

# South Frankfort Food Share Recipe Book

Consisting of Recipes from 2022-2023

## Table of Contents

<b>Acorn Squash</b> .....	<b>8</b>
Acorn Squash with Apple, Cranberry & Sausage Stuffing.....	8
Roasted Autumn Root Vegetable Bisque.....	8
<b>Apples</b> .....	<b>10</b>
Kale and Apple Salad (V).....	10
Feel Good Fall Salad.....	10
Acorn Squash with Apple, Cranberry & Sausage Stuffing.....	11
Apple Crisp.....	12
<b>Basil</b> .....	<b>13</b>
Potatoes with Tomatoes and Basil.....	13
Balsamic Vinegar Tomato Salad.....	13
7-Minute Sauteed Zucchini with Garlic & Basil.....	14
<b>Beets</b> .....	<b>14</b>
Roasted Roots Salad.....	14
Roasted Beets and Sweets with Brown Butter Maple Glaze.....	14
Feel Good Fall Salad.....	15
Dark Chocolate Beet Brownies.....	16
<b>Bell Peppers</b> .....	<b>17</b>
Fresh Salsa.....	17
Eggplant and Bell Pepper Stir-Fry.....	17
Stewed Zucchini with Tomatoes and Garlic.....	18
Fried Eggs in Green Pepper Rings.....	18
<b>Broccoli</b> .....	<b>19</b>
Broccoli Salad.....	19
Bubble & Squeak.....	19
Broccoli Mac 'n Cheese.....	20
<b>Butternut Squash</b> .....	<b>20</b>
Butternut Squash & Baked Eggs.....	20
Potato Butternut Squash Soup.....	21
Pumpkin or Butternut Squash Puree.....	22
Feel Good Fall Salad.....	22
Vegan Kabocha Squash and Black Bean Chili.....	23
<b>Cabbage</b> .....	<b>24</b>
Bubble & Squeak.....	24
Cabbage and Cucumber Slaw.....	24

<b>Carrots.....</b>	<b>25</b>
Carrot Cookies.....	25
Carrot Cake Smoothie (GF) (V).....	25
Roasted Roots Salad (GF) (V).....	26
Bubble & Squeak (GF) (V).....	26
Kale and Apple Salad (V).....	27
Rainbow Summer Salad (V).....	27
Three Greens Pesto (GF) (V).....	28
Warm Carrot Top Salad.....	28
Zucchini and Potato Bake.....	28
Cabbage Soup.....	29
Carrot and Chard Ribbons.....	29
Creamy Carrot Soup.....	30
<b>Chives.....</b>	<b>31</b>
Garlic Mashed Potatoes with Chives.....	31
<b>Collard Greens.....</b>	<b>31</b>
Kickin' Greens.....	31
Seared Greens (GF) (V).....	32
Sauteed Greens and Beans.....	32
Simple and Fresh Collard Greens.....	33
Sesame Soba Noodles with Greens.....	33
Collard Green Potato Curry.....	34
Quick Collard Greens.....	34
<b>Corn.....</b>	<b>35</b>
Kentucky Ratatouille over Weisenberger Mill Hoe Cakes.....	35
Corn on the Cob, Three Ways.....	36
Tomato-Jalapeño Enchilada Sauce.....	36
Calabacitas Recipe.....	36
Fresh Corn Salad.....	38
Mexican Street Corn.....	38
<b>Cucumber.....</b>	<b>39</b>
Benedictine.....	39
Cucumber Tomato and Salad.....	39
Greek Couscous Salad.....	40
Cucumber-Stuffed Cherry Tomatoes.....	40
Fresh Corn Salad.....	40
Cabbage and Cucumber Slaw.....	41
Cucumber Yogurt Dip.....	41
Gazpacho.....	41
<b>Dill.....</b>	<b>42</b>

Honeyed Dill Dressing.....	42
Benedictine (GF) (V).....	42
Creamy Dill Potato Salad (GF) (V).....	43
Garlic Scape Mayonnaise (GF).....	43
Honey-Roasted Carrots (GF) (V).....	43
Cucumber-Stuffed Cherry Tomatoes.....	44
Cucumber Yogurt Dip.....	44
<b>Eggplants.....</b>	<b>44</b>
Eggplant Rounds.....	44
From MaryLinda Wells.....	44
Kentucky Ratatouille over Weisenberger Mill Hoe Cakes.....	45
Eggplant and Bell Pepper Stir-Fry.....	45
Ratatouille.....	46
<b>Garlic.....</b>	<b>47</b>
Kale Pesto.....	47
Southern Green Beans & Potatoes.....	47
Three Greens Pesto (GF) (V).....	48
Green Garlic Potato Salad (V).....	48
Garlic Scape Mayonnaise (GF).....	48
Garlic Mashed Potatoes with Chives.....	49
Sautéed Green Beans with Garlic.....	49
Stewed Zucchini with Tomatoes and Garlic.....	50
7-Minute Sautéed Zucchini with Garlic & Basil.....	50
Cucumber Yogurt Dip.....	50
French Onion Soup Bombs.....	51
Carrot and Chard Ribbons.....	52
<b>Green Beans.....</b>	<b>52</b>
Fresh Green Beans.....	52
Sautéed Green Beans with Garlic.....	53
<b>Green Onion.....</b>	<b>53</b>
Balsamic Veggie Pizza.....	53
Green Garlic Potato Salad.....	54
Stewed Zucchini with Tomatoes and Garlic.....	54
Cucumber-Stuffed Cherry Tomatoes.....	54
<b>Green Tomatoes.....</b>	<b>55</b>
Another Pickled Green Tomato Recipe.....	55
Grilled Green Tomatoes.....	55
<b>Kabocha Squash.....</b>	<b>56</b>
Vegan Kabocha Squash and Black Bean Chili.....	56
Roasted Kabocha Squash.....	57

