

Recipe Booklet!

**South Frankfort Food Share
September 20, 2022**

In Your Food Share

Learn more about our farmers and the Farmers Market at: www.fcmarket.org

Winter Squash from Happy Jack's Farm
Green beans from Happy Jack's Farm
Heirloom Tomatoes from Happy Jack's Farm
Sweet Colorful Pepper from Happy Jack's Farm
Garlic from Blackberry Heaven
Potatoes from Morgan Rae Farm & Blackberry Heaven
Sweet potatoes from High Five Farm
Okra from High Five Farm
Eggplant from Salad Days Farm
Poblano peppers from Salad Days Farm
Cherry Tomatoes from Salad Days Farm
Apples from Eckert's Orchard
Rosemary from Cedar Ring Greens

Eggplant Rounds

From MaryLinda Wells

From your Food Share: eggplant

Ingredients

1 Eggplant
1 egg, beaten
Seasoned breadcrumbs
Cooking oil spray
Marinara sauce
Mozzarella cheese, shredded
(Please note that the amount of breadcrumbs, marinara sauce and shredded mozzarella will be determined by the size of your eggplant.)

Directions

Preheat oven to 400 degrees F. Spray baking sheet with cooking oil, or use a silicone mat to prevent sticking.

Peel the eggplant and cut into 1/4" thick slices. Dip slices into beaten egg, roll in the seasoned breadcrumbs and place on the baking sheet. Spritz each slice with cooking oil and bake for 20 minutes. Remove the baking sheet from the oven and flip each slice over with a spatula. Spoon marinara sauce onto each slice and sprinkle with shredded mozzarella. Place the baking sheet back into the oven and bake for another 10 minutes, or until the cheese is melted.

Twice Baked Winter Squash

Adapted from cleanfoodcrush.com

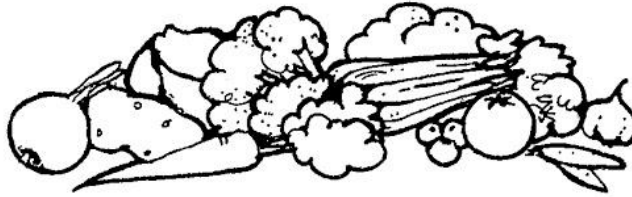
From your Food Share: winter squash (probably not spaghetti, though)

Ingredients

1 medium sized butternut squash (or other squash), halved lengthwise and seeds removed
3/4 cup plain Greek yogurt
3/4 cup high quality grated parmesan cheese, divided
1 Tbsp avocado or olive oil
sea salt and freshly ground black pepper, to taste

Directions

Preheat your oven to 425 degrees Fahrenheit. Place your squash halves cut side up in a baking dish large enough to hold both halves. Drizzle with oil and sprinkle with sea salt and pepper. Rub it in. Bake your squash for 35-45 minutes or until fork tender. Remove squash from the oven and let it cool until you can handle it comfortably. Using a spoon, carefully scoop out most of the flesh from your squash into a bowl, leaving about 1/4 inch border around the squash halves. Be careful not to break the outer skin. Add yogurt, 1/2 cup of parmesan cheese, sea salt and pepper to the bowl. Using a fork, mash and mix to combine everything together with the squash until creamy. Spoon this mixture back into the squash skins and sprinkle the top with remaining parmesan cheese.



Return the dish to the preheated oven and bake for 10 minutes, or until heated through, then broil for a couple of minutes more until nicely golden brown on top.

Okra Fritters

Adapted from allrecipes.com

In your Food Share: okra, tomato

Note from MaryLinda: Here's a recipe for some okra fritters that I made when I was gifted with some large pods of okra. Since the okra is finely chopped, it's a good way to use the okra that wasn't timely harvested or to disguise the okra altogether! And of course it can be halved or cut down to use whatever amount of okra is available.

Ingredients

1 pound fresh okra, sliced in 1/8 inch pieces
1 medium tomato, diced
1 onion, diced
1 ½ packets instant grits
1 egg, lightly beaten
salt and black pepper to taste
¼ cup oil for frying, or as needed

Directions

Combine okra, tomato, and onion in a large bowl. Add the grits, eggs, salt, and pepper and blend together using your hands.

