



Recipe Booklet!

South Frankfort Food Share
June 27, 2023

Learn more about the farmers market
and our farmers at fcmarket.org.

In your food share:

- Beets – *Salad Days*
- Carrots – *High Five Farm*
- Collard greens – *Cedar Ring Greens*
- Cucumbers – *High Five Farm*
- Dill – *Salad Days*
- Garlic – *High Five Farm*
- Kale – *Cedar Ring Greens*
- Lettuce – *Cedar Ring Greens & Lost Acres*
- Onions – *Happy Jack's*
- Parsley – *Salad Days*
- Potatoes – *Russell Gardens*
- Salad mix – *Salad Days*
- Swiss chard – *Salad Days*
- Yellow squash – *Happy Jack's, Morgan Rae Farms, and Salad Days*
- Zucchini – *Happy Jack's, Morgan Rae Farms, and Salad Days*

Honeyed Dill Dressing (GF) (V)

Adapted From: The Food Network

From Your Share: Dill

Ingredients

- $\frac{3}{4}$ c. crème fraîche *or* sour cream
- 3 Tbsp. chopped fresh dill
- 1 Tbsp. honey
- 1 Tbsp. freshly squeezed lemon juice
- Salt & pepper to taste

Directions

Whisk together crème fraîche, dill, honey, and a generous pinch of salt in a small bowl. Whisk in

lemon juice and a couple turns of freshly ground black pepper until blended.

Kale Pesto (GF) (V)

Shared From: Plate It Up! KY Proud

From Your Share: Garlic · Kale

Special Equipment: Food processor

Ingredients

- 6-7 c. fresh kale, washed & chopped
- $\frac{1}{2}$ c. shelled, roasted, and salted pecans *or* pistachios
- $\frac{1}{2}$ c. grated parmesan cheese
- 2 Tbsp. fresh-squeezed lemon juice
- 2 cloves garlic, chopped
- 1 whole avocado, peeled & seeded
- Salt & pepper to taste

Directions

1. Wash kale in lukewarm water. Remove any roots, rough ribs, and center stalk if it is large or fibrous. Chop into small pieces.
2. Combine kale, nuts, parmesan, lemon juice, garlic, and avocado in a food processor. Pulse ingredients until a smooth paste is formed.
3. Season with salt and pepper. Serve with fresh veggies, whole wheat crackers, or bread.

Benedictine (GF) (V)

Adapted From: The Southern Lady Cooks

From Your Share: Cucumber · Dill · Onion

Ingredients

- 1 (8-oz.) package cream cheese, softened
- 1 Tbsp. mayonnaise *or* Miracle Whip
- $\frac{1}{4}$ c. sour cream
- $\frac{1}{2}$ c. finely chopped cucumber
- $\frac{1}{2}$ c. finely chopped onion
- $\frac{1}{2}$ t. salt
- $\frac{1}{4}$ t. black pepper
- Fresh dill for garnish
- Pinch cayenne (*optional*)
- 1-2 drops green food coloring (*optional*)



Directions

1. Peel cucumber and split lengthwise. Remove seeds with spoon and dice. Set aside.
2. Mix together cream cheese, mayonnaise, sour cream, salt, pepper, dill, and cayenne.
3. Fold chopped cucumber into cream cheese mixture and add food coloring. Serve chilled on crackers or sandwiches.

Creamy Dill Potato Salad (GF) (V)

Shared By: Tisa Cunningham

From Your Share: Dill · Potatoes

Ingredients

- 3 lbs. potatoes (white or red), peeled
- 1½ c. celery, diced
- 3 Tbsp. green onion, chopped
- ¾ c. mayonnaise
- ½ c. sour cream
- 2 Tbsp. lemon juice
- 4 Tbsp. fresh dill, minced
- 1 Tbsp. dijon mustard

Directions

1. Boil potatoes until tender (about 15-20 minutes). Cool and cube into bite-sized pieces.
2. In a large bowl, combine all ingredients. Add potatoes last, after they have fully cooled.
3. Refrigerate at least one hour before serving.

Southern Green Beans & Potatoes

Shared By: Tisa Cunningham

From Your Share: Garlic · Onion · Potatoes

Ingredients

- 6 slices thick-cut bacon (cut into ½" pieces) or 1 smoked turkey leg, shredded
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- ½ t. salt
- ½ t. black pepper
- ¼ t. crushed red pepper (*optional*)
- 1½ lbs. small potatoes, quartered

- 1 lb. green beans, washed & trimmed
- 4 Tbsp. butter, divided
- 4 c. chicken broth

Directions

1. Lightly spray bottom of large pot or Dutch oven with cooking spray, then spread bacon over bottom in an even layer. Cook bacon over medium heat until crispy, about 8-10 minutes. Once cooked, remove bacon, reserving 2 tablespoons grease.
2. Add diced onion to reserved bacon grease and cook until soft and translucent (about 5 minutes). Add minced garlic and red pepper flakes. Continue to cook until aromatic (30-60 seconds).
3. Add chicken broth, trimmed beans, and quartered potatoes to pot with half of the cooked bacon pieces and 2 tablespoons butter. Stir to combine and cover. Heat to boiling, then reduce medium-low. Simmer covered until potatoes are fork-tender (about 25-30 minutes).
4. Drain potatoes, reserving ¼ cup broth. Add reserved broth, remaining 2 tablespoons butter, salt, and pepper to pot. Gently stir to coat beans and potatoes in seasonings. Transfer to serving dish and enjoy.