<b>Kale</b> .....	<b>57</b>
Kale Pesto.....	57
Hot Brown Frittata (GF) (V).....	57
Kale Chips (GF) (V).....	58
Kale and Apple Salad (V).....	58
Seared Greens (GF) (V).....	59
Sweet Potato & Greens Quinoa Skillet.....	59
Greens & Sausage Pasta.....	60
Sauted Greens and Beans.....	60
<b>Lettuce</b> .....	<b>61</b>
Rainbow Summer Salad (V).....	61
Feel Good Fall Salad.....	61
<b>Okra</b> .....	<b>62</b>
Simple Roasted Okra.....	62
<b>Onion</b> .....	<b>63</b>
Southern Green Beans & Potatoes.....	63
Eggs in a Nest (V).....	63
Warm Carrot Top Salad.....	64
Potato Butternut Squash Soup.....	65
Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce.....	65
Balsamic Vinegar Tomato Salad.....	66
Calabacitas Recipe.....	66
French Onion Soup Bombs.....	67
<b>Parsley</b> .....	<b>68</b>
Summer Garden Lasagna.....	68
French Onion Soup Bombs.....	69
Carrot and Chard Ribbons.....	70
Creamy Carrot Soup.....	70
<b>Potatoes</b> .....	<b>71</b>
Creamy Dill Potato Salad.....	71
Southern Green Beans & Potatoes.....	71
Potato Butternut Squash Soup.....	72
Garlic Mashed Potatoes with Chives.....	72
Roasted Potatoes & Sweet Potatoes.....	73
Lemon Rosemary Roasted Potatoes.....	73
Roasted Potatoes & Sweet Potatoes.....	74
Potatoes with Tomatoes and Basil.....	74
Collard Green Potato Curry.....	75
<b>Pumpkin</b> .....	<b>76</b>
<b>Radish</b> .....	<b>76</b>

Sugar Snap Pea Salad (GF) (V).....	76
Rainbow Summer Salad (V).....	77
<b>Rosemary.....</b>	<b>77</b>
Garlic Mashed Potatoes with Chives.....	77
Lemon Rosemary Roasted Potatoes.....	78
Ratatouille.....	78
<b>Spaghetti Squash.....</b>	<b>79</b>
Spaghetti Squash.....	79
Super Easy Spaghetti Squash.....	79
Directions.....	79
<b>Sugar Snap Peas.....</b>	<b>80</b>
Sugar Snap Pea Salad.....	80
<b>Sweet Potatoes.....</b>	<b>80</b>
Sweet Potato Skillet (GF) (V).....	80
Roasted Beets and Sweets with Brown Butter Maple Glaze.....	81
Adapted From <a href="http://www.mantitlement.com">www.mantitlement.com</a> .....	81
Sweet Potato & Greens Quinoa Skillet.....	81
Roasted Potatoes & Sweet Potatoes.....	82
Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce.....	82
<b>Swiss Chard.....</b>	<b>84</b>
Swiss Chard Quiche.....	84
Sweet Potato Skillet (GF) (V).....	84
Sweet Potato & Greens Quinoa Skillet.....	85
Greens & Sausage Pasta.....	85
Carrot and Chard Ribbons.....	86
<b>Tomatoes.....</b>	<b>86</b>
Cucumber Tomato and Salad.....	86
Fresh Salsa.....	87
Greek Couscous Salad.....	87
Potatoes with Tomatoes and Basil.....	87
Kentucky Ratatouille over Weisenberger Mill Hoe Cakes.....	88
Balsamic Vinegar Tomato Salad.....	88
Stewed Zucchini with Tomatoes and Garlic.....	89
Cucumber-Stuffed Cherry Tomatoes.....	89
Ratatouille.....	90
Fresh Corn Salad.....	90
Gazpacho.....	92
Classic Toasted Tomato Sandwich.....	92
<b>Zucchini.....</b>	<b>92</b>
Summer Garden Lasagna.....	92

Bubble & Squeak.....	93
Zucchini Waffles (V).....	94
Balsamic Veggie Pizza (GF) (V).....	94
Zucchini Enchiladas.....	95
Calabacitas Recipe.....	95
Stewed Zucchini with Tomatoes and Garlic.....	96
7-Minute Sautéed Zucchini with Garlic & Basil.....	97
Cabbage Soup.....	97
The Best Classic Zucchini Bread Recipe.....	98
Cucumber Tomato and Salad.....	98
Fresh Salsa.....	98
Greek Couscous Salad.....	99
Potatoes with Tomatoes and Basil.....	99
Kentucky Ratatouille over Weisenberger Mill Hoe Cakes.....	100
Balsamic Vinegar Tomato Salad.....	100
Stewed Zucchini with Tomatoes and Garlic.....	101
Cucumber-Stuffed Cherry Tomatoes.....	101
Ratatouille.....	101
Fresh Corn Salad.....	102
Gazpacho.....	103



# Acorn Squash

## **Acorn Squash with Apple, Cranberry & Sausage Stuffing**

**Adapted From:** happilyunprocessed.com

### Ingredients

- 2 Cups Whole Wheat Bread (stale if you have it)
- 1 Cup White Bread (stale if you have it)
- 1/2 Cup Onion, diced finely
- 1/2 Cup Celery, diced finely
- 1/2 lb Ground Pork Sausage with sage (If you can't find ground and/or it comes in a casing, remove the casing first)
- 1/2 teaspoon ea Dried Sage, Rosemary & Thyme
- 2 Tablespoons Freshly Chopped Parsley
- 1 Apple, cored and diced into small chunks
- 1/2 Cup Dried Cranberries
- 2 Tablespoons Butter, melted
- 1/4 - 1/2 cup chicken or vegetable broth

### Directions

1. Break the bread into little pieces. Leave out for a few days to become stale- and crumble it up a bit more each day. Alternatively, you can put the bread in the oven on 350 degrees for 5-7 minutes and then let it cool and crumble into fine pieces (smaller than 1/2 inch)

### **For the Stuffing**

1. In a large skillet, put a little olive oil in the bottom of the pan and add the onions, celery and sausage. Continue breaking up the sausage into little crumbles. Cook until the sausage is cooked through. Add the spices and stir.
2. Add the apple, cranberries, bread, parsley, and butter.
3. Drizzle with the chicken stock until you get a nice consistency. This could take as little as 1/4 cup or as much as 1/2 a cup.

### **For the Squash**

1. Cut an acorn squash in half, scoop out the seeds.
2. Add a little olive oil in the middle and rub it around to coat the edges
3. Place the squash halves open side down on a baking sheet and bake in an oven at 350° F for 15-20 minutes.
4. Flip the squash over and run a fork through the middle making little strings. Add a little butter and top with the stuffing. Pile it on!
5. Bake for another 20-30 minutes or until the squash is tender and the stuffing is done.

