

- 2 pounds green beans, trimmed if fresh
- 2 tablespoons olive oil
- 2 onions, chopped
- 4 cloves garlic
- 1 red bell pepper, chopped
- 1 cup roasted peanuts
- 1/2 teaspoon salt, optional
- 1/2 teaspoon black pepper

Directions

1. Add 1/2 inch of water to a chef's pan or large skillet and bring to a boil.
2. Add the green beans, cover, and steam the beans until bright green and crisp-tender, about 2 to 3 minutes for fresh, and 3 to 5 minutes for frozen. Drain. *(Skip this step if beans are fresh, slender, and tender)*
3. Wipe out the skillet, add the oil, and warm over medium-high heat.
4. Add the onions and garlic and saute until the onions become translucent, 5-7 minutes.

5. Add the steamed green beans, peppers, peanuts, salt, and pepper.
6. Saute until the beans are tender. Serve warm.

Corn Fritter for Two

Adapted from KY WIC Farmers Market Nutrition Program Recipe Book

From your Food Share: Corn

Ingredients

- 1/3 cup fresh corn
- 1 egg, separated
- 1 Tablespoon flour
- 1 Tablespoon cornmeal
- Salt and pepper
- 1 Teaspoon milk
- 1 Teaspoon vegetable oil or enough to grease the skillet

Directions

1. Place the corn in a small bowl and add the egg yolk, flour, meal, salt and pepper.
2. Stir well and mix in the milk. Beat the egg white till they form soft peaks and fold them in.
3. Oil a small skillet or griddle and heat a bit.
4. Spoon in the batter in desired quantities. Brown on both sides over medium low heat.

Creamy Dill Potato Salad

Shared By: Tisa Conway-Cunningham

From Your Share: Dill, Potatoes

Ingredients

- 3 lbs. potatoes (white or red), peeled
- 1½ c. celery, diced
- 3 Tbsp. green onion, chopped
- ¾ c. mayonnaise
- ½ c. sour cream
- 2 Tbsp. lemon juice
- 4 Tbsp. fresh dill, minced
- 1 Tbsp. dijon mustard

Directions

1. Boil potatoes until tender (about 15-20 minutes). Cool and cube into bite-sized pieces.
2. In a large bowl, combine all ingredients. Add potatoes last, after they have fully cooled.
3. Refrigerate at least one hour before serving.

Dill Potatoes Grilled in a Packet

Adapted from thespruceeats.com

From your Food Share: Potatoes, Dill

Ingredients

- 6 to 8 large new potatoes
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 2 to 3 tablespoons finely chopped fresh dill
- 2 tablespoons unsalted butter, melted
- 1 1/2 teaspoons sea salt
- 1 teaspoon coarsely ground black pepper

Directions

1. Wash potatoes, dry well, and cut into quarters. Place potato pieces in a resealable container or a zip-top bag.
2. Mix together olive oil, minced garlic, chopped dill, melted butter, salt, and black pepper in a small bowl.
3. Pour mixture over potatoes, seal the container, and let marinate for 30 minutes.
4. Preheat grill to medium heat. Using a slotted spoon, remove potatoes from the container and place on a long sheet of aluminum foil. Pour enough of the marinade over potatoes to coat them well, but make sure they are not swimming in it.
5. Place another piece of foil on top and crimp the edges together to create a packet. Make 3 small holes on the top of the packet to allow steam to escape while cooking.
6. Place potato packet on the grill and cook for 30 to 40 minutes, or until tender. Remove packet from the grill and let sit for about 5 minutes. Using heat-resistant gloves, carefully unfold aluminum foil, being mindful hot steam will escape. Transfer potatoes to a platter and serve.

Tips

It is important that you don't add too much marinade to the foil packet—if you do, the potatoes will end up simmering in the liquid and will get mushy. Just drizzle enough on to keep the potatoes moist while cooking.

If you would like the potatoes to be a bit more crispy on the bottom, raise the heat a bit for the last 5 to 7 minutes of cooking. Shake the packet to make sure the potatoes aren't sticking.

Recipe Variations

--Make the dish a little more substantial by throwing in some thinly sliced onion and/or including diced red and green pepper.

-If you'd like to add a bit of color to the dish, substitute half of a sweet potato for the white potato.

Eggplant Parmesan Fries

From Kayla Anderson, Fresh Rx Nutrition Outreach

From your Food Share: Eggplant

Ingredients

- 1/2 cup Italian bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon each Italian seasoning, basil, garlic powder, onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup all purpose flour
- 2 large eggs, beaten
- 1 medium eggplant
- cooking spray
- marinara sauce for dipping (optional)

Directions

- 1.) Cut the eggplant into similar-sized sticks/fries.
- 2.) Combine bread crumbs, parmesan, dried basil, garlic powder, onion powder, salt, pepper, and flour in a shallow dish.
- 3.) Beat eggs into a separate shallow dish.
- 4.) Coat the eggplant fries with egg and transfer to breadcrumb mixtures, using a fork.
- 5.) Spray air fryer basket with cooking spray and place eggplant fries in a single layer in the air fryer basket; Spray the eggplant fries with light coat of cooking spray. Air fry at 350°F for 10 minutes, flipping half way.
- 7.) OR bake in oven for about 20 minutes at 425°F, flipping half way.
- 8.) Serve with marinara dipping sauce.

Food Share 2023

Every other Tuesday • 5–7 PM

Dolly Graham Park

Sept. 5 | Sept. 19 | Oct. 3 | Oct. 17