Eggs in a Nest (V)

Adapted From: Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver

From Your Share: Onion · Yellow squash

Ingredients

- 2 c. brown rice
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 2-3 carrots, chopped
- ½ c. sun dried tomatoes
- 1 large bunch chard, coarsely chopped
- 8 farm fresh eggs



Directions

1. Prepare rice according to package instructions.
2. In a large skillet over medium heat, sauté garlic and onion in olive oil until lightly golden.
3. Add chopped carrots to skillet with sun dried tomatoes and just enough water to rehydrate tomatoes. Cook until warmed through.
4. Add chopped chard to skillet and cook covered until wilted. Uncover and stir well. Use back of spoon to create impressions in the cooked leaves.
5. Crack an egg into each impression, careful to keep yolks whole. Cover and allow eggs to poach 3-5 minutes. Remove from heat and serve over rice.

Summer Squash Pizza (V)

Shared From: Plate It Up! KY Proud

From Your Share: Onion · Yellow squash

Ingredients

Toppings

- 2 summer squash, thinly sliced
- 1 c. onion, thinly sliced
- 1 bell pepper, thinly sliced
- 2 tsp. fresh rosemary, chopped
- Salt and pepper to taste
- 3 Tbsp. olive oil
- 2 Tbsp. grated parmesan cheese

Crust

- ½ T. rapid rise yeast
- 1 T. sugar
- ½ c. warm water
- ½ - 1 c. whole wheat flour
- ½ t. salt
- 2 Tbsp. olive oil

Directions

1. Preheat oven to 400° F. Place sliced squash, onion, and pepper on a roasting pan. Sprinkle veggies with rosemary, salt, pepper, and 2 tablespoons of olive oil. Toss to coat. Bake in preheated oven 20 minutes or until lightly

browned and tender. Set aside.

2. Increase oven temperature to 450° F. In a medium mixing bowl, dissolve yeast and sugar in warm water. Let yeast proof, about 10 minutes. Stir in ½ cup flour, salt, and oil. Mix until smooth, then rest for 5 minutes. Add additional flour as needed to be able to turn dough out onto a lightly floured surface.
3. Roll dough into a flat ¼" thick crust. Place crust on a baking sheet and bake 5 minutes until set. Remove from oven and distribute vegetable mixture on crust. Bake an additional 10 minutes or until crust is firm but not burnt.
5. Sprinkle pizza with cheese and remaining olive oil. Slice into quarters and serve.

Summer Garden Lasagna (GF) (V)

Shared From: Plate It Up! KY Proud

From Your Share: Garlic · Onion · Parsley · Yellow squash · Zucchini

Ingredients

- 5 medium zucchini
- 2 yellow summer squash
- 3 Tbsp. olive oil
- 2 large eggplants, sliced ½" thick
- 8 oz. plain Greek yogurt
- 2 c. low-fat cottage cheese
- ½ c. fresh basil, chopped
- 2 tsp. salt
- 1 medium onion, chopped into ¼" dices
- ¼ c. fresh chives, chopped
- 2 garlic cloves, pressed
- 10 oz. fresh spinach
- 1 (24-oz.) jar spaghetti sauce
- 8 oz. shredded mozzarella
- Garnish with fresh basil and parsley

Directions

1. Thinly slice squash and zucchini (¼" thick) and toss with 1 tablespoon olive oil and 1 teaspoon salt. Roast in oven at 400° F for 20 minutes, turning slices halfway through.
2. Slice eggplants, toss with 1 tablespoon olive



oil, and place on baking sheet. Roast in oven at 400° F for 20 minutes, turning slices halfway through. If needed, place under broiler for 5 minutes to reduce excess moisture.

3. In a mixing bowl, combine yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion, and chives.

4. Sauté garlic in remaining olive oil until golden. Add spinach to pan and cook until wilted.

5. Spoon half roasted zucchini, squash, and sautéed garlic into a greased 9×11” baking dish. Coat evenly with half cottage cheese mixture. Place an even layer of eggplant on top. Spread a layer of spaghetti sauce on eggplant and sprinkle with mozzarella cheese. Repeat for one more layer.

6. Bake lasagna at 425° F for 40-45 minutes. Sprinkle with chopped basil, parsley, and cheese for garnish.

Carrot Cookies (V)

Shared By: Kayla Anderson

From Your Share: Carrots

Special Equipment: Hand mixer

Ingredients

- 1 c. all-purpose flour
- 1 c. quick oats
- ½ t. cinnamon

- ¼ t. ground ginger
- ¼ t. ground nutmeg
- ½ t. salt
- ¼ t. baking soda
- 4 Tbsp. unsalted butter (room temperature)
- ½ c. light brown sugar, packed
- ¼ c. unsweetened applesauce
- 1 egg
- ½ t. vanilla extract
- 1 c. carrots, grated
- ½ c. chopped pecans or walnuts

Directions

1. Preheat oven to 350° F. Line a large baking sheet with parchment paper.
2. Sift together dry ingredients and set aside.
3. With a hand mixer, cream butter and brown sugar at medium speed for 2 minutes, or until combined. Add applesauce and mix thoroughly.
4. Beat in egg and vanilla for 1 minute. Add dry ingredients and mix at low speed for 30 seconds or until few flour streaks remain.
5. Fold carrots and pecans into batter using a rubber spatula.
6. Spoon portions of cookie dough (roughly 1½ tablespoons) onto prepared baking sheet, about 1½” apart. Bake 10-12 minutes, or until golden brown and cookie centers are set. Cool on baking sheet for 2 minutes, then transfer to cooling rack to cool completely.

South Frankfort Food Share 2023

Every other Tuesday • 5:00–7:00 PM • Dolly Graham Park

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