## **Roasted Autumn Root Vegetable Bisque**

**From** Chef Mike Vaughn

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

# Apples

## **Kale and Apple Salad (V)**

**Contributed by:** Kayla Anderson

### Ingredients

- 1 c. barley, whole grain couscous, or quinoa
- 1 bunch hearty greens (such as kale, chard, collard, and/or beet greens)
- 2 medium carrots, shredded
- 1 medium firm apple
- 1 clove garlic
- 1/2 c. nuts or seeds (such as pecans, almonds, or walnuts)
- 1 medium lemon
- 1/4 c. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1/4 c. olive oil
- 1/4 t. each salt & pepper

### Directions

1. Prepare grains according to package instructions. Transfer to large bowl. Prepare rest of salad while grains cool completely.
2. Rinse carrot, kale, and apple. Remove stems from greens. Stack leaves together and roll into a thick log. Slice thinly.
3. Peel and shred carrots. Cut apple into 1/4" cubes. Peel and mince garlic
4. Rinse and cut lemon in half. Squeeze juice into a small bowl. Remove any seeds.
5. Add vinegar, minced garlic, and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
6. When grains are cool, add greens, carrots, apples, and nuts. Drizzle with dressing and toss to combine.

## **Feel Good Fall Salad**

**Adapted from:** gimmesomeoven.com

### Salad Ingredients

- 1 tablespoon olive oil
- 2 medium sweet potatoes, peeled and diced into 1/2-inch cubes (could substitute kabocha or butternut squash)
- Salt and pepper
- 4ish cups lettuce
- 1 avocado, peeled, diced and thinly sliced (optional)
- 1/2 cup crumbled goat cheese (or feta or blue cheese)
- 1/2 cup chopped pecans, walnuts or almonds, lightly toasted
- 1/3 cup dried cranberries

### Dressing Ingredients

- 3 tablespoons olive oil
- 1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely-minced (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

### Directions

#### **Dressing**

1. Whisk all ingredients together in a bowl (or shake together in a jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

#### **Potatoes**

1. Heat oven to 400°F. Spread the diced sweet potatoes out on a medium baking sheet. Drizzle with the olive oil, and toss until evenly coated. Season generously with salt and pepper. Bake about 30 mins, until tender and browned/caramelized around the edges

#### **Salad**

1. Once the sweet potatoes are ready to go, add them to a large serving bowl along with the arugula, avocado, goat cheese, nuts and cranberries. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!

## **Acorn Squash with Apple, Cranberry & Sausage Stuffing**

**Adapted From:** [happilyunprocessed.com](http://happilyunprocessed.com)

### Ingredients

- 2 Cups Whole Wheat Bread (stale if you have it)
- 1 Cup White Bread (stale if you have it)
- 1/2 Cup Onion, diced finely
- 1/2 Cup Celery, diced finely
- 1/2 lb Ground Pork Sausage with sage (If you can't find ground and/or it comes in a casing, remove the casing first)
- 1/2 teaspoon ea Dried Sage, Rosemary & Thyme
- 2 Tablespoons Freshly Chopped Parsley
- 1 Apple, cored and diced into small chunks
- 1/2 Cup Dried Cranberries
- 2 Tablespoons Butter, melted
- 1/4 - 1/2 cup chicken or vegetable broth

### Directions

2. Break the bread into little pieces. Leave out for a few days to become stale- and crumble it up a bit more each day. Alternatively, you can put the bread in the oven on 350 degrees for 5-7 minutes and then let it cool and crumble into fine pieces (smaller than 1/2 inch)

#### **For the Stuffing**

4. In a large skillet, put a little olive oil in the bottom of the pan and add the onions, celery and sausage. Continue breaking up the sausage into little crumbles. Cook until the sausage is cooked through. Add the spices and stir.
5. Add the apple, cranberries, bread, parsley, and butter.

6. Drizzle with the chicken stock until you get a nice consistency. This could take as little as 1/4 cup or as much as 1/2 a cup.

### **For the Squash**

6. Cut an acorn squash in half, scoop out the seeds.
7. Add a little olive oil in the middle and rub it around to coat the edges
8. Place the squash halves open side down on a baking sheet and bake in an oven at 350° F for 15-20 minutes.
9. Flip the squash over and run a fork through the middle making little strings. Add a little butter and top with the stuffing. Pile it on!
10. Bake for another 20-30 minutes or until the squash is tender and the stuffing is done.

## **Apple Crisp**

**From** [thecleaneatingcouple.com](http://thecleaneatingcouple.com)

### Ingredients

- 4 cups apples, sliced in 1/4 inch thick pieces
- 1 tablespoon coconut or vegetable, melted
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger

### For the Crisp Topping

- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1 cup old fashioned oats
- 1/3 cup pecans, chopped
- 2 tablespoons coconut or vegetable oil
- 1 tablespoon maple syrup or honey

### Directions

1. Preheat oven to 350 and prepare a greased 8×8 baking dish
2. Cut apple slices into ¼ inch thick slices.
3. Melt oil. Toss apples with oil, cinnamon + ginger. Set aside.
4. Mix together crisp topping.
5. Pour apples into bottom of the baking dish. Layer crisp topping evenly on top of apples.
6. Cover apple crisp with aluminum foil and bake at 350 for 20 mins. After 20 minutes, remove cover and bake for another 10-20 minutes until apples are fork tender and the crisp topping is golden brown.

# Basil

## **Potatoes with Tomatoes and Basil**

**Adapted from** Italian Food Forever

### Ingredients

- 1 small onion, coarsely chopped
- 1½ lb. potatoes, cut into 2-inch pieces
- 1/4 c. olive or vegetable oil
- salt & pepper
- dash of red pepper flakes
- 3 tomatoes, seeded, cored, and diced
- 3 T. chopped basil

### Directions

1. Preheat oven to 375 degrees F. Mix together onions, potatoes and oil.
2. Season with salt, pepper and red pepper flakes. Bake for 30 to 40 minutes, until the potatoes have started to turn golden brown and can be easily pierced with a fork.
3. Then, increase the heat to 400 degrees F, add the tomatoes to the pan, and return to the oven for 10 minutes. Stir in fresh basil, and serve.

