

Recipe Booklet!

**South Frankfort Food Share
July 26, 2022**

In Your Food Share

Learn more about our farmers at:

www.fcmarket.org

Basil: Cedar Ring Greens
Cherry Tomatoes: Salad Days
Corn: Happy Jack's
Cucumbers: Russell Gardens
Eggplant: Salad Days and Happy Jack's
Garlic: Cedar Ring Greens and Blackberry Heaven
Green Bell Pepper: Salad Days
Onion: High Five Farm
Potato: High Five Farm, Russell Gardens, and Morgan Rae Farms
Serrano Pepper: Cedar Ring Greens
Squash/Zucchini: Salad Days
Tomatoes: Happy Jack's and Lost Acres Farm
Dill: Salad Days

Eggplant and Bell Pepper Stir-Fry

From Recipelands.com

From Your Food Share: eggplant, green bell pepper, garlic

Ingredients:

2 tablespoons vegetable oil
4 cloves garlic crushed
½ inch ginger freshly minced
2 scallions, spring or green onions sliced, plus extra for serving
1 dried red chile (optional)
8 ounces eggplant with peel, well washed, and cut into 1/2-inch pieces

1 green bell peppers or any color you like
1 tablespoon soy sauce, tamari
½ teaspoon sesame oil
½ teaspoon hot chili pepper oil sichuan (optional)
1 pinch sugar
1 teaspoon rice vinegar
2 tablespoons cilantro

Directions:

In a wok or a large nonstick skillet, heat the oil over medium-high heat until hot.

Add the garlic, ginger and scallions, stirring constantly, and cook for about 40 seconds until very fragrant.

Add the eggplant, stirring often, and cook until the eggplant pieces are soft and browned, about 5 minutes.

Stir in the bell pepper, and cook for another 2 to 3 minutes until the bell peppers start to become soft but still crunchy.

Add the soy sauce, sesame oil, hot chili oil if using, sugar and rice vinegar, and cook for another 1 minute until heated through.

Adjust the seasonings to taste if needed. Top with fresh cilantro and scallions, and serve warm with rice.

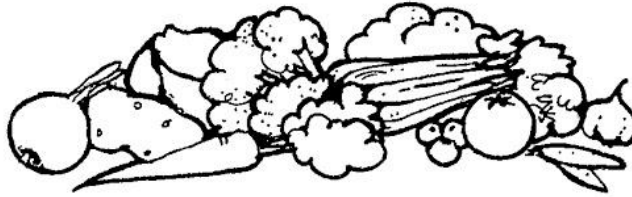
Stewed Zucchini with Tomatoes and Garlic

From the Spruceeats.com

From your Food Share: Zucchini, onion, green bell pepper, tomato

Ingredients:

3 to 4 medium zucchini, unpeeled and cubed
1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
1 (8-ounce) can tomato sauce
1 cup sliced celery
1 large sweet onion, coarsely chopped
1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
2 cloves garlic, thinly sliced
1 1/2 teaspoons sugar



3/4 teaspoon kosher salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste

Directions:

Gather the ingredients.

In a large sauté pan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.

Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.

Taste and adjust seasonings.

Serve hot and enjoy.

7-Minute Sautéed Zucchini with Garlic & Basil

From www.kitchentreaty.com

From Your Food Share: Garlic, Zucchini, Basil

Ingredients:

2 teaspoons olive oil
1 medium clove garlic (minced)
1 pound zucchini (about 2 medium zucchini, sliced into coins (halved if large))
Pinch salt & pepper
5-6 basil leaves finely chopped

Directions:

Place a medium sauté pan over medium heat. When hot, add the olive oil and then the garlic. Cook, stirring frequently, for one minute. Add the zucchini along with a pinch or two of salt and black pepper. Sauté, stirring occasionally, until bright green and fork tender, 3-4 minutes. Remove from heat and top with basil leaves. Add additional salt and pepper if desired. Serve.

Baked Parmesan Yellow Squash Rounds

From: www.fivehearhome.com

From Your Food Share: summer squash

Ingredients:

2 medium-sized yellow summer squash
Garlic salt & freshly ground black pepper
1/2 cup freshly grated Parmesan cheese

Directions:

Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper.

Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.

Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.

Cucumber-Stuffed Cherry Tomatoes

From www.tasteofhome.com

From Your Food Share: cherry tomatoes, cucumber, Dill

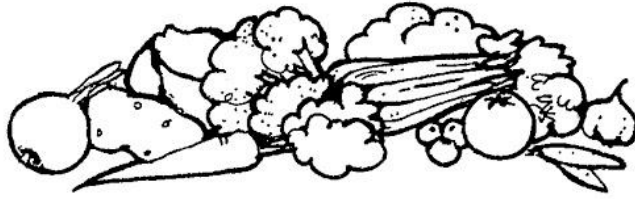
Ingredients:

24 cherry tomatoes
3 ounces cream cheese, softened
2 tablespoons mayonnaise
1/4 cup finely chopped peeled cucumber
1 tablespoon finely chopped green onion
2 teaspoons minced fresh dill

Directions:

Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.

