



Recipe Booklet!

South Frankfort Food Share

October 3, 2023

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In your Food Share:

- **Pumpkin** - Happy Jack's Farm & Lost Acres
- **Kale** - Cedar Ring Greens & High Five Farm
- **Tomatoes** - Happy Jack's Farm
- **Colorful Sweet Pepper**- Happy Jack's Farm
- **Sweet Potatoes** - Cedar Ring Greens
- **Carrots** - High Five Farm
- **Onions** - Blackberry Heaven
- **Salad Mix** - Salad Days Farm
- **Spaghetti Squash** - Russell Garden
- **Apples** - Ayres Orchard
- **Beets** - High Five Farm
- **Dill** - Salad Days Farm
- **Basil** - Cedar Ring Greens

Tomato and Basil Soup

Adapted from: *spendwithpennies.com*

From your Food Share: Tomato, Onion, Basil

Ingredients:

- 3 lbs. of fresh tomatoes
- 4 cloves of garlic (peeled)
- ½ onion (diced)
- ½ red bell pepper (diced)
- 2 Tablespoons of olive oil

- Salt and Pepper to taste
- ½ teaspoon of dried oregano
- ½ teaspoon of dried basil
- 2 cups of chicken broth
- 2 tablespoons of fresh herbs (basil, parsley, oregano)
- ¼ cup of parmesan cheese (optional garnish)
- ½ heavy cream (optional)

Directions

1. Preheat oven to 450°
2. Wash and cut tomatoes
3. Place tomatoes, garlic, onion, bell pepper, olive oil, salt, pepper and dried herbs on a large pan.
4. Roast 25 minutes, stirring after 15 minutes. Turn the oven to broil and broil 3-4 minutes or until some of the tomatoes get a little bit of char color on them.
5. Bring chicken broth to a boil, add tomatoes, and fresh herbs. Using a hand blender, blend mixture until smooth and creamy. Add heavy cream if using.
6. Top with parmesan cheese, or a drizzle of heavy cream.

Roasted Roots Salad

Adapted from: *Sugar Loves Spices*

From Your Share: Beets, Carrots, Onions

Ingredients:

- 1 bunch beets, washed & peeled
- 4-5 washed carrots
- 1 onion, peeled & chopped
- 2-3 cloves garlic, peeled & minced
- 3 Tbsp. extra virgin olive oil
- Salt & pepper to taste
- Pinch each onion powder, paprika
- ½ t. each fresh, chopped oregano, thyme, rosemary, basil, parsley
- ½ c. goat cheese
- Dash of fresh-squeezed lemon juice

Directions:

1. Cut beets & carrots into bite-sized pieces. Lightly toss both with onions in a large bowl and drizzle with two tablespoons olive oil. Sprinkle in dry seasonings: salt, pepper, onion powder, paprika. Add fresh garlic and herbs. Mix well to coat and chill for about 30 minutes.
2. Preheat the oven to 375° F. Roast vegetables on a baking sheet until tender, about 30 minutes.
3. Return cooked vegetables to the bowl. Add crumbled goat cheese, remaining olive oil, and lemon juice. Garnish with fresh parsley, toss well to coat evenly, and serve.

Pumpkin Apple Muffins

Adapted from: *Plate It Up KY!*

From your Food Share: Pumpkin, Apple

Ingredients:

- 1¼ cups all-purpose flour
- 1¼ cups whole-wheat flour
- 1¼ tsp. baking soda
- ½ tsp. salt
- 1½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground nutmeg
- 1¼ cups honey
- 2 large eggs
- 1½ cups fresh pureed pumpkin
- ½ cup canola oil
- 2 cups Granny Smith apples, finely chopped

Directions:

1. Preheat the oven to 325° F.
2. In a large bowl, combine flours, baking soda, salt and spices.
3. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened.
4. Fold in apples. Fill greased or paper lined muffin cups, two-thirds full.

5. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Beet and Kale Smoothie

Adapted from: *apeachyplate.com*

From your Food Share: Beets, Kale, Apples

Ingredients:

- ½ medium beet (peeled and cut into small pieces)
- 3 green kale leaves
- ½ medium orange, peeled and sliced
- ½ medium apples, peeled and sliced
- ½ cup ice
- ½ cup of pure coconut water or juice of your choice
- 1 Tablespoon of honey, agave or sweetener (optional)

Directions:

1. Add ice and coconut water to the blender. Then add cut beet, kale, orange and apple to the blender.
2. Blend on high for 1 minute or until smooth.