## **Balsamic Vinegar Tomato Salad**

**Adapted from** <https://itsmysideoflife.com/>

### Ingredients

- 5 tomatoes of different varieties
- 1 large onion thinly sliced
- 3 tablespoons virgin olive oil
- 1-2 tablespoons balsamic vinegar ( start with one)
- Pepper to taste
- garlic powder to taste
- Fresh basil leaves

### Directions

1. Slice up washed tomatoes.
2. Arrange along with sliced onion overlapping.
3. Sprinkle with vinegar and oil.
4. Sprinkle with basil, pepper and garlic powder.

## 7-Minute Sauteed Zucchini with Garlic & Basil

From [www.kitchentreaty.com](http://www.kitchentreaty.com)

### Ingredients:

- 2 teaspoons olive oil
- 1 medium clove garlic (minced)
- 1 pound zucchini (about 2 medium zucchini, sliced into coins (halved if large))
- Pinch salt & pepper
- 5-6 basil leaves finely chopped

### Directions:

1. Place a medium saute pan over medium heat. When hot, add the olive oil and then the garlic. Cook, stirring frequently, for one minute.
2. Add the zucchini along with a pinch or two of salt and black pepper. Saute, stirring occasionally, until bright green and fork tender, 3-4 minutes. Remove from heat and top with basil leaves.
3. Add additional salt and pepper if desired. Serve.

## Beets

### 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 prepared 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 about 30 minutes.
2. Preheat oven to 375 degrees F. Roast vegetables on parchment-lined baking sheet until tender, about 30 minutes.
3. Return cooked vegetables to bowl. Add crumbled goat cheese, remaining olive oil, and lemon juice. Garnish with fresh parsley, toss well to coat evenly, and serve.

### Roasted Beets and Sweets with Brown Butter Maple Glaze

Adapted From: [www.mantitlement.com](http://www.mantitlement.com)

### Ingredients

- 6 small sweet potatoes, peeled and cubed (small, 1 inch pieces)
- 4 beets, peeled and cubed (small, 1 inch pieces)
- 2 tablespoons olive oil
- 2 teaspoons salt
- 1 teaspoon fresh ground black pepper

### For the Glaze

- 1 stick butter
- 2 tablespoons real maple syrup
- 3–4 fresh thyme sprigs, plus 2 tablespoons more chopped for garnish

### Directions

1. Preheat the oven to 435 degrees.
2. Spray 2 baking sheets with cooking spray.
3. In a large bowl, toss together the beets, sweet potatoes, salt and pepper.
4. Roast in the oven for 30 minutes.
5. While the potatoes and beets are in the oven, make the brown butter glaze by adding 1 stick of butter to a skillet along with the fresh thyme sprigs.
6. Melt the butter until just browned (about 5 minutes) then stir in the maple syrup and remove from the heat.
7. After the potatoes and beets have roasted in the oven for 30 minutes, remove the potatoes and beets from the oven and toss with the brown butter glaze.
8. Place back in the oven for 15 minutes then remove from the oven, put in a serving dish, and garnish with the two tablespoons of reserved chopped thyme.

## **Feel Good Fall Salad**

**Adapted from:** [gimmesomeoven.com](http://gimmesomeoven.com)

### Salad Ingredients

- 1 tablespoon olive oil
- 2 medium sweet potatoes, peeled and diced into 1/2-inch cubes (could substitute kabocha or butternut squash)
- Salt and pepper
- 4ish cups lettuce
- 1 avocado, peeled, diced and thinly sliced (optional)
- 1/2 cup crumbled goat cheese (or feta or blue cheese)
- 1/2 cup chopped pecans, walnuts or almonds, lightly toasted
- 1/3 cup dried cranberries

### Dressing Ingredients

- 3 tablespoons olive oil
- 1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely-minced (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

## Directions

### **Dressing**

2. Whisk all ingredients together in a bowl (or shake together in a jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

### **Potatoes**

2. Heat oven to 400°F. Spread the diced sweet potatoes out on a medium baking sheet. Drizzle with the olive oil, and toss until evenly coated. Season generously with salt and pepper. Bake about 30 mins, until tender and browned/caramelized around the edges

### **Salad**

2. Once the sweet potatoes are ready to go, add them to a large serving bowl along with the arugula, avocado, goat cheese, nuts and cranberries. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!

## **Dark Chocolate Beet Brownies**

From [pinchandswirl.com](http://pinchandswirl.com)

### Ingredients:

- 8 ounces boiled and peeled beets (about 2 medium beets)
- 1 cup unsalted butter (2 sticks, plus more for buttering parchment paper)
- 8 ounces dark chocolate chopped or chips
- 1¼ cups white whole wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 4 eggs at room temperature
- 1 teaspoon vanilla extract
- 1 cup golden brown sugar, packed

### Directions:

1. Quarter beets and transfer to the food processor; process until pureed, scraping the sides down twice. (You should end up with a scant one cup of beet puree.)
2. Preheat the oven to 350°F.
3. Line a 9 x 9 x 2-inch brownie pan with parchment paper or grease pan generously.
4. Cut sticks of butter into tablespoon size chunks and place in a heavy saucepan. Add chopped chocolate and cook over low heat, stirring constantly until mixture melts and is smooth.
5. Remove the pan from heat and set aside to cool.
6. In a medium bowl, whisk together flour, baking powder and salt. Set aside.
7. In the bowl of a stand mixer fitted with the paddle attachment, gently mix the eggs for about 30 seconds. Add vanilla and brown sugar; mix on medium-high until light and airy, about 2 minutes.
8. Reduce speed and add beet puree and then slowly add chocolate mixture; mix just until combined. Add flour mixture and again, mix just until combined. Pour batter into the prepared pan and smooth the top with a rubber spatula.
9. Bake for 25 to 30 minutes, until a knife inserted into the center comes out with just a few moist crumbs sticking to it. Allow brownies to cool for 5 minutes then transfer with parchment to the cooling rack.
10. Cut and serve warm, at room temperature, or straight from the refrigerator.



