



# Recipe Booklet!

South Frankfort Food Share  
June 14, 2022

Learn more about our farmers at:  
[www.fcmarket.org](http://www.fcmarket.org)

## In your food share:

- Garlic: Blackberry Heaven
- Greens: Chard or Kale: High Five Farm & Cedar Ring Greens
- Cabbage: High Five Farm
- Beets: High Five Farm
- Broccoli: Happy Jack's Farm
- Green Onions: Salad Days Farm
- Carrots: Salad Days Farm
- Lettuce/Salad Mix: Salad Days Farm
- Head of Lettuce: Cedar Ring Greens
- Cucumbers: Salad Days Farm
- Mint: Bluebird Hill Farm & Cedar Ring Greens

## **Rainbow Veggie Sandwich:**

*Adapted from Tesco Real Food*

From your Food Share: carrot, lettuce, cucumber, beet

## Ingredients:

Bread

2 tablespoons hummus

½ red pepper, sliced

1 carrot, grated

½ yellow pepper, sliced

2-3 lettuce leaves, shredded

¼ cucumber, sliced

1 cooked beet, sliced

1 tablespoon pesto

## Directions:

Spread the hummus on one slice of bread, Layer the vegetables, drizzle the pesto over

the top, and put the other slice of bread on top.

**Tip:** You could easily double or multiply this recipe as you need. The sandwiches could be made up to a day ahead and kept in the fridge, ready for a packed lunch or picnic.

## **Early Summer Veggie Fried Rice**

*Adapted from Chef Lee Dempsey, of Holly Hill Inn*

Serves 4

From your Food Share: garlic, carrots, cabbage

You can put practically any veggie or meat in your fried rice, making this meal an easy way to use your seasonal vegetables.

## Ingredients:

1/4 cup vegetable/canola oil, divided  
salt and pepper to taste

1/2 cup thinly sliced carrots

1/2 cup small diced broccoli

3/4 cup small diced onion

3/4 cup thinly sliced zucchini/squash

3/4 cup thinly sliced cabbage

6 cups cooked rice (from the night before, preferably)

2½ tablespoons chopped Garlic

1/4 c. teriyaki or soy sauce

Spices: I use chili garlic paste, chili powder, or cayenne pepper to give it a kick!

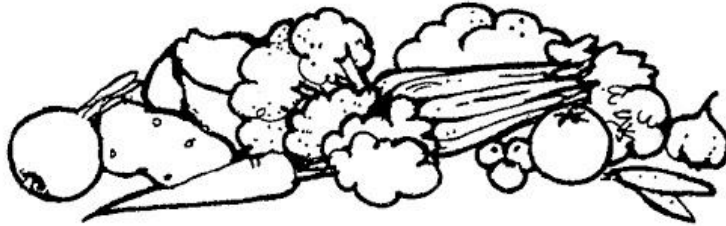
## Directions:

Cook your veggies in batches over a medium to medium-high burner in a large frying pan. Add a little bit of oil before cooking each vegetable, and lightly season each vegetable with salt and pepper. Sauté carrots and broccoli until tender but still crisp. Remove to a large bowl.

Sauté zucchini and cabbage until tender. Add to the veggie bowl.

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Put all cooked veggies back into the pan, as well as the rice and garlic. Cook until the rice is hot. Stir and scrape the bottom of the



pan constantly with a spatula so the rice doesn't stick and burn. Add teriyaki or soy sauce, and mix together. Cook for another 30 seconds, and it's ready to serve and eat.

### **Greens and Cabbage**

*Adapted from Nutrition.gov*

From your Food Share: Greens, Cabbage, Garlic

#### Ingredients:

8 ounces greens-kale, swiss chard, or collards (washed, stems removed, shredded)  
2 cups cabbage (shredded)  
1 tablespoon olive oil  
1 onion (chopped)  
3 cloves of fresh garlic, minced  
1 tablespoon vinegar

#### Directions:

Fill a pot halfway with water. Bring to a boil. Add greens, let water return to a boil, and cook for 3 minutes. Add cabbage and cook for 1 more minute. Drain well.

In a skillet, heat oil over medium heat. Add onion and sauté until light brown, about 5 minutes. Add garlic for the last few minutes of sautéing.

Add greens, and vinegar to the skillet and stir well. Cook until most moisture has evaporated, about 1 minute.

### **Beet Smoothie**

*Adapted from a couple cooks by Sonja Overhiser*

From your Food Share: Beets

#### Ingredients:

Raw Beet  
Green Apples  
Banana  
Frozen Pineapple  
Water and Ice

#### Directions:

Peel Beets.

Chop ingredients.

Add to Blender and Blend!

**Tips:** Ways to add protein to your Smoothie:  
Add Greek Yogurt or a Nut Butter!

### **Mint and Scallion Relish**

*Adapted From Real Simple*

From your Food Share: Mint, Green Onions, Garlic

#### Ingredients:

½ cup olive oil  
¼ cup fresh lemon juice  
2 teaspoons honey  
1 small clove garlic, finely chopped  
kosher salt and black pepper  
1 cup chopped fresh mint  
4 scallions (green onions), chopped

#### Directions:

In a small bowl, whisk together the oil, lemon juice, honey, garlic, ½ teaspoon salt, and ¼ teaspoon pepper.