In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber,



onion and dill. Spoon into tomatoes. Refrigerate until serving.

Oven Roasted Corn on the Cob

From www.southernliving.com
From Your Food Share: corn

Ingredients:

1/4 cup unsalted butter, softened
1 tablespoon chopped fresh flat-leaf parsley
2 medium garlic cloves, minced (2 tsp.)
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
3/4 teaspoon kosher salt
1/2 teaspoon black pepper
4 ears fresh corn, husks removed

Directions:

Preheat the oven to 425°F. Stir together butter, parsley, garlic, rosemary, thyme, salt, and pepper in a bowl until evenly combined.

Spread 1 tablespoon herb butter on each corn cob; wrap each individually in aluminum foil. Place foil-wrapped corn on a baking sheet. Bake in a preheated oven until corn is soft, 20 to 25 minutes, turning once halfway through cook time. Remove corn from foil, and serve

Oven Roasted Baby Potatoes

From www.thesrpuceats.com
From Your Food Share:

Ingredients:

1 pound baby potatoes, also known as new potatoes
2 tablespoons olive oil
1 1/2 teaspoons kosher salt
1/2 teaspoon black pepper
Chopped fresh parsley, optional

Directions:

Gather the ingredients.
Preheat the oven to 400 F.
Place the baby potatoes in a large pot, cover with cold water, and bring to a boil.
Parboil (boiling until soft, not completely cooked), just until soft, 8 to 10 minutes. Immediately drain

and let cool.

Slice cooled potatoes in half and place in a bowl. Gently toss with the olive oil, salt, and pepper, being sure to coat well.

Put the potatoes, cut-side down, on a nonstick baking pan and roast in the oven for 15 to 20 minutes, or until golden brown and crispy.

Remove from the oven and sprinkle with fresh parsley if using.

Serve immediately and enjoy.

Spicy Serrano Pepper Chimichurri Sauce

From marleysmenu.com

From your Food Share: Serrano Pepper, garlic

Ingredients:

1 or 2 red or green serrano chili peppers, deseeded
3 cloves peeled garlic
1 cup fresh parsley, tightly packed
2 tablespoons red wine vinegar
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon paprika
1/4 cup olive oil

Directions:

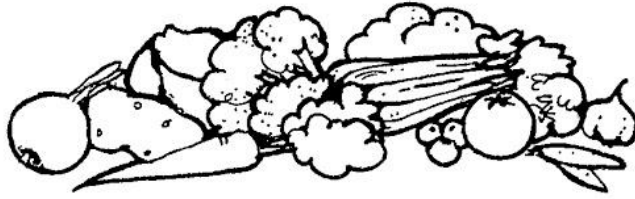
Slice your peppers in half and pull out the seeds (be careful they are hot! If you are new to handling hot peppers, I recommend wearing gloves) and peel your garlic.

For a spicier chimichurri use 2 serrano peppers.

For medium-level spices use just one.

Add garlic, peppers, parsley (stems and leaves), red wine vinegar, salt, pepper, and paprika to a food processor or blender and blend on medium until garlic, parsley, and peppers are finely diced.

Pour the contents of your blender into a medium-sized bowl and add olive oil. Use a fork or whisk to stir until ingredients are evenly mixed.



Use chimichurri as a marinade or finishing sauce.
It is safe to consume raw.

Ratatouille

From Kayla

From Your Food Share: garlic, eggplant, zucchini, squash, tomato

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:

Preheat the oven to 425 degrees F.

Rinse and peel onion. Peel and mince garlic.
Rinse eggplant, zucchini, squash, and tomato.

Dice onion and eggplant into 1/2 inch pieces.
Slice zucchini and squash into 1/2 inch slices.
Dice tomato.

In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.

Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.

Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.

Serve over rice, pasta, spinach, etc.

Fresh Corn Salad

From Kayla

From Your Food Share:

Ingredients:

4 ears of corn, shucked
1 cup of cherry tomatoes, halved
1/4 cup of red onion
1 (15 ounce) can of black beans, drained and rinsed
1 cup of cucumbers, diced
3 tbsp fresh parsley, finely chopped
2 tbsp fresh basil, finely chopped
1/4 cup of olive oil
1 1/2 tbsp red wine (or apple cider) vinegar
1 tbsp lemon juice
1 1/2 tsp honey
1/2 tsp minced garlic salt and pepper to taste (approx. 1/2 tsp of each)

Directions:

Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.

For the salad. Bring a large pot of water to a boil. Have a bowl of ice water ready nearby.

Once water boils, add corn and cook for 3 minutes.

Transfer to ice water to cool for a few minutes. Drain well.

Cut kernels from corn cob then transfer to a large bowl.

Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.

Pour dressing over corn salad.

Eat as a salad or with whole grain chips or crackers as a salsa.