# Bell Peppers

## **Fresh Salsa**

**Adapted From:** The Spruce Eats

### Ingredients

- 3 T. chopped onion
- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled, seeds removed and tomato chopped
- 1/2 bell pepper, seeds removed and pepper chopped
- 1½ -2 T. lime juice
- salt, to taste
- black pepper, to taste

### Directions

1. Put onion and garlic in a strainer; pour 2 cups boiling water over them, then let drain thoroughly. Discard the water. Allow the onion and garlic to fully cool.
2. Combine onions and garlic with tomatoes, peppers, and lime juice. Add salt and pepper, to taste.
3. Refrigerate for at least 2 hours to blend the flavors.
4. Serve as a dip for chips, to top tacos or alongside eggs. It can be refrigerated for up to 5 to 7 days.

## **Eggplant and Bell Pepper Stir-Fry**

**From** [Recipelands.com](http://Recipelands.com)

### Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic crushed
- ½ inch ginger freshly minced
- 2 scallions, spring or green onions
- sliced, plus extra for serving
- 1 dried red chile (optional)
- 8 ounces eggplant with peel, well washed, and cut into 1/2-inch pieces
- 1 green bell peppers or any color you like
- 1 tablespoon soy sauce, tamari
- ½ teaspoon sesame oil
- ½ teaspoon hot chili pepper oil sichuan (optional)
- 1 pinch sugar
- 1 teaspoon rice vinegar
- 2 tablespoons cilantro

### Directions:

1. In a wok or a large nonstick skillet, heat the oil over medium-high heat until hot.
2. Add the garlic, ginger and scallions, stirring constantly, and cook for about 40 seconds until very fragrant.
3. Add the eggplant, stirring often, and cook until the eggplant pieces are soft and browned, about 5 minutes.
4. Stir in the bell pepper, and cook for another 2 to 3 minutes until the bell peppers start to become soft but still crunchy.
5. Add the soy sauce, sesame oil, hot chili oil if using, sugar and rice vinegar, and cook for another 1 minute until heated through.
6. Adjust the seasonings to taste if needed. Top with fresh cilantro and scallions, and serve warm with rice.

## **Stewed Zucchini with Tomatoes and Garlic**

From the Spruceeats.com

### Ingredients:

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste

### Directions:

1. Gather the ingredients.
2. In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
4. Taste and adjust seasonings.
5. Serve hot and enjoy.

## **Fried Eggs in Green Pepper Rings**

From reluctantentertainer.com

### Ingredients:

- 1 large bell pepper, cored
- Nonstick spray, for preparing the pan (or butter if you prefer)
- 6 eggs
- Parmesan cheese
- Salt and pepper, to taste

### Directions:

1. Cut the bell pepper from top to bottom in slices that resemble rings.
2. Prepare a skillet with a light layer of oil or nonstick cooking spray. Place 6 of the bell pepper rings on the skillet over medium heat. Crack an egg into each ring and allow it to spread out to fill the bell pepper ring. Season the eggs with salt and pepper, to taste.
3. If you like your eggs soft, cook over low heat for 3-5 minutes, or until the eggs are cooked to preference.
4. If you like your eggs hard, break up the yolk with the spatula for even cooking. Cook 6-9 minutes, or until the eggs are cooked to your preference.
5. Sprinkle with fresh Parmesan cheese (optional); flip if you like it cooked over-easy!  
Serve!

## Broccoli

### **Broccoli Salad**

**Adapted From:** Spend with Pennies

#### Ingredients

- 1 large head broccoli
- ½ lb. bacon, cooked & crumbled
- ⅓ c. red onion, diced
- ½ c. dried unsweetened cranberries
- ¼ c. sunflower seeds

#### **Dressing**

- 1 c. mayonnaise
- 3 Tbsp. apple cider vinegar
- 2 Tbsp. sugar
- Salt & pepper to taste

#### Directions

1. Wash and prepare broccoli, chopping florets into bite-sized pieces. Combine in a large serving bowl with onion, cranberries, sunflower seeds, and crumbled bacon.
2. Whisk together dressing ingredients in a medium bowl. Pour over salad and gently toss to evenly coat.
3. Chill in refrigerator at least one hour before serving. Enjoy!

### **Bubble & Squeak**

**From:** Leanne Brown

#### Ingredients

- 2 c. leftover mashed potatoes
- 1-2 c. leftover mashed/roasted vegetables
- 2 Tbsp. butter or cooking oil
- Salt & pepper to taste

#### Directions

1. In a large bowl, combine mashed potatoes with whatever other vegetable leftovers you have on

hand. Cabbage is customary, but we encourage you to experiment with this recipe! Potatoes act as a binder, and should make up at least half of your veggie mixture. Once combined, season to taste with salt, pepper, and other desired seasonings.

2. Melt butter or heat cooking oil in a large frying pan on medium-high heat. Add mixture to pan, pressed into either one large pancake or several smaller rounds. Fry pancake(s) until golden brown then flip, about 5-7 minutes per side.
3. Cool and serve with desired toppings. Our suggestions include sour cream, green onions, chopped bacon, or a poached egg!

## **Broccoli Mac 'n Cheese**

**Shared By:** Kayla Anderson, FreshRx Nutrition Coordinator

**From Your Share:** Broccoli

### Ingredients

- 1 head broccoli
- 5 oz. cheddar or Monterey Jack, grated
- 1 (16-oz.) package whole wheat macaroni
- 1½ c. skim milk
- 1½ T. unsalted butter
- 2 T. all-purpose flour
- ½ t. salt
- ½ t. black pepper
- 2 oz. light cream cheese

### Directions

1. Rinse and chop broccoli. In a microwave-safe bowl, add broccoli and enough water to cover halfway. Heat in microwave until bright green and tender, about 6-8 minutes.
2. Cook pasta according to package directions. Drain in colander and set aside. While pasta is cooking, prepare cheese sauce.
3. In a small saucepan, warm milk on medium-high heat. Once hot, remove from heat and cover to keep warm.
4. In a large pot over medium heat, melt butter. Add flour and whisk with a fork, stirring constantly. Once incorporated, slowly stir in warm milk. Stir constantly with a rubber spatula until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
5. Stir in salt and pepper. Add cream cheese, grated cheese, and broccoli. Stir until cheese is melted.
6. Remove from heat and add macaroni to cheese sauce. Stir to coat and serve.