Heat oil in a skillet over medium-high heat. Form patties 2 1/2 inches in diameter. Place the fritter in the pan and cook until golden brown, about five minutes. Flip with a spatula and cook until browned on the other side, about five minutes more. Remove and drain on paper towels. Serve immediately.

Fresh Green Beans

Adapted from www.thepioneerwoman.com

From your Food Share: green beans, garlic, pepper

Ingredients

1 lb. Green Beans
1 Tablespoon Butter

1 Tablespoon Olive Oil
2 cloves Garlic
1 cup chopped Onion
1 cup Chicken Broth
1/2 cup chopped Red Bell Pepper
1/4 To 1/2 teaspoon salt
Ground Black Pepper to taste

Directions

Snap the stem ends of the green beans.

Heat butter and oil in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until the beans turn bright green.

Add the chicken broth, chopped red pepper, salt and black pepper. Turn heat to low and cover with a lid, leaving a crack to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp.

You can add more chicken broth during the cooking process, but it is just fine to let it all cook away so the onions and peppers can caramelize.

Lemon Rosemary Roasted Potatoes

Adapted from damndelicious.net

In your Food Share: potatoes, garlic, rosemary

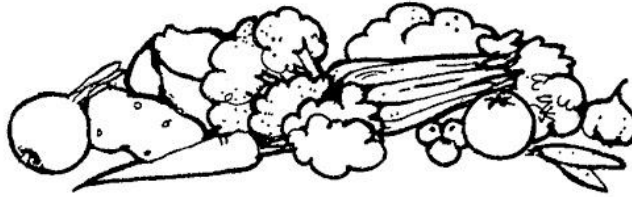
Ingredients

3 pounds red potatoes, halved
2 tablespoons olive oil
Juice of 1 lemon
3 cloves garlic, minced
1 sprig rosemary, removed from stem and chopped
salt and freshly ground black pepper, to taste
2 tablespoons unsalted butter
2 tablespoons chopped parsley leaves

Directions

Preheat oven to 400 degrees F. Oil a baking sheet or coat with nonstick spray.

Place potatoes in a single layer on the baking sheet. Add olive oil, lemon juice, garlic and



rosemary; season with salt and pepper, to taste.
Gently toss to combine.
Place into the oven and bake for 25-30 minutes,
or until golden brown and crisp. Stir in butter until
melted, about 1 minute.
Serve immediately, garnished with parsley if
desired.

Fresh Salsa

Adapted from The Spruce Eats

In your Food Share: garlic, tomatoes, pepper

Ingredients

3 T. chopped onion
2 small cloves garlic, minced
3 large ripe tomatoes, peeled, seeds removed
and tomato chopped
1/2 bell pepper, seeds removed and pepper
chopped
1½ -2 T. lime juice
salt, to taste
black pepper, to taste

Directions

Put onion and garlic in a strainer; pour 2 cups
boiling water over them, then let drain thoroughly.
Discard the water. Allow the onion and garlic to
fully cool.

Combine onions and garlic with tomatoes,
peppers, and lime juice. Add salt and pepper, to
taste.

Refrigerate for at least 2 hours to blend the
flavors.

Serve as a dip for chips, to top tacos or alongside
eggs. It can be refrigerated for up to 5 to 7 days.

Roasted Potatoes & Sweet Potatoes

Adapted from I Love Lindsay

In your Food Share: potatoes, sweet potatoes

Ingredients

1 lb. potatoes, cut into 1-inch pieces
1 lb. sweet potatoes, cut into 1-inch pieces
1/4 c. olive or vegetable oil or melted butter
salt & pepper, to taste

Directions

Preheat the oven to 375 degrees F.

In a bowl, toss potatoes with 2 tablespoons of the
oil or butter, and salt and pepper to taste. Spread
onto one layer on a baking tray. Bake for 10
minutes.

In the same bowl, toss sweet potatoes with
remaining oil or butter, and salt and pepper to
taste.

