



Recipe Booklet!

South Frankfort Food Share

September 19, 2023

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In your Food Share:

- Acorn Squash - Happy Jack's Farm
- Head of Lettuce - Cedar Rings Farm
- Cucumbers - Happy Jack's Farm
- Tomatoes - Happy Jack's Farm
- Sweet Potatoes - Blackberry Heaven
- Potatoes - Blackberry Heaven
- Garlic - Blackberry Heaven
- Green Tomatoes - Salad Days Farm
- Jalepeño or Cayenne - Cedar Ring Greens
- Green Onions - Salad Days
- Colorful Peppers - Salad Days
- Okra - Salad Days Farm & High Five Farm
- Apples - Ayres Orchard
- Cilantro - High Five Farm
- Sage - Salad Days Farm
- Basil - Salad Days Farm

Apple and Sage Pork Chops

Shared by: *Plate it up! Ky Proud*

From your Food Share: Apples, sage

Ingredients

- 1 tablespoon of flour
- 1 teaspoon of sage

- 2 tablespoons of garlic powder
- ½ teaspoon of thyme
- 1 teaspoon of salt
- 1 teaspoon of salt
- 4 boneless center cut pork chops
- 2 tablespoons of oil
- 1/2 large onion thinly sliced
- 2 thinly sliced apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)

Directions

1. Wash hands with soap and warm water, and gently clean all produce under cool running water.
2. Mix flour, sage, garlic, thyme, and salt together in a small bowl.
3. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat.
4. Heat oil in a large skillet over medium-high heat.
5. Remove pork chops from the pan and set aside.
6. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes.
7. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees with a food thermometer.

Couscous Stuffed Bell Peppers

Adapted from: thespruceeats.com

From your Food Share: Peppers, Green Onions

Ingredients

- 1/2 cup couscous, uncooked
- 1 cup water
- 6 whole bell peppers, any color
- 2 red bell peppers, or yellow, diced
- 4 to 6 green onions, sliced

- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1/4 cup chopped fresh parsley
- Salt, to taste
- Freshly ground black pepper, to taste

Directions

1. Preheat oven to 350 degrees F.
2. Place the 1 cup of water in a saucepan and bring the water to a rolling boil. Once the water is boiling, add in the couscous, give it a quick stir, then cover the pan. Turn off the heat and allow the couscous to sit, covered, for about 10 minutes, or until the couscous becomes fluffy when stirred with a fork. Allow couscous to cool completely.
3. While your couscous is cooling, slice the stems and tops off of the whole bell peppers and carefully remove the cores and seeds from the inside of each bell pepper.
4. Next, in a large bowl, combine the diced bell peppers with the cooled couscous and the sliced green onions.
5. In a separate small bowl, whisk together the lemon juice (fresh is always best!), olive oil and chopped fresh parsley until well combined. Pour this dressing over the couscous mixture and gently toss to combine.
6. Spoon couscous into each whole green bell pepper, and sprinkle a dash of salt and pepper on top.
7. Roast the stuffed bell peppers in a preheated oven for about 35 minutes or until your bell peppers are just barely tender.

Greek Salad

Adapted from: *thespruceeats.com*

From your Food Share: Cucumber, Tomato, Bell Pepper, Garlic

Ingredients

- 1 medium cucumber
- 1 large tomato
- 3 radishes
- 1 small onion (yellow or red)
- 1/2 bell pepper
- 3/4 cup feta cheese (cubed)

- 1/2 cup whole black olives (pitted; kalamata olives are traditional)
- 4 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 clove garlic (pressed or finely minced)
- 1/2 teaspoon dried oregano (or 1 1/2 teaspoons fresh oregano leaves)
- 1 head romaine lettuce (washed, dried, chopped)
- Kosher salt
- black pepper (freshly ground, to taste)

Directions

1. Gather the ingredients.
2. Peel cucumber, if the peel is thick, and slice into thin rounds.
3. Dice the tomato.
4. Thinly slice the radishes and onion.
5. Slice the bell pepper into strips.
6. Combine the cucumber and tomato with the sliced radishes and onion in a large bowl.
7. Add the feta cheese and olives.
8. In a small bowl combine the olive oil, lemon juice, garlic, and oregano. Whisk to blend.
9. Toss the vegetables with the lemon and olive oil mixture.
10. Line individual salad bowls or plates with chopped lettuce and top with the salad mixture. Sprinkle lightly with kosher salt and freshly ground black pepper.