# Butternut Squash

## **Butternut Squash & Baked Eggs**

**Adapted From:** Tessemae's

### Ingredients

- 1/4 c. balsamic vinegar
- 1 onion, finely chopped

- 1/2 butternut squash, peeled & cut in 1/2" pieces
- 1 T. paprika
- 1 tsp. cumin
- 1/2 tsp. red pepper flakes
- salt & pepper
- 1 28-ounce can diced tomatoes
- 4 eggs

### Directions

1. Preheat oven to 375 degrees F.
2. Heat balsamic vinegar in a large oven-proof skillet over medium-high heat. Add onion and squash and cook, stirring often, for about 15 minutes.
3. Stir in paprika, cumin, red pepper flakes, and salt and pepper to taste, and cook, stirring, for 2 minutes.
4. Reduce heat to low, and add tomatoes. Cover and cook about 10 minutes.
5. Remove from heat, and using the back of a spoon, make 4 depressions in tomato mixture and crack an egg into each. Transfer pan to oven and bake until egg whites are set and yolks are still wobbly, about 10-12 minutes.

## **Potato Butternut Squash Soup**

**Adapted from** Will Cook for Smiles

### Ingredients

- 2 T. butter or oil
- 1 medium yellow onion, chopped
- 1 lb. potatoes, chopped
- 1 butternut squash, peeled and chopped
- 1/2 tsp. paprika
- salt & pepper
- 1 small bay leaf
- 3 c. vegetable or chicken stock or water
- 1/4 c. heavy cream or dairy alternative
- 1/2 c. mild cheddar cheese, optional

### Directions

1. Heat pot over medium heat. Add butter or oil.
2. Add onion to the pot and cook until transparent, about 3 minutes. Add potatoes and butternut squash. Add paprika, salt and pepper, and cook for 5-10 minutes, stirring occasionally.
3. Add bay leaf and just enough stock or water to cover the veggies. Cook until veggies tender, about 20 minutes. (Time may vary depending on how small you cut potatoes and squash.)

4. Discard bay leaf. Let cool somewhat. Transfer to a food processor or blender (or use an immersion blender in the pot). Blend well, and return to the pot over medium heat.
5. Add cream or dairy alternative and cheese, if using. Stir well. Be careful, as the soup will bubble and splash when it starts to heat up. Keep stirring until soup is heated through.

## **Pumpkin or Butternut Squash Puree**

**Adapted From** Minimalist Baker

### Ingredients

- 1 pie pumpkin or butternut squash
- 1 T. coconut oil or water
- 1 pinch salt

### Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or aluminum foil.
2. Cut off stem end. Cut pumpkin or squash in half lengthwise. Use a spoon to scrape out seeds and strings. Set these aside for roasting!
3. Brush pumpkin or squash flesh with oil or water, and place flesh-down on the baking sheet. Pierce skin a few times with a fork or knife.
4. Bake for 45-50 minutes or until a fork easily pierces the skin. Let the pumpkin or squash cool. Scoop out flesh and blend until creamy and smooth in a food processor or blender.

## **Feel Good Fall Salad**

**Adapted From:** [gimmesomeoven.com](http://gimmesomeoven.com)

### Salad Ingredients

- 1 tablespoon olive oil
- 2 medium sweet potatoes, peeled and diced into 1/2-inch cubes
- 4ish cups lettuce
- 1 avocado, peeled, diced and thinly sliced (optional)
- 1/2 cup crumbled goat cheese (or feta or blue cheese)
- 1/2 cup chopped pecans, walnuts or almonds, lightly toasted
- 1/3 cup dried cranberries

### Dressing Ingredients

- 3 tablespoons olive oil
- 1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely-minced (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

### Directions

#### **Dressing**

1. Whisk all ingredients together in a bowl (or shake together in a jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

### **Potatoes**

1. Heat oven to 400°F. Spread the diced sweet potatoes out on a medium baking sheet. Drizzle with the olive oil, and toss until evenly coated. Season generously with salt and pepper. Bake about 30 mins, until tender and browned/caramelized around the edges

### **Salad**

1. Once the sweet potatoes are ready to go, add them to a large serving bowl along with the arugula, avocado, goat cheese, nuts and cranberries. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!

## **Vegan Kabocha Squash and Black Bean Chili**

**From:** Chef Nat

**Yield:** 1 gallon

### Ingredients

- 1 diced kabocha squash
- 1/8 cup Olive oil blend
- 1/8 cup minced garlic
- 3/4 Tbsp. dried oregano
- 3/4 Tbsp. dried sage
- 1/2 large yellow onions, diced
- 2 green peppers, diced
- 1/2 cups chili powder
- 1/8 cup smoked paprika
- 1/8 cup cumin
- 2 cups crushed tomatoes
- 2 cups canned black beans drained and rinsed
- 2 cups vegetable stock
- 2 cups water
- 1/8 cup soy sauce
- 1 Tbsp. Kosher salt (to taste)
- 1/8 cup brown sugar
- 1/8 cup lemon juice

### Directions

1. Saute onion, green pepper, and garlic in the olive oil blend for 5-7 minutes until onion wilts.
2. Add all spices, combine well
3. Add crushed tomatoes, all beans, vegetable stock, soy, and water.
4. Bring to a simmer, add the lemon juice, brown sugar, and salt.
5. Simmer for 40 minutes.
6. Taste and adjust.

# Cabbage

## **Bubble & Squeak**

**Adapted From:** Good and Cheap, Leanne Brown

### Ingredients

- 2 c. leftover mashed potatoes
- 1-2 c. leftover mashed/roasted vegetables
- 2 Tbsp. butter or cooking oil
- Salt & pepper to taste

### Directions

1. In a large bowl, combine mashed potatoes with whatever other vegetable leftovers you have on hand. Cabbage is customary, but we encourage you to experiment with this recipe! Potatoes act as a binder, and should make up at least half of your veggie mixture. Once combined, season to taste with salt, pepper, and other desired seasonings.
2. Melt butter or heat cooking oil in a large frying pan on medium-high heat. Add mixture to pan, pressed into either one large pancake or several smaller rounds. Fry pancake(s) until golden brown then flip, about 5-7 minutes per side.
3. Cool and serve with desired toppings. Our suggestions include sour cream, green onions, chopped bacon, or a poached egg!