Remove the pan of potatoes from the oven, and
add the sweet potatoes to the pan, keeping
everything in one layer. Bake for 15 minutes, stir,
and bake another 20–30 minutes, until veggies
are crisp and browned.

Eat this on top of a salad or as a side dish to your
favorite meats.

Roasted Pumpkin or Squash Seeds

Adapted from Valerie's Kitchen

In your Food Share: winter squash seeds

Ingredients

1½ c. fresh pumpkin or squash seeds
2 tsp. olive or vegetable oil
1/2 tsp. salt or garlic salt, plus additional if desired
non-stick cooking spray

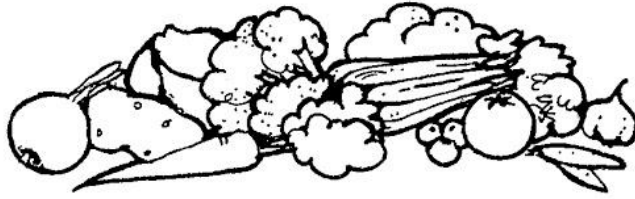
Directions

Remove seeds from pumpkin or squash, and
place in a colander in the sink. Rinse with water,
removing as much of the stringy pumpkin bits as
you can. Pour seeds on to a rimmed baking
sheet, and allow to dry overnight.

The following day, pick out any remaining pieces
of pumpkin.

Preheat oven to 325 degrees F. Spray a clean
rimmed baking sheet with cooking spray.

Toss seeds in a bowl with oil and salt. Spread
seeds on a single layer on the baking sheet, and
bake for about 20 to 30 minutes or until golden
brown, stirring about halfway through.



Taste and season with additional salt if desired.
Snack on the seeds, or use them to top a salad.

Simple Roasted Okra

Adapted from Southern Living

In your Food Share: okra

Choose whatever spices appeal to you!

Ingredients

1 pound fresh okra, trimmed and halved lengthwise
1 tablespoon olive oil
1 teaspoon smoked paprika
½ teaspoon ground cumin
½ teaspoon kosher salt
¼ teaspoon black pepper
¼ teaspoon garlic powder
⅛ teaspoon cayenne pepper

Directions

Preheat oven to 425°F. Toss together all ingredients in a large bowl until combined. Spread mixture in a single layer on a large baking sheet. Roast in preheated oven until okra is tender and browned, 20 to 25 minutes, stirring mixture halfway through cook time. Serve.

Sautéed Green Beans with Garlic

Adapted from www.recipetineats.com

From your Food Share: green beans, garlic,

Ingredients

½ pound green beans
1 tsp salt (for balancing the beans)
1 tbsp extra virgin olive oil or butter
2 garlic cloves, finely minced (~ 2 tsp)
1/8 tsp salt (for sautéing)
1 pinch black pepper

Directions

Blanch beans: Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. Shake off excess water.

Sauté: Heat oil in a large skillet over medium high heat. Add green beans and garlic. Stir for 2

minutes until the garlic is golden and crispy. Add salt and pepper, then toss.

Serve: Transfer beans to serving dish. Serve warm!

Sweet Potato Pancakes

From Kayla, our FreshRx Nutrition Coordinator

In your Food Share: sweet potatoes

Ingredients

2 sweet potatoes, roasted and pureed
1 ½ cup of all-purpose flour
2 tspns baking powder
1/2 tspn of baking soda
2 tbsp packed brown sugar
1 tsp salt
1 tsp cinnamon
1/2 tsp of ground nutmeg
2 eggs, beaten
1 ½ cups of milk

Directions

In a large bowl, whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, and nutmeg. In a separate bowl, whisk together milk, sweet potato puree, then add eggs.

Add wet ingredients to dry ingredients and stir until just combined. Melt butter in a large nonstick skillet or griddle over medium heat. When the skillet is warm, ladle the batter onto the skillet. Cook until bubbles start to form in batter and the pancake is golden brown underneath, then flip. Cook until the other side is golden brown. Repeat with remaining batter.

Our Remaining Food Shares is:

Tuesday, October 18 | 5 - 7pm

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