Roasted Autumn Root Vegetable Bisque

From Chef Mike Vaughn

From your Food Share: Acorn Squash, Sweet Pepper, Garlic, Basil

This makes a lot! You can reduce as desired.

Ingredients

- Acorn Squash- 4 each
- Sweet Potato- 3 large each
- Yellow Onion- 1 large, roughly chopped
- Roasted Garlic- 6 cloves
- Roasted Sweet Pepper - 2 each
- Jalapeno - 1 each
- Heavy Cream - 2 cup
- Chicken Stock - 2.5 qts

- Kosher Salt to taste
- Black Pepper to taste
- Olive oil (for coating & roasting squash)
- Grated Parmesan - 1/2 cup
- Salted butter - 1 stick
- Smoked Paprika 1 1/2 Tablespoons
- Cumin - 2 Tablespoons
- Yellow Curry - 1 1/2 Tablespoons
- Fresh Rosemary - 1/4 cup
- Fresh Basil - 1 cup

Directions

1. Split, score, deseed, and season acorn squash with salt, pepper, cumin, & curry.
2. Drizzle with olive oil to coat exposed squash. Peel & cut sweet potatoes into medium size chunks, toss & coat with the same mixture.
3. Roast acorns cut side down on a sheet pan along with sweet potatoes at 375 degrees for 45 minutes.
4. Scrape one acorn (2 sides), set the others aside for bowls.
5. In a medium stock pot sweat down onion and garlic with the butter until translucent. Add all remaining ingredients except the cheese & fresh herbs
6. Bring to boil then reduce to low simmer for 15-20 minutes or until the pot is reduced by 1/4.
7. Remove from heat and blend with an immersion blender or traditional blender until smooth and silky.
8. Return to heat and simmer, add cheese & fresh herbs. Add additional cream if needed to reach desired consistency.
9. Ladle into already prepared acorn squash bowls for serving.

Farmers Market Skillet Bake

Shared by: *Plate it Up! Ky Proud*

From Your Share: Garlic, Tomato

Ingredients

- 1/2 small onion, finely chopped
- 2 cloves garlic, minced
- 4-5 small red potatoes, sliced
- 1 tablespoon olive oil
- 2 cups shredded mozzarella cheese, divided
- 1 medium summer squash, sliced
- 1 medium zucchini, sliced
- 4 medium sized tomatoes, sliced
- 1 teaspoon salt

- 1 teaspoon pepper
- 5 fresh basil leaves, finely chopped, divided

Directions

1. Preheat oven to 375 degrees F.
2. Prepare onion, garlic and sliced potatoes (about 1/4 inch thick).
3. Heat olive oil over medium heat in a 10 or 12-inch oven safe skillet.
4. Add onion, garlic, and potatoes to pan and stir to coat with oil.
5. Cook over medium heat, stirring occasionally until golden brown and tender.
6. Add 1 cup mozzarella cheese. In a bowl, toss together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil.
7. Layer squash and tomato slices over the potato and cheese layer.
8. Top with remaining mozzarella cheese.
9. Bake 35 minutes or until vegetables are tender and cheese is melted.
10. Remove skillet from oven and top with remaining basil.