## **Cabbage and Cucumber Slaw**

**Adapted from** BonAppetit.com, from chef Chris Morocco

### Ingredients:

- 6 cups thinly shaved or sliced cucumbers and/or cabbage
- ¼ red or white onion, very thinly sliced
- ¼ cup seasoned rice vinegar
- 2 Tbsp. extra-virgin olive oil

### Directions:

1. Combine vegetables and onion in a medium bowl; season generously with salt. Let sit until they start to release their water, 8–10 minutes, then begin to massage with your fingers, gently at first so they don't break, then harder as they begin to expel their liquid, until softened to about the texture of coleslaw.
2. Pour off all excess liquid and add vinegar and oil; toss to coat. Taste and season with more salt if needed.
3. Cover and chill.

**Tip:** You can make this up to 3 days ahead of when you plan to eat it!



# Carrots

## **Carrot Cookies**

**Shared By:** Kayla Anderson

### 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.

## **Carrot Cake Smoothie (GF) (V)**

**Shared By:** Plate It Up! KY Proud

### Ingredients

- 1 medium frozen ripe banana
- 2 medium carrots, chopped
- ½ c. canned pineapple tidbits, drained
- ¼ c. low-fat vanilla yogurt
- ½ c. nonfat milk
- 4-5 ice cubes
- ½ t. vanilla extract (*optional*)
- Dash cinnamon (*optional*)

### Directions

Add all ingredients to a blender and blend until smooth. Refrigerate leftovers.

## **Roasted Roots Salad (GF) (V)**

**Adapted from:** Sugar Loves Spices

### 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 prepared 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 about 30 minutes.
2. Preheat oven to 375 degrees F. Roast vegetables on parchment-lined baking sheet until tender, about 30 minutes.
3. Return cooked vegetables to bowl. Add crumbled goat cheese, remaining olive oil, and lemon juice. Garnish with fresh parsley, toss well to coat evenly, and serve.

## **Bubble & Squeak (GF) (V)**

**Adapted From:** Good and Cheap, Leanne Brown

### Ingredients

- 2 c. leftover mashed potatoes
- 1-2 c. leftover mashed/roasted vegetables
- 2 Tbsp. butter or cooking oil
- Salt & pepper to taste

### Directions

1. In a large bowl, combine mashed potatoes with whatever other vegetable leftovers you have on hand. Cabbage is customary, but we encourage you to experiment with this recipe! Potatoes act as a binder, and should make up at least half of your veggie mixture. Once combined, season to taste with salt, pepper, and other desired seasonings.
2. Melt butter or heat cooking oil in a large frying pan on medium-high heat. Add mixture to pan, pressed into either one large pancake or several smaller rounds. Fry pancake(s) until golden brown then flip, about 5-7 minutes per side.
3. Cool and serve with desired toppings. Our suggestions include sour cream, green onions, chopped bacon, or a poached egg!

## **Kale and Apple Salad (V)**

**Contributed by:** Kayla Anderson

### Ingredients

- 1 c. barley, whole grain couscous, or quinoa
- 1 bunch hearty greens (such as kale, chard, collard, and/or beet greens)
- 2 medium carrots, shredded
- 1 medium firm apple
- 1 clove garlic
- 1/2 c. nuts or seeds (such as pecans, almonds, or walnuts)
- 1 medium lemon
- 1/4 c. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1/4 c. olive oil
- 1/4 t. each salt & pepper

### Directions

1. Prepare grains according to package instructions. Transfer to large bowl. Prepare rest of salad while grains cool completely.
2. Rinse carrot, kale, and apple. Remove stems from greens. Stack leaves together and roll into a thick log. Slice thinly.
3. Peel and shred carrots. Cut apple into 1/4" cubes. Peel and mince garlic.
4. Rinse and cut lemon in half. Squeeze juice into a small bowl. Remove any seeds.
5. Add vinegar, minced garlic, and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
6. When grains are cool, add greens, carrots, apples, and nuts. Drizzle with dressing and toss to combine.

## **Rainbow Summer Salad (V)**

**Adapted from:** Taste of Home

### Ingredients

- 4 mandarin oranges, peeled & segmented
- 3 medium carrots, thinly shaved
- 1/2 small red onion, thinly sliced
- 1/2 medium beet, thinly sliced
- 1 small bunch radishes, thinly sliced
- 2 Tbsp. sun-dried tomatoes
- 4 c. torn leaf lettuce
- 1/4 c. shaved parmesan cheese
- 1/4 c. white balsamic vinaigrette

### Directions

1. Combine oranges, carrots, onion, beet, radishes, and sun-dried tomatoes in a large bowl. Drizzle with vinaigrette; lightly toss to coat.
2. To serve, arrange lettuce or salad mix on a platter; top with vegetable mixture and parmesan. Enjoy!

## Three Greens Pesto (GF) (V)

Adapted from: NYT Cooking

### Ingredients

- 3/4 c. carrot tops
- 3/4 c. chopped garlic scapes
- 1/4 c. fresh basil
- 1/4 c. raw sunflower seeds
- 1/2 c. 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.

## Warm Carrot Top Salad

Adapted from Organic Authority

### Ingredients

- 1 tsp. vegetable or olive oil
- 1 tsp. ground cumin
- 1 medium onion, minced
- 1 garlic scape, minced
- 2 c. cooked chickpeas
- 1 bunch carrot tops, chopped
- 2 T. 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 garlic scapes and 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.

## Zucchini and Potato Bake

Adapted From Allrecipes.com

### Ingredients:

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- 1/2 cup dry bread crumbs
- 1/4 cup olive oil
- paprika to taste
- salt to taste
- ground black pepper to taste
- (Feel free to add a couple of sliced carrots as well!)

