

Recipe Booklet!

**South Frankfort Food Share
August 9, 2022**

In Your Food Share

Learn more about our farmers at:

www.fcmarket.org

Collard Greens from Happy Jack's Farm
Tomatoes from Happy Jack's Farm
Corn from Happy Jack's Farm
Onions from Russell Gardens
Green Pepper from Russell Gardens
Potatoes from Blackberry Heaven and Morgan
Rae Farms
Cucumbers from Salad Days Farm
Cantaloupe from Salad Days Farm
Parsley from Salad Days Farm
Beets from Salad Days Farm
Green Tomatoes from Salad Days Farm
Carrots from Salad Days Farm

Beet Hummus

By The Real Food Dietitians

From your Food Share: Beets, Parsley

Ingredients:

12 oz of beets, cooked and peeled
1 can of garbanzo beans, drained but reserved
¼ of cup of the liquid
Juice of ½ lemon
¼ cup of tahini
3 Tbsp olive oil, divided
¼ cup of reserved liquid from garbanzo beans
½-1 tsp. salt, to taste
Optional: chopped parsley, sesame seeds,
chopped pistachios

Directions:

Place beets, beans, lemon juice, tahini, and garlic cloves in the bowl of a food processor (or blender). Add 2 Tbsp of oil and start blending.

With the food processor running, slowly drizzle the remaining tablespoon of oil through the chute in the lid and blend until smooth, stopping to scrape down the sides as needed.

If the hummus is too thick to blend at this point, stream in the reserved liquid from the beans one tablespoon at a time until your desired consistency is achieved.

Taste and season with salt to taste.

To serve, sprinkle with desired toppings and drizzle with oil if desired.

Grilled Green Tomatoes

By whiteonricecouple.com

From your Food Share: Green Tomatoes

Ingredients:

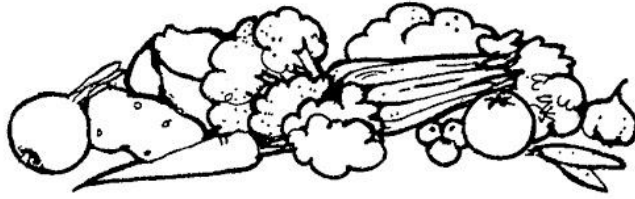
1 pound green tomatoes, approximately
2 Tablespoons cooking oil, such as grape seed oil or olive oil
3 cloves garlic, minced or crushed
1 teaspoon brown sugar
1 Tablespoon Worcestershire or fish sauce, soy sauce (Use Tamari for gluten free)
salt, to taste
fresh cracked black pepper to taste
1/4 cup grated parmesan cheese
1/4 cup chopped fresh basil leaves

Directions:

Heat grill and slice green tomatoes about 1/4 inch thick.

In a medium bowl, combine oil, garlic, brown sugar, Worcestershire (or fish sauce, soy sauce, Tamari), salt and black pepper

Add green tomato slices to the bowl and evenly coat all the slices with the marinade.



Grill each side of the tomato until your desired texture (about 2-4 minutes on each side). How thick you slice your tomato will determine how long it cooks.

Top with fresh parmesan cheese and chopped basil.

Serve as a side dish, on burgers or chopped in a salad

Fried Eggs in Green Pepper Rings

From reluctantentertainer.com

From Your Food Share: Green Bell Pepper

Ingredients:

1 large bell pepper, cored
Nonstick spray, for preparing the pan (or butter if you prefer)
6 eggs
Parmesan cheese
Salt and pepper, to taste

Directions:

Cut the bell pepper from top to bottom in slices that resemble rings.

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.

If you like your eggs soft, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.

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.

Sprinkle with fresh Parmesan cheese (optional); flip if you like it cooked over-easy! Serve!

Classic Toasted Tomato Sandwich

From thekitchenmagpie.com

From Your Food Share: Tomatoes

Ingredients:

2 large tomatoes

4 tablespoons mayonnaise
8 slices your favorite bread
salt and pepper
butter for the toast (optional)
lettuce - optional

Directions:

Slice the tomatoes into 1/4 inch round slices and let drain slightly on a paper towel.

Place your bread into your toaster and toast until it's crisp enough for your liking.

Remove the toast and spread some butter on both slices if wanted, then slather with 1 tbsp of the mayo as well.

Place the tomatoes on top of one slice. Salt and pepper to your liking,

Mexican Street Corn

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

by Leanne Brown

From Your Food Share:

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:

Turn your oven broiler on high.

Peel off the corn husks and clean off all the silk. You can leave green ends attached to create a convenient hand hold.

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.

Working quickly, spread a tablespoon of mayonnaise over each ear of corn. Next sprinkle the cheese over the corn.