Cold Asian Noodles

Adapted from: *Eat Well On \$4/Day Good and Cheap by Leanne Brown*

From your Food Share: Cucumbers, Green Onions, Garlic

Ingredients

- 12 oz dried spaghetti, soba, or any Asian noodles
- 2 tablespoons soy sauce
- 1 bunch green onions, chopped
- 1 cucumber, finely chopped
- Salt and Pepper, to taste

Additions

Peanut Sauce

- 1 Jalapeno pepper or other chile (removed seeds for less heat), or 2 tablespoons chile paste
- 3 Cloves of garlic
- 1 small onion or Shallot
- 1 teaspoon vegetable oil
- 1/2 to 1 cup sugar-free peanut butter
- 1 tablespoon soy sauce

Optional

- 1 teaspoon ground turmeric
- 1 tablespoon brown sugar

- ½ teaspoon sesame oil

Spiced oil

- 1 clove of garlic
- 1 cup olive or vegetable oil
- 2 tablespoons chile flakes or chopped dried red chiles
- 1 teaspoon Sichuan or regular peppercorns
- 1 star anise
- ½ teaspoon cumin seeds
- ¼ teaspoon salt

Directions

1. Prepare the noodles according to the package instructions. Rinse them under cold water and drain in a colander.
2. Put the noodles in a bowl and add the soy sauce, scallions, and cucumber, and mix with a fork or tongs. Add salt and pepper to taste.
3. Let the noodles sit in the fridge for about an hour, if you can. The flavors will mingle and become more intense. The finished dish should keep for up to 3 days, covered, in the fridge. edu

Peanut Sauce

1. Finely chop the jalapeno, garlic, and green onion, or use a food processor to make them into a paste. (If you're using chile paste instead of a fresh pepper, add it in Step 2.)
2. Add the oil to a saucepan over medium heat. Once it's warm, saute the pepper and garlic until fragrant, about 2 to 3 minutes. Add the ½ cup of coconut milk, turmeric, and chile paste, if using.
3. Let everything come to a boil, then turn the heat down to low. Stir in the peanut butter, soy sauce, and brown sugar and sesame oil, if using. If the sauce is too thick, add more coconut milk to thin it out. Once the mixture is well combined, taste it and add whatever you think it needs, concentrating on the salt and spices in particular.

Spiced oil

1. Use the side of a knife to crush the garlic clove, and peel it when it cracks open.
2. Place the crushed garlic in a small pot and add the olive oil, chile flakes, peppercorns, star anise, cumin seeds, and salt. Warm the mixture over low

heat, until it starts to bubble gently and you can hear a bit of a sizzle, about 10 minutes. Turn off the heat. You don't want it to be so hot that the spices start to cook or fry.

3. Put the covered pot in the fridge for 4-8 hours.
4. Taste the oil. If it isn't strongly spicy, let it infuse for a few more hours. Once it's ready, strain the oil through a sieve to remove the spices. Store in a jar in the fridge for up to a week.

Green Tomato Salsa

Adapted from: *acouplecooks.com*

From your food share: Green Tomato, Garlic

Ingredients:

- 8 o.z. Green Tomatoes (5 small)
- 1 Jalapeño Pepper (without seeds)
- 3 large cloves of garlic
- 1 medium yellow onion
- ½ cup of fresh Cilantro leaves
- ½ teaspoon of Kosher salt
- 2 tablespoons of lime juice

Instructions:

1. Peel the garlic. Peel and quarter the onion. Remove the seeds from the jalapeño. If tomatoes are large, quarter them; otherwise leave them whole.
2. Place the green tomatoes, garlic, onion, and jalapeño on a baking sheet. Broil on high for 4 to 5 minutes until just beginning to blacken. Flip and rotate and broil for another 4 to 5 minutes.
3. Transfer everything to a food processor or blender, except use only 1/2 of the jalapeño. Add the cilantro, kosher salt, and lime juice. Pulse until desired consistency is reached. Taste, and if you'd like it hotter add the other 1/2 of the jalapeño and/or some seeds. Serve or refrigerate and then serve. Stores up to 1 week refrigerated.

Food Share 2023

Every other Tuesday • 5–7 PM

Dolly Graham Park

Sept. 19 | Oct. 3 | Oct. 17