



Recipe Booklet!

South Frankfort Food Share

July 11, 2023

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

In your food share:

- Basil – *High Five Farm & Community Gardens*
- Beets – *Salad Days*
- Carrots – *Lost Acres Farm*
- Cauliflower – *Happy Jack's*
- Cucumbers – *Salad Days*
- Garlic – *Cedar Ring Greens*
- Green beans – *Dandelion Ridge, Happy Jack's, and Community Gardens*
- Green tomatoes – *Salad Days*
- Kale – *High Five Farm & Community Gardens*
- Potatoes – *Russell Gardens*
- Sweet onions – *Russell Gardens*
- Yellow squash & zucchini – *Happy Jack's & Kentucky State University*

Tzatziki (GF) (V)

Adapted From: Love and Lemons

From Your Share: Cucumber

Special Equipment: Box grater · Citrus juicer

Ingredients

- 1 large cucumber
- 1 c. plain Greek yogurt
- 1 Tbsp. freshly squeezed lemon juice
- ½ t. extra virgin olive oil
- 1 garlic clove, finely minced
- 1 Tbsp. fresh dill, finely chopped
- Salt & pepper to taste

Directions

1. Grate the cucumber. Place grated cucumber onto a clean tea towel and gently squeeze out any excess water. Juice one-half of a medium-sized lemon, about 1 tablespoon.
2. In a medium bowl, combine cucumber pulp, yogurt, lemon juice, olive oil, garlic, dill, salt, and pepper. Chill until ready to serve.

Morning Carrot Muffins (V)

Shared From: AllRecipes

From Your Share: Carrots

Ingredients

- 1¼ c. all-purpose flour
- ¾ c. whole wheat flour
- 1 c. sugar
- 2 tsp. baking soda
- 1 Tbsp. cinnamon
- ¼ tsp. salt
- 2 c. shredded carrots
- ½ c. raisins
- ½ c. chopped walnuts
- ½ c. unsweetened coconut
- 1 finely chopped medium apple
- 3 eggs
- ¼ c. vegetable oil
- 1 c. unsweetened applesauce
- 2 tsp. vanilla extract

Directions

1. Preheat oven to 350° F. Spray 18 muffin cups with nonstick cooking spray or line with paper liners.
2. In a large bowl, mix together flours, sugar, baking soda, cinnamon, and salt. Stir in carrots, raisins, nuts, coconut, and apple.
3. In a separate bowl, beat together eggs, oil, applesauce, and vanilla.
4. Stir wet ingredients into dry ingredients until just moistened. Do not overmix.
5. Scoop batter into prepared muffin cups. Bake for 20 minutes, or until toothpick inserted in center comes out clean.

Fried Green Tomatoes

Adapted From: AllRecipes

From Your Share: Green tomatoes

Ingredients

- 4 large green tomatoes
- 2 eggs
- ½ c. milk
- 1 c. all-purpose flour
- ½ c. cornmeal
- ½ c. breadcrumbs
- 2 tsp. coarse sea salt
- ¼ tsp. ground black pepper
- 1 quart cooking oil for frying

Directions

1. Cut tomatoes into ½" thick slices. Discard the ends.
2. Whisk eggs and milk together in a medium bowl. Scoop flour onto a plate. On another plate, mix cornmeal, breadcrumbs, salt, and pepper.
3. Coat tomato slices in flour on both sides. Dip slices into egg mixture, then dredge in cornmeal mixture to completely coat.
4. Heat oil in a large, deep skillet to 375° F. Place tomatoes in hot oil in batches of 4-5, not touching. Fry until crisp and golden brown, then flip and repeat on other side.
5. Drain fried tomatoes on a paper towel lined plate. Serve hot. Pairs well with spicy ranch.

Fiesta Potatoes (GF) (V)

Shared From: Plate It up! Kentucky Proud

From Your Share: Basil · Potatoes

Ingredients

- 8 small potatoes, peeled & diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 c. Mexican blend shredded cheese
- ½ c. butter, melted
- ½ c. milk
- 2 Tbsp. fresh parsley, chopped
- 2 Tbsp. fresh basil, chopped
- ¾ tsp. salt
- ¼ tsp. black pepper

Directions

1. Preheat oven to 350° F.
2. Place potatoes, bell peppers, and onions in a medium saucepan and cover with water. Place over high heat and bring to a boil. Reduce heat and simmer 12-15 minutes, or until vegetables are tender.
3. Drain vegetables and place in a mixing bowl. Stir in cheese, butter, milk, and herbs until well combined.
4. Spread mixture in a greased 9×13" baking dish. Bake about 20 minutes or until bubbly.

Tomato Cucumber Basil Salad

Shared By: Mallory Wooldridge

From Your Share: Basil · Cucumber · Onion

Ingredients

- 6 medium tomatoes, quartered
- 1 large cucumber
- ½ small sweet onion, thinly sliced
- ¼ c. fresh basil, finely chopped
- 3 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 1 garlic clove, minced
- ½ tsp. black pepper

Directions

1. Peel cucumber and slice in half lengthwise. Use a spoon to scoop out cucumber seeds, then slice into smaller pieces. Cut tomatoes into quarters and thinly slice onion.
2. Add sliced cucumber, tomatoes, onions, and basil to a large bowl.
3. In a separate, smaller bowl, whisk together vinegar, olive oil, minced garlic, and pepper. Drizzle dressing over salad and toss to coat.

