

# Recipe Booklet!

**South Frankfort Food Share  
June 28, 2022**

## In Your Food Share

Carrots - Salad Days Farm  
Squash / Zucchini - Happy Jack's Farm, High Five Farm & Morgan Rae Farm  
Green Onions - Salad Days Farm  
Swiss Chard - High Five Farm  
Cucumber - Happy Jack's Farm  
Potatoes - Russell Gardens & Happy Jack's Farm  
Cabbage - High Five Farm  
Garlic - Cedar Ring Greens  
Parsley - Salad Days Farm  
Kale - Cedar Ring Greens

Learn more about our farmers at:

**[www.fcmarket.org](http://www.fcmarket.org)**

## **Zucchini and Potato Bake**

*Adapted From Allrecipes.com*

From your share: Zucchini, Potatoes, (Carrots), and Garlic

### Ingredients:

2 medium zucchini, quartered and cut into large pieces  
4 medium potatoes, peeled and cut into large chunks  
1 medium red bell pepper, seeded and chopped  
1 clove garlic, sliced  
1/2 cup dry bread crumbs  
1/4 cup olive oil  
paprika to taste  
salt to taste  
ground black pepper to taste  
(Feel free to add a couple of sliced carrots as well!)

### Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3. Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

## **Cabbage Soup**

*Adapted from KnowYourProduce.com, chef Courtney*

From your share: onion, garlic, zucchini, potatoes, and cabbage

### Ingredients:

1 teaspoon olive oil  
1 medium onion diced  
2 carrots sliced  
2 stalks celery sliced  
3 cloves garlic minced  
1 quart vegetable broth  
1 cup water  
1 can 18 oz diced tomatoes  
1 zucchini chopped  
2 potatoes peeled and diced  
1 bay leaf  
1/2 teaspoon thyme  
1/2 teaspoon oregano  
1/2 teaspoon basil  
5 cups cabbage (or 1/2 head cabbage)  
salt and ground black pepper to taste

### Directions:

1. Heat olive oil in a large pot over medium-high heat. Once the pan is hot add onions, carrots, celery, and garlic, saute 4-6 minutes.
2. Add in vegetable broth, water, tomatoes with liquid, zucchini, potatoes, bay leaves, thyme and season with salt and pepper to taste.
3. While the veggies are cooking in the broth, chop up the cabbage and then add to the pot.
4. Cover and bring to a boil, then reduce the heat to medium-low.



5. Cover and simmer for 25-30 minutes or until potatoes are tender.
6. Serve with your favorite main course or enjoy as-is with toasted bread.

**Tips:** Add other leafy greens, such as Kale or Spinach! Or Add protein with chickpeas, kidney beans, or other beans!

## Cabbage and Cucumber Slaw

*Adapted from BonAppetit.com, from chef Chris Morocco*

From your food share: cucumbers, cabbage, and onion

### Ingredients:

6 cups thinly shaved or sliced cucumbers and/or cabbage

¼ red or white onion, very thinly sliced

¼ cup seasoned rice vinegar

2 Tbsp. extra-virgin olive oil

### Directions:

1. Combine vegetables and onion in a medium bowl; season generously with salt. Let sit until they start to release their water, 8–10 minutes, then begin to massage with your fingers, gently at first so they don't break, then harder as they begin to expel their liquid, until softened to about the texture of coleslaw.
2. Pour off all excess liquid and add vinegar and oil; toss to coat. Taste and season with more salt if needed.
3. Cover and chill.

**Tip:** You can make this up to 3 days ahead of when you plan to eat it!

## Cucumber Yogurt Dip

*Adapted from The Lemon Bowl*

From your Food Share: cucumber and garlic

This recipe is similar to a Greek cucumber-yogurt sauce called tzatziki. Use this as a dip for raw zucchini sticks and sliced peppers or top your grilled hamburger with this dip and sliced onions.

- 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.

## French Onion Soup Bombs

*Adapted from delish.com, by chef Lena Abraham*

From your food share: onions, garlic, parsley

### Ingredients:

- 2 tbsp. butter
- 2 medium onions, thinly sliced
- 2 sprigs thyme
- kosher salt
- Freshly ground black pepper
- 1/4 c. red wine
- 1/4 c. flour
- 2 garlic cloves, minced
- 2 c. beef broth
- 6 dinner rolls
- 6 slices swiss cheese
- 1 c. Gruyere cheese, shredded
- 1 tbsp. chopped parsley