3-Ingredient Twice Baked Spaghetti Squash

Adapted from:

homecookedmemories.com

From you Food Share: Spaghetti Squash, Tomatoes

Ingredients:

- 1 Spaghetti Squash (medium size)
- ½-1 cup pasta sauce
- ½-1 cup shredded mozzarella cheese
- Salt & Pepper (to taste)
- Optional: fresh garlic (fresh chopped basil , dried oregano

Directions:

1. Preheat oven to 375 degrees F.
2. Line a baking sheet with parchment paper or grease with olive oil

3. With a sharp knife, cut spaghetti squash in half lengthwise.
4. With a spoon, remove seeds and discard. Place spaghetti squash cut side down on a baking sheet.
5. Bake for 45 minutes or until a fork can pierce the shell easily.
6. Remove from the oven and allow to cool slightly. With a fork, loosen and separate spaghetti squash strands from the shell. Reserve shells.
7. Place strands in a bowl. Mix strands with pasta sauce (and additional spices, if you wish). Spoon mixture back into the empty shell. If you have enough strands, you may be able to separate the mixture into each of the two shells, but you may also be able to spoon the entire mixture into just one of the shell halves. Sprinkle it with mozzarella cheese.
8. Bake for 7-9 minutes or until the cheese is melted, bubbly, and slightly browned. Spoon and serve directly from the shell.

Warm Carrot Top Salad

Adapted from: *Organic Authority*

From your food share: Onion, Carrot tops

Ingredients:

- 1 tsp. vegetable or olive oil
- 1 tsp. ground cumin
- 1 medium onion, minced
- 2 cup cooked chickpeas
- 1 bunch carrot tops, chopped
- 2 Tablespoons lemon juice
- salt and pepper to taste

Directions:

1. In a saucepan over medium-high heat, add oil and cumin. Stir and let cook for 1 minute.

2. Add onion, and sauté for a few minutes, until translucent.
3. Add chickpeas, and stir while cooking.
4. After 2 to 3 minutes, remove the pan from the heat, and stir in carrot tops, lemon, and salt and pepper.

Three Greens Pesto

Adapted from: *NYT Cooking*

From your food share: Carrot tops, basil, dill

Ingredients:

- 3/4 cup carrot tops
- 3/4 cup chopped garlic scapes, and/or scallions, dill
- 1/4 cup fresh basil
- 1/4 cup raw sunflower seeds
- 1/2 cup extra virgin olive oil

Directions:

1. Prepare carrot tops by rinsing well and culling any dry or yellowed leaves. Discard any rough stems.
2. In a food processor, combine all dry ingredients and pulse 30-60 seconds. Scrape down sides with a rubber spatula, then slowly add olive oil. Process until desired consistency or smooth.
3. Salt to taste and serve.

Sweet Potato Brownies

Adapted from: *Crazy for Crust*

From your food share: Sweet Potatoes

Ingredients:

- 2 cup all-purpose flour
- 1/2 cup cocoa powder
- 1½ tsp. baking soda
- 1 tsp. salt
- 1/2 cup vegetable oil
- 1½ cup sugar
- 2 tsp. vanilla extract
- 2 cup shredded sweet potato
- 3-5 Tablespoons water

- 1/2 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350 degrees F. Butter a 9x13 baking pan.
2. In a medium bowl, whisk together flour, cocoa, baking soda and salt. Set aside.
3. In a separate bowl, mix together oil, sugar and vanilla until well combined. Add dry ingredients to wet ingredients, and stir. Fold in shredded veggies. Let it sit for a few minutes. The batter will be very thick and cookie-dough-like but shouldn't be powdery. If your mixture is still very powdery, add up to 5 tablespoons of water, 1 tablespoon at a time, stirring well after each addition. You may need to use your hands instead of a spoon to work in the water. Do not add too much water!
4. Fold in walnuts, if desired. Spread in the prepared pan. Bake for 25-30 minutes, until the brownies spring back when gently touched.

Borscht

Adapted from: *connoisseurusveg.com*

From your food share: Beets, Carrots, Onion, Dill

Ingredients:

- 2 tablespoons of olive oil
- 3 medium beets (peeled, diced 1/2 in.)
- 2 medium carrots (peeled, diced 1/2 in.)
- 1 medium onion (diced)
- 2 garlic cloves (minced)
- 4 cups of vegetable broth
- 2 tablespoons of tomato paste
- 2 cups of finely chopped cabbage
- 1 medium russet potato (peeled and diced 1/2 in.)
- 1 1/2 Tablespoons of lemon juice

- 1/4 cup of chopped fresh dill, more for serving
- Salt and pepper to taste
- Sour Cream or yogurt, for serving

Directions:

1. Coat the bottom of a large pot with olive oil and place it over medium heat. When the oil is hot, add the beets, carrot and onions. Sauté until the veggies begin to soften, about 10 minutes. Add the garlic and sauté another minute, until very fragrant.
2. Stir in the broth, tomato paste, cabbage and potato. Raise the heat and bring the liquid to a boil. Lower the heat and allow to simmer, uncovered, until the veggies are tender, 15-20 minutes. You can add more broth or water if you like.
3. Remove the pot from heat and stir in the lemon juice and dill. Season with salt and pepper to taste.
4. Ladle the soup into bowls and top with sour cream, or yogurt, and a sprinkling of fresh dill, parsley and/or chives. Serve.