Kale & Cauliflower Salad (GF) (V)

Shared From: Plate It up! Kentucky Proud

From Your Share: Cauliflower · Kale

Ingredients

- 1 (15-oz.) can chickpeas, drained & dried
- 1 Tbsp. olive oil
- 4 c. kale, finely chopped
- 1 head cauliflower, finely chopped
- 2 Tbsp. red onion, diced
- ½ c. roasted sunflower seeds

- ½ c. dried cranberries

Dressing:

- 1 clove garlic, minced
- 4 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 Tbsp. dijon mustard
- 2 tsp. sugar
- ½ tsp. ground black pepper

Directions

1. Preheat oven to 400° F. Toss chickpeas with olive oil and spread on baking sheet. Roast 20 minutes, stirring once, then allow to cool.
2. In a large bowl, combine kale, cauliflower, onion, sunflower seeds, cranberries, and cooled chickpeas.
3. In a small bowl, whisk together dressing ingredients until combined. Pour dressing over salad and toss to coat.

Garlic Butter Green Beans (GF) (V)

Adapted From: AllRecipes

From Your Share: Garlic · Green beans

Ingredients

- 1 lb. fresh green beans, trimmed & snapped
- 3 Tbsp. butter
- 3 cloves garlic, minced
- ¼ tsp. lemon pepper
- ¼ tsp. salt

Directions

1. Place green beans in a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans are tender, 3-5 minutes.
2. Drain beans and return to skillet. Add butter and stir until melted, 1-2 minutes.
3. Add garlic. Cook until tender and fragrant, 1-2 minutes.
4. Season with salt and lemon pepper. Serve.

Pasta Primavera (V)

Shared By: Katie Hecker Carney

From Your Share: Basil · Garlic · Onions · Squash

Ingredients

- 1 medium onion, chopped

- 1-2 summer squash/zucchini, chopped
- 2-3 cloves garlic, minced
- ½ c. mushrooms, chopped
- 2 Tbsp. cooking oil
- Salt and pepper to taste
- 1 (16-oz.) package whole wheat pasta
- 1 (5-oz.) package Boursin gournay cheese
- ¼ c. basil, finely chopped

Directions

1. Prepare pasta according to package instructions. Drain pasta, reserving ½ cup water, and set aside.
2. In a large skillet over medium heat, sauté chopped onion, squash, mushrooms, and garlic in olive oil, salt, pepper, and other desired seasonings until tender.
3. Reduce heat to low. Add pasta, reserved water, and cheese. Cook, stirring often, until cheese is melted.
4. Garnish with fresh basil and serve.

Farmer's Market Skillet Bake (GF) (V)

Shared From: Plate It up! Kentucky Proud

From Your Share: Basil · Potatoes · Squash

Special Equipment: Cast iron skillet

Ingredients

- ½ small onion, finely chopped
- 2 cloves garlic, minced
- 4-5 small red potatoes, sliced
- 1 Tbsp. olive oil
- 2 c. shredded mozzarella, divided
- 1 medium summer squash, sliced
- 1 medium zucchini, sliced
- 4 medium tomatoes, sliced
- 1 tsp. salt
- 1 tsp. black pepper
- 5 fresh basil leaves, chopped, divided

Directions

1. Preheat oven to 375° F. Prepare onion, garlic, and sliced potatoes (about ¼" thick).
2. Heat olive oil over medium heat in a 10-12" oven-safe skillet. Add onion, garlic, and potatoes to pan and stir to coat.
3. Cook over medium heat, stirring occasionally until golden brown and tender. Add 1 cup mozzarella cheese.

4. In a bowl, toss together squash, zucchini, and tomatoes with salt, pepper, and half chopped basil. Layer squash and tomato slices onto potato and cheese layer. Top with remaining cheese.

5. Bake 35 minutes or until vegetables are tender and cheese is melted. Remove skillet from onion and top with remaining basil.

Red Velvet Muffins (V)

Shared From: Plate It up! Kentucky Proud

From Your Share: Beets

Special Equipment: Citrus juicer · Zester

Ingredients

- 1¼ c. whole wheat flour
- ⅓ c. cocoa powder
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ c. sugar
- 4 Tbsp. unsalted butter, softened
- Zest of one orange
- Juice of one orange (about 4 Tbsp.)
- 2 large eggs at room temperature
- ½ c. unsweetened applesauce
- 1 tsp. vanilla extract
- 1 c. finely chopped cooked beets
- ½ c. semisweet chocolate chips

Beet Preparation

Rinse beets under running water, removing any visible traces of dirt. To retain juices during cooking, leave skin, tail, and an inch of stem

intact. The skin is easier to remove once cooked.

To bake, scrub unpeeled beets and place in a baking pan with ¼" water. Bake, covered, at 375° F for about 40 minutes for one large beet.

To steam, scrub unpeeled beets and place in a steaming basket. Cover and steam about 35-40 minutes for large beets, 20-25 minutes for smaller beets, or until tender.

Directions

1. Preheat oven to 350° F. Line 12 muffin cups with paper liners.
2. Mix flour, cocoa, baking powder, and salt together in a medium bowl.
3. In a separate large bowl, beat sugar, butter, and orange zest until smooth. Add orange juice, eggs, applesauce, and vanilla. Beat until smooth.
4. Stir about one-third of flour mixture into sugar mixture to fully incorporate into a batter. Repeat with remaining flour mixture in two even additions.
5. Fold in beets and chocolate chips. Divide batter equally into lined muffin cups using a ¼-cup measuring scoop.
6. Bake about 25 minutes or until an inserted toothpick comes out clean. Cool in pan for 10 minutes before removing muffins to cool completely on a wire rack.

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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