



Recipe Booklet!

South Frankfort Food Share

July 24, 2023

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

In your food share:

- **Basil** – Community Gardens
- **Bell pepper** – Salad Days
- **Cabbage** – Dandelion Ridge
- **Corn** – Happy Jack's
- **Cucumber** – Salad Days
- **Cutting celery** – Salad Days
- **Eggplant** – Salad Days
- **Green beans** – Happy Jack's
- **Kale** – Community Gardens
- **Onion** – Happy Jack's
- **Potatoes** – Russell Gardens & Morgan Rae Farms
- **Swiss chard** – Salad Days
- **Tomatoes** – Happy Jack's & UK High Tunnels
- **Zucchini** – Happy Jack's

Cooking Demo: Summertime Wild Mushroom & Bacon Caprese Bites

Shared From: Chef Mike Vaughn

From Your Share: Basil · Tomato

Naan Flatbread

Ingredients

- 1½ c. all-purpose flour
- 1 c. plain Greek yogurt or sour cream
- 2 tsp. baking powder
- ¼ tsp. kosher salt
- 1½ Tbsp. fresh chopped garlic

Directions

1. Sift flour, salt, and baking powder together. Add remaining ingredients to flour mixture. Form into a ball, wrap in plastic, and refrigerate for at least one hour.
2. Divide dough into 8-10 balls, coat each in flour, then roll flat on a floured surface. Heat one tablespoon of olive oil in a skillet. Fry flatbreads until golden brown on each side, then finish in oven at 400° F for 5 minutes.

Caprese Bites

Ingredients

- 1½ lbs. assorted local wild mushrooms
- 1 lb. local bacon
- 2 medium heirloom tomatoes
- 16 oz. goat cheese
- 8 oz. cream cheese
- 4 oz. fresh basil
- 1 Tbsp. worcestershire sauce
- Balsamic glaze, for garnish
- Truffle oil, for garnish
- Yellow wood sorrel, for garnish

Directions

1. Chop mushrooms into a small dice; slice tomato into small sections; cut bacon into ½" portions.
2. Arrange bacon on baking sheet and bake at 375° F, 15 minutes or to desired doneness. Drain rendered bacon fat into a skillet.
3. Combine mushrooms with worcestershire. Sauté in drippings until cooked through.
4. Using the paddle attachment of blender, combine goat cheese with cream cheese and basil.
5. To serve, smear cheese spread over flatbreads, then assemble bites with tomatoes, bacon, and mushrooms. Garnish with balsamic glaze, truffle oil, and yellow wood sorrel.



Bruschetta (V)

Shared From: Plate It Up! KY Proud

From Your Share: Basil · Onion · Tomato

Special Equipment: Blender

Ingredients

- 3 tomatoes, diced
- ½ c. thinly sliced & coarsely chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. red wine vinegar
- 6 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh basil, minced
- ½ Tbsp. fresh oregano, finely chopped
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 1 (16-oz.) loaf French bread, sliced

Directions

1. Combine tomatoes, onion, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt, and pepper. Set aside.
2. Preheat broiler.
3. Lightly brush both sides of bread slices with remaining olive oil and arrange on an ungreased baking sheet. Toast bread 2-3 minutes on each side, until golden brown.
4. To serve, top each slice of toasted bread with tomato mixture using a slotted spoon.
Optional: Drizzle with balsamic vinegar.

Watermelon Salsa (GF) (V)

Shared From: Plate It Up! KY Proud

From Your Share: Cucumber · Onion

Ingredients

- 2 c. seedless watermelon, chopped
- 1 c. fresh blueberries
- 1 c. chopped cucumber
- ½ c. chopped onion
- ½ chopped red bell pepper
- ½ tsp. garlic salt
- 1 tsp. lime juice
- 2 Tbsp. balsamic vinegar

Directions

Combine watermelon, blueberries, cucumber, onion, and bell pepper in a large serving bowl. Season with garlic salt and toss to coat. Stir in lime juice and balsamic vinegar. Cover and chill one hour before serving.

Mexican Street Corn (GF) (V)

Shared From: Kayla Anderson

From Your Share: Basil · Eggplant

Ingredients

- 4 ears corn
- 4 Tbsp. mayonnaise
- ½ c. grated cotija, queso blanco, feta, Romano, or parmesan cheese
- Dusting of chile powder
- 1 lime, sliced into wedges

Directions

Peel off corn husks and remove silks from cobs. Grill or broil on high 2-3 minutes each side until corn is golden brown and toasty. Slather each ear with one tablespoon mayonnaise. Sprinkle cheese, a light dusting of chile powder, and fresh-squeezed lime juice on top. Serve hot.

Eggplant Pizza Bites (GF)

Shared From: Kayla Anderson

From Your Share: Basil · Eggplant

Ingredients

- 1 eggplant, sliced into ¼" slices
- ⅓ c. tomato sauce
- ¾ c. mozzarella cheese
- ½ c. miniature pepperoni slices
- Salt & pepper to taste
- Fresh basil, finely chopped

Directions

1. Preheat broiler. Spray baking sheet with nonstick cooking spray.
2. Arrange eggplant slices in a single layer on baking sheet. Broil 3-4" from heating



element for 2 minutes on each side.