Stir in the mint and scallions.

Use it as a fun sauce or topping!

### **Fresh Mint Dressing**

*Adapted from Love Real Food by Kathryn Taylor*

From your Food Share: Mint and Garlic

#### Ingredients:

½ cup of extra virgin olive oil  
½ cup of lemon juice (about 2 lemons)  
¼ cup packed fresh mint leaves  
3 tablespoons honey  
1 tablespoon Dijon mustard  
2 cloves garlic, chopped  
¼ teaspoon salt  
freshly ground black pepper to taste

#### Directions:

In a food processor or blender, combine all



ingredients until smooth. (You can also chop all ingredients finely and shake in a covered jar to combine.) Taste and add more salt/pepper as desired. Store covered in refrigerator. Serve on salad, as a dip on fresh vegetables or fruits, or with beans or whole grains.

### **Caramelized Broccoli with Garlic**

*Adapted from Chef David Gingrass, Food and Wine.com*

From your Food Share: Broccoli and Garlic

#### Ingredients:

3 tablespoons extra-virgin olive oil  
2 heads of broccoli (1 1/4 pounds total), stems peeled and heads halved lengthwise  
1/2 cup water  
3 garlic cloves, thinly sliced  
Pinch of crushed red pepper  
Salt and freshly ground black pepper  
2 tablespoons fresh lemon juice

#### Directions:

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes.

Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes.

Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.

### **Vietnamese Rice Noodle Salad**

*Adapted from cookbook "Bad Manners"*

From your Food Share: Lettuce, Carrots, Mint, Cucumber, Green Onions

Makes enough for 4 as a main, 6 as a side

#### Ingredients:

1 package (6.75 ounces) maifun or thin rice noodles  
1/2 a head of lettuce chopped\*  
2 medium carrots, cut into matchsticks  
1 cucumber, peeled & cut into matchsticks  
1 cup thinly sliced fresh mint leaves  
1 cup thinly sliced basil leaves  
1 cup chopped cilantro leaves  
1 cup sliced green onions  
Sesame Dressing (buy from Kroger or make your own)  
1/2 cup salted, roasted peanuts, finely chopped  
Lime wedges for serving

#### Directions:

Cook the noodles according to package directions. When they are done, drain the noodles and run them under cold water until they are cool to touch. Set aside.

While all that is going down, you should get all your veggies and herbs ready and make the dressing if you are making your own.

To serve, pile a large mound of noodles in the center of each plate. Arrange the lettuce, veggies, and herbs around the mound while leaving a good amount of the noodles exposed. Drizzle the dressing on both the noodles and lightly around the vegetables and herbs, then sprinkle the peanuts all over. Serve with lime wedges.

\*Real leaf, butter, whatever. Just a soft leafy lettuce. Don't overthink it.



## **Roasted Beet and Quinoa Salad**

*Adapted from cookbook "Bad Manners"*

From your Food Share: Beets, Kale

### Dressing

1 Shallot or small onion, diced (about 2 tablespoons)

1 teaspoon Dijon mustard

3 tablespoons white wine, balsamic, or champagne vinegar

¼ cup olive oil

### Salad

3 medium beets, peeled and chopped into small chunks (about 1 ½ cups)

1 teaspoon of whatever vinegar you used for the dressing

2 teaspoons olive oil

Salt and ground pepper

2 cups water

1 cup quinoa, rinsed

1 cup kale, stems removed, sliced into thin strips

¼ cup diced fresh herbs (dill, basil, parsley will all work well here)

### Directions:

Crank your oven to 400F. Grab a rimmed baking sheet and have it on standby.

Make the dressing: Pour all the ingredients together in a jar and shake it up.

For the salad: In a medium bowl, toss the beets together with the vinegar, olive oil, and a pinch of salt. Your hands might get a kinda red look from the beets. Don't worry, it will wash off. Pour the mixture onto the baking sheet and roast for 20 minutes, stirring the beets halfway through.

While the beets roast up, bring the water to a boil in a medium pot. Add the quinoa. Once it starts boiling again, cover and adjust the heat to low. Cook the quinoa at a slow simmer until it's tender, about 15 minutes. Just taste it and you'll figure it out. Drain any extra water that remains in the pot and scoop the quinoa into a medium bowl. Fold the kale into the hot quinoa and then add the dressing. Add the fresh herb of your choice and mix well.

When the beets are done, fold them into the quinoa. Add salt and pepper to taste. Serve this salad at room temperature or refrigerate until cold.

**South Frankfort Food Share Dates:** Tuesdays, 5-7 pm, Dolly Graham Park

June 28 | July 12 | July 26 | Aug. 9 | Aug. 23 | Sept. 6 | Sept. 20 | Oct. 18

Kids Activities | Summer Meals | Samples every Tues., 5-7 pm, June 14- July 26