Chimichurri

Adapted from: *agoudalife.com*

From your food share: Onion, Basil

Ingredients:

- 1 1/2 cup of fresh Cilantro, or Basil
- 1/4 cup of fresh Parsley, and/ or Dill
- 1/4 small onion (roughly chopped)
- 1/4 cup of olive oil (or more)
- 2 Tablespoons of vinegar
- 2 Tablespoons of lemon juice (fresh squeezed)
- 2 Cloves of garlic (peeled, chopped or grated)
- 1/2 teaspoon of salt
- Pinch of red pepper flakes

Directions:

1. Blend or food process fresh herbs (stems removed), rough chopped

- onion, grated or finely chopped
- garlic, vinegar, lemon juice and a pinch of crushed red pepper flakes.
- 2. Pulse several times to finely chop the herbs pausing to scrape the sides of the blender.
- 3. Drizzle in the olive oil then process on medium to medium-high speed until a thick sauce forms.
- 4. Season with salt (adjust to your own taste) then pulse to blend. If you prefer a thinner consistency, drizzle in another tablespoon or so of olive oil.

Greek Style Spaghetti Squash

Adapted from: *Plate It Up KY!*

From your Food Share: Spaghetti Squash

Ingredients:

- 1 spaghetti squash (2-3 pounds)
- 2 tablespoons olive oil
- 1 cup chopped onion
- 1/4 cup chopped pepper
- 2 cloves garlic, minced
- 1 cup fresh spinach or kale leaves
- 1 1/2 cups chopped tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon lemon no-salt seasoning blend
- 1/4 teaspoon salt
- 2 tablespoons chopped basil
- 3/4 cup crumbled feta cheese

Directions:

1. Preheat oven to 350 degrees F.
2. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut -side down and bake for 30 to 35 minutes, or until a sharp knife can be easily inserted into the rind.

3. Remove the squash from the oven and allow to cool.
4. When cooled, use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm.
5. Heat the oil in a skillet over medium heat.
6. Sauté the onion and bell pepper until tender.
7. Add the garlic and continue to cook 2-3 minutes. Add the spinach or kale; allow to wilt.
8. Stir in tomatoes and cook until tomatoes are heated through.
9. Toss the cooked vegetables with the warm spaghetti squash. Stir in seasonings, basil, and feta cheese. Serve warm.

Shaved Beet & Carrot Salad with Sumac & Dill

Adapted from: www.thekitchn.com/

From your Food Share: Beets, Carrots, Dill

Ingredients:

- 5 medium beets, peeled and thinly sliced
- 4 carrots, peeled and thinly sliced
- 1 tablespoon white wine vinegar
- 1 tablespoon finely chopped dill, plus more for serving
- 2 teaspoons Dijon mustard
- 1 teaspoon sumac*
- 1/2 teaspoon salt, plus more for seasoning
- 1/4 cup olive oil
- Freshly ground black pepper
- 8 ounces burrata or other soft Italian cheese (optional)

Directions:

1. In a large bowl, toss together the sliced beets and carrots and set aside.

2. In a small mixing bowl, whisk together the vinegar, dill, mustard, sumac, and salt.
 3. Continue to whisk while pouring the olive oil into the bowl until emulsified. Season with salt and pepper.
 4. Drizzle the dressing over the beet and carrot mixture and toss to coat. Taste and season with more salt and pepper before transferring to a shallow serving bowl.
 5. If serving this salad alone, tear and arrange the burrata over the salad. Serve with crackers.
4. Lightly coat a griddle or skillet with cooking spray and heat.
 5. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes. **To make pumpkin puree:** Bake pumpkin at 400° for 30 min. Or until tender. Let cool and cut to remove seeds. Scoop the cooked pumpkin into a bowl and blend until smooth.

**Sumac is a Middle Eastern spice that adds a tart and red color to dishes, similar to lemon juice.*

Perfect Pumpkin Pancakes

Adapted from: *Planeatmove.com*

From your Food Share: Pumpkin

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin or fresh pumpkin puree
- 1 3/4 cup milk, low-fat
- 2 tablespoons vegetable oil

Directions:

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to the flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.

Apple Carrot Bake

Adapted from: *planeatmove.com*

From your food share: Carrot, Apple

Ingredients:

- 5 medium apples, peeled and sliced (about 4 cups)
- 2 cups of fresh steamed carrots
- 1/4 cup of light brown sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 2 tablespoons unsalted butter
- 1/2 cup orange juice

Directions:

1. Preheat oven to 350 degrees F.
2. Arrange apples and carrots in a 1 1/2 quart greased casserole dish.
3. In a small bowl, combine brown sugar, flour and cinnamon; sprinkle over carrots and apples.
4. Dot carrot and apple mixture with butter and cover with orange juice.
5. Bake uncovered for one hour or until sugar mixture caramelizes.

Food Share 2023

Every other Tuesday • 5–7 PM

Dolly Graham Park

Oct. 3 | Oct. 17