#### Directions:

1. Preheat the oven to 350° and line a medium cooking sheet with parchment paper.
2. In a large pot over medium heat, melt butter. When melted, add onions and thyme and season with salt and pepper. Cook, stirring occasionally, until onions are soft and caramelized, about 20 minutes.
3. Remove thyme and add wine. Bring to a simmer and cook until the wine is mostly evaporated. Add in flour and garlic and cook until garlic is fragrant, 2-3 minutes. Add in broth and bring to a simmer. Let simmer until thickened slightly, 5 minutes. Season with more salt and pepper if desired.
4. Meanwhile, prep the rolls: cut the top 1/4 off each roll. Using a paring knife, hollow out each and lay a slice of swiss over each to cover the hole, pressing in slightly. Place rolls on a prepared baking sheet and toast until cheese is melted, 6-8 minutes.
5. When cheese is melted and soup is ready, ladle soup into each roll. Top with a handful of gruyere cheese and place back in the oven to melt. If desired, broil.
6. Garnish with parsley and serve.

## **The Best Classic Zucchini Bread Recipe**

*Adapted from thewholesomedish.com.*

From your food share: Zucchini

#### Ingredients:

- 1 1/2 cups grated zucchini - lightly packed -do not drain liquid
- 1 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 1/3 cup vegetable oil -or your preferred cooking oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

#### Directions:

1. Preheat the oven to 350 degrees F. Spray a 9x5 inch loaf pan with cooking spray.
2. In a large bowl, add the grated zucchini, sugar, brown sugar, applesauce, oil, eggs, and vanilla. Whisk until well combined.
3. Add the flour, baking powder, baking soda, salt, and cinnamon. Stir just until no dry flour remains, trying not to over mix.
4. Pour the batter into the loaf pan. Bake for 50 to 55 minutes. A toothpick inserted into the center of the bread should come out with moist crumbs on it.
5. Cool in the pan for 10 minutes. Remove from the pan and transfer to a wire cooling rack to cool completely before slicing.
6. Store covered in the refrigerator. \*This bread is best served after it has been refrigerated for at least 12 hours.

## **Carrot and Chard Ribbons**

*Adapted from jamiegeller.com*

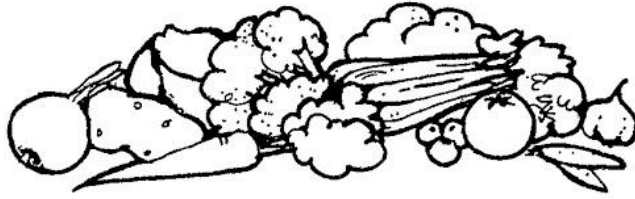
From your Food Share: Carrots, Swiss Chard, (Kale), parsley

#### Ingredients:

- 2 pounds carrots, peeled and sliced on an angle 1/4-inch thick
- 8 - 10 large Swiss chard leaves (or Kale), tough stems and center ribs removed and leaves thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh parsley
- Kosher salt
- Freshly ground black pepper

#### Directions:

1. Bring a large saucepan half-full of water to boil.
2. Add carrots and cook until barely crisp-tender, about 7 minutes.
3. Drain carrots and return to the pot with chard, oil, garlic, and parsley.
4. Season with salt and pepper.
5. Sauté over medium heat until the chard (or kale) is just wilted.



## **Black Bean Hummus**

From Your Food Share: Garlic (serve with carrots, cucumbers, cabbage)

### Ingredients:

- 1 clove garlic, minced
- 1 (15 ounce) can of black beans, drained
- 2 tablespoons lemon juice
- 1 ½ tablespoons tahini
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- ½ teaspoon paprika
- 2 tablespoons water

### Directions:

1. Mince garlic
2. Add garlic, black beans, lemon juice, tahini, cumin, salt, cayenne pepper, and paprika to food processor or blender.
3. Scrape down the sides and add more water, if needed. Combine until smooth.
4. Serve with your favorite raw vegetables, whole grain crackers, whole wheat pita, or baked chips.
5. Store in the refrigerator, in a covered container, for up to 4 days.

## **Gazpacho**

From Tisa and Krystal Conway-Cunningham

From your food share: Garlic, cucumber

### Ingredients:

- 1 cucumber
- 2 1/2 pounds ripe tomatoes, chopped
- 2 Fresno chiles, or 1/2 red bell pepper, stemmed and seeded
- 1/4 small red onion, rinsed
- 4 small garlic cloves
- 1/4 cup chopped cilantro, plus more for garnish
- 3 tablespoons sherry vinegar or red wine vinegar
- 1/2 cup extra virgin olive oil, plus more for drizzling
- 1 1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper  
Cherry tomatoes and fresh herbs, for garnish

### Directions:

1. Finely chop 1/4 of the cucumber and reserve for garnish.
2. Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until smooth. Season to taste and chill for at least 2 hours.
3. Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.