Directions:

1. Preheat oven to 400 degrees F (200 degrees C)
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and peppers.
3. Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

## **Cabbage Soup**

**Adapted from** KnowYourProduce.com, chef Courtney

Ingredients:

- 1 teaspoon olive oil
- 1 medium onion diced
- 2 carrots sliced
- 2 stalks celery sliced
- 3 cloves garlic minced
- 1 quart vegetable broth
- 1 cup water
- 1 can 18 oz diced tomatoes
- 1 zucchini chopped
- 2 potatoes peeled and diced
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 5 cups cabbage (or 1/2 head cabbage)
- salt and ground black pepper to taste

Directions:

1. Heat olive oil in a large pot over medium-high heat. Once the pan is hot add onions, carrots, celery, and garlic, saute 4-6 minutes.
2. Add in vegetable broth, water, tomatoes with liquid, zucchini, potatoes, bay leaves, thyme and season with salt and pepper to taste.
3. While the veggies are cooking in the broth, chop up the cabbage and then add to the pot.
4. Cover and bring to a boil, then reduce the heat to medium-low.
5. Cover and simmer for 25-30 minutes or until potatoes are tender.
6. Serve with your favorite main course or enjoy as-is with toasted bread.

**Tips:** Add other leafy greens, such as Kale or Spinach! Or Add protein with chickpeas, kidney beans, or other beans

## **Carrot and Chard Ribbons**

**Adapted From** jamiegeller.com

Ingredients:

- 2 pounds carrots, peeled and sliced on an angle 1/4-inch thick
- 8 - 10 large Swiss chard leaves (or Kale), tough stems and center ribs removed and leaves thinly sliced

- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh parsley
- Kosher salt
- Freshly ground black pepper

Directions:

1. Bring a large saucepan half-full of water to boil.
2. Add carrots and cook until barely crisp-tender, about 7 minutes.
3. Drain carrots and return to the pot with chard, oil, garlic, and parsley.
4. Season with salt and pepper.
5. Sauté over medium heat until the chard (or kale) is just wilted.

## **Creamy Carrot Soup**

From [recipetineats.com](http://recipetineats.com)

Ingredients:

- 1 tbsp olive oil or butter
- 4 slices streaky bacon
- 1 onion , chopped
- 2 garlic cloves , minced
- 5 large carrots , cut into chunks
- 1 quart vegetable or chicken broth (4 cups)
- 1/2 cup
- 3/4 cup
- Salt and Pepper
- For Serving:
- Chopped Parsley
- Cream

Directions:

1. Heat oil in a large pot over medium high heat. Add bacon and cook until golden. Remove from pot, cool then chop.
2. Add onion and garlic into the bacon drippings. Cook for 2 minutes until the onion is translucent but not browned.
3. Add carrots and stir well to coat the carrot in the oil.
4. Add broth, then stir. Cover with lid, adjust heat so it is simmering energetically (about medium).
5. Cook for 20 - 25 minutes until the carrot is very soft.
6. Remove lid, turn heat off. Use a stick blender to puree the carrot (or cool slightly and do in the blender).
7. Add cream, milk, salt and pepper to taste. Stir.
8. Adjust thickness with milk (or water), if desired.
9. Ladle soup into bowls. Garnish with swirls of cream, bacon and parsley or thyme if desired. Serve with crusty bread.

# Chives

## **Garlic Mashed Potatoes with Chives**

Adapted from the Food Network

### Ingredients

- 6 pounds potatoes, peeled
- Salt and pepper
- 1 cup heavy cream
- 1/2 stick (1/4 cup) unsalted butter
- 4 cloves garlic, lightly crushed
- Fresh rosemary
- 2 tablespoons chopped chives

### Directions

1. Put the cut potatoes into a large pot, cover them with cold water, and add a large pinch of salt.
2. Bring to a boil and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well.
3. Meanwhile, in a small pot heat the cream, butter, garlic, and rosemary.
4. While the potatoes are still warm, press them through a potato ricer or food mill into a bowl.
5. Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy. Season with salt and pepper and gently fold in the chives.
6. Serve immediately.

# Collard Greens

## **Kickin' Greens**

Shared By: Plate It Up! KY Proud

### Ingredients

- 2 Tbsp. olive oil
- 8 slices turkey bacon, cut into bite-sized pieces
- 1 large onion, chopped
- 6 cloves garlic, minced
- 2 lbs. fresh greens (collards, turnip, mustard)
- 3 c. low-sodium chicken broth
- ½ t. black pepper
- ¼ t. red pepper flakes, or to taste

### Directions

1. Heat olive oil in large stockpot over medium-high heat. Cook turkey bacon in hot oil until crisp.
2. Add onion and garlic. Cook until onion is tender, stirring occasionally.
3. Add greens and stir until greens begin to wilt. Add chicken brown, pepper, and pepper flakes.
4. Cover. Reduce heat to low and simmer 25-30 minutes or until greens are tender.

## **Seared Greens (GF) (V)**

From: Myplate.gov

### Ingredients

- 8 cups kale, collards, or other greens (1 1/2 pounds)
- 2 tablespoons vegetable oil (or olive oil)
- 4-8 garlic scapes (chopped)
- 1 cup water
- 1/4 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons vinegar, cider

### Directions

1. Wash greens and tear or cut into 1/2 inch pieces..
2. In a pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink.
5. Add salt and pepper and stir in. Sprinkle cider vinegar on

## **Sauteed Greens and Beans**

Adapted from [www.theseoldcookbooks.com](http://www.theseoldcookbooks.com)

### Ingredients

- 2 pounds kale, collards, swiss chard, or other greens
- 3 Tablespoons olive oil
- 2 cloves garlic, chopped
- 15.5 ounces Cannellini or Great Northern beans, drained and rinsed
- Salt and black pepper

### Directions

1. Wash greens to remove dirt and remove stems from the leaves.
2. Cut stems into 1 inch pieces and parboil JUST the stems in acidulated water (1 quart water with 2 Tablespoons lemon juice added) for 3 to 5 minutes; drain.
3. Cut the leaves into 1 inch strips. Cook JUST the leaves in a skillet over medium heat for 3 to 5 minutes in the water that clings to the leaves. Once leaves are wilted, remove from pan and set aside.
4. In a large skillet over medium heat; add olive oil. Saute parboiled stems until tender, approximately 5 minutes.
5. Add drained and rinsed cannellini beans and garlic; stirring constantly for 30 seconds (be careful not to burn garlic).



6. Add wilted leaves to the mixture. Season with salt and pepper.
7. Serve hot. An additional drizzle of olive oil and grated Parmesan cheese are great additions.

## **Simple and Fresh Collard