Sprinkle Chile powder on top, but not too heavily to avoid a gritty texture.

Finally, squeeze lime juice over the corn and serve hot!

Creamy Carrot Soup

From recipetineats.com

From Your Food Share: Onion, Carrots, Parsley

Ingredients:

1 tbsp olive oil or butter
4 slices streaky bacon
1 onion , chopped
2 garlic cloves , minced
5 large carrots , cut into chunks
1 quart vegetable or chicken broth (4 cups)
1/2 cup
3/4 cup
Salt and Pepper
For Serving:
Chopped Parsley
Cream

Directions:

Heat oil in a large pot over medium high heat. Add bacon and cook until golden. Remove from pot, cool then chop.

Add onion and garlic into the bacon drippings. Cook for 2 minutes until the onion is translucent but not browned.

Add carrots and stir well to coat the carrot in the oil.

Add broth, then stir. Cover with lid, adjust heat so it is simmering energetically (about medium).

Cook for 20 - 25 minutes until the carrot is very soft.

Remove lid, turn heat off. Use a stick blender to puree the carrot (or cool slightly and do in the blender).

Add cream, milk, salt and pepper to taste. Stir.

Adjust thickness with milk (or water), if desired.

Ladle soup into bowls. Garnish with swirls of cream, bacon and parsley or thyme if desired. Serve with crusty bread.

Collard Green Potato Curry

From liveeatlearn.com

From Your Food Share: Onion, Potatoes, Collard Greens

Ingredients:

2 Tbsp olive oil 30 mL
1 medium white onion
3 cloves garlic minced
1 Tbsp fresh grated ginger
3 potatoes peeled and chopped
2 tsp curry powder
1 tsp each coriander, cumin, salt
1 13-oz can coconut milk
1/2 can water about 3/4 cup
4 oz chopped collard greens about 4 cups, 113 g
To serve: rice, cilantro

Directions:

Rice: If serving with rice, begin cooking it first.
Flavor Base: Heat oil in a large saute pan or wok over medium heat. Add onion, garlic, and ginger, cooking until onion is soft and translucent, about 3 minutes.

Potatoes: Add chopped potatoes, the spices/seasonings, and coconut milk. Fill the can that has coconut milk about half full with water, then add that too. Cover and bring to a gentle simmer until potatoes are fork-tender, about 10 minutes.

Greens: Stir in chopped collard greens, cooking just until collards have wilted down and are bright green, about 1 minutes. Serve warm with rice and fresh cilantro.

Quick Collard Greens

From cookieandkate.com

From Your Food Share: Collard Greens

Ingredients:

1 large bunch (about 10 ounces) collard greens
1 1/2 tablespoons extra-virgin olive oil
1/4 teaspoon fine sea salt
2 medium cloves garlic, pressed or minced



Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)

A couple lemon wedges, for serving

Directions:

To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the "cigar" as thinly as possible ($\frac{1}{8}$ " to $\frac{1}{4}$ ") to make long strands. Shake up the greens and give them a few chops so the strands aren't so long.

Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all of the collard greens and the salt.

Stir until all of the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges (this is delicious). This will take between 3 to 6 minutes.

Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds. Remove the pan from the heat.

Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.

Dark Chocolate Beet Brownies

From pinchandswirl.com

From Your Food Share:

Ingredients:

8 ounces boiled and peeled beets (about 2 medium beets)

1 cup unsalted butter (2 sticks, plus more for buttering parchment paper)

8 ounces dark chocolate chopped or chips

1 $\frac{1}{4}$ cups white whole wheat flour

1 teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

4 eggs at room temperature

1 teaspoon vanilla extract

1 cup golden brown sugar, packed

Directions:

Quarter beets and transfer to the food processor; process until pureed, scraping the sides down twice. (You should end up with a scant one cup of beet puree.)

Preheat the oven to 350°F.

Line a 9 x 9 x 2-inch brownie pan with parchment paper or grease pan generously.

Cut sticks of butter into tablespoon size chunks and place in a heavy saucepan. Add chopped chocolate and cook over low heat, stirring constantly until mixture melts and is smooth.

Remove the pan from heat and set aside to cool. In a medium bowl, whisk together flour, baking powder and salt. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment, gently mix the eggs for about 30 seconds. Add vanilla and brown sugar; mix on medium-high until light and airy, about 2 minutes.

Reduce speed and add beet puree and then slowly add chocolate mixture; mix just until combined. Add flour mixture and again, mix just until combined. Pour batter into the prepared pan and smooth the top with a rubber spatula.

Bake for 25 to 30 minutes, until a knife inserted into the center comes out with just a few moist crumbs sticking to it. Allow brownies to cool for 5 minutes then transfer with parchment to the cooling rack.

Cut and serve warm, at room temperature, or straight from the refrigerator.