3. Remove eggplant slices from oven and season each with salt and pepper. Top with tomato sauce, cheese, and pepperoni.
4. Broil 3-4 minutes or until cheese is melted. Garnish with fresh basil and enjoy!

Zucchini Orzo

Shared From: Animal, Vegetable, Miracle by Barbara Kingsolver

From Your Share: Onion · Zucchini

Ingredients

- 16 oz. orzo pasta
- 3 Tbsp. olive oil
- 1 white or yellow onion, chopped
- 2 cloves garlic, minced
- 3 large zucchini, grated
- 2 tsp. fresh thyme
- 1 tsp. fresh oregano, minced
- ¼ c. grated parmesan cheese
- Salt & pepper to taste

Directions

1. Bring 6 cups of water to boil in a large pot. Add salt and orzo. Cook until just tender, 8-10 minutes.
2. In a large skillet, heat oil over medium-high heat. Add onion, garlic, and zucchini. Sauté until lightly golden. Add thyme and oregano, then remove from heat.
3. In a large bowl, toss together orzo, zucchini mixture, and cheese. Season to taste with salt and pepper. Serve chilled or at room temperature.

Green Bean Casserole for Two

Shared From: Campbell's

From Your Share: Green beans

This is a halved version of Campbell's classic green bean casserole recipe.

Ingredients

- 2 c. cooked cut green beans
- ½ (10.5-oz.) can Campbell's Condensed Cream of Mushroom soup or similar
- ¼ c. milk
- ½ t. soy sauce
- ¾ c. French's French Fried Onions, divided

Directions

1. Preheat oven to 350° F. Stir together soup, milk, soy sauce, beans, and ½ cup onions in a small casserole dish. Season mixture with salt and pepper.
2. Bake for 25 minutes or until hot. Stir, then sprinkle with remaining ¼ cup onions. Bake another 5 minutes, or until golden brown,

Smashed Potatoes (GF) (V)

Shared From: Plate It Up! KY Proud

From Your Share: Potatoes

Ingredients

- 6 large potatoes
- 1½ c. sliced fresh mushrooms
- 4 green onions, thinly sliced
- 6 oz. fresh spinach
- 1 Tbsp. canola oil
- 2 tsp. Dijon mustard
- ¾ c. light sour cream
- 1 c. shredded cheddar cheese
- Salt & pepper to taste

Directions

1. Preheat oven to 400° F.
2. Wash and dry potatoes. Spray skins with cooking spray and pierce with a fork in several places to vent. Place potatoes on a 13×18" baking sheet and bake until tender, about 1 hour.
3. Wash mushrooms, green onions, and spinach. Pat dry. Heat cooking oil in a skillet on medium-high heat. Add mushrooms and sauté for 6 minutes. Add green onions and spinach; sauté for 1 minute.



4. Once slightly cooled, halve baked potatoes lengthwise. Scoop out flesh into a medium mixing bowl and mash. Add mushroom mixture, Dijon mustard, sour cream, and ½ cup cheddar cheese. Season with salt and pepper; mix well.
 5. Scoop mixture into potato skins and sprinkle remaining cheese on top. Return potatoes to the baking sheet and bake until heated through and golden brown, about 20-25 minutes.
- ½ c. chopped onion
 - ¼ c. chopped green bell pepper
 - 1 tsp. granulated sugar
 - 1 Tbsp. cornstarch
 - 1 Tbsp. water

Cabbage Rolls (GF)

Shared From: Plate It Up! KY Proud

From Your Share: Basil · Bell pepper · Cabbage · Onion

Ingredients

- 12 cabbage leaves
- 1 lb. lean ground beef
- 1 c. cooked brown rice
- 1 (15-oz.) can tomato sauce
- 1 tsp. garlic salt
- 1 tsp. fresh basil, finely chopped
 - *Can substitute ½ tsp. dried basil*
- 1 tsp. fresh oregano, finely chopped
 - *Can substitute ½ tsp. dried oregano*

Directions

1. Cover cabbage leaves with boiling water. Let stand until leaves are limp, about 4 minutes. When cool, trim away excess ridge on leaf for easier rolling.
2. Mix beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions, and green pepper. Put ⅓ cup of filling in each leaf, starting at the leafy end. Roll, tucking in the sides as you go.
3. Place rolls seam side down in a 9×11" baking dish. Mix remaining tomato sauce with sugar and pour over rolls. Cover and bake at 350° F for 1 hour.
4. Remove cabbage rolls from baking dish and pour baking liquid into a saucepan over medium heat. Mix in cornstarch and water, stirring until mixture boils. Cook 1 minute, then remove from heat. Serve sauce with cabbage rolls.

South Frankfort Food Share 2023

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

May 30 | June 13 | June 27 | July 11 | **July 25** | August 8

August 22 | September 5 | September 19 | October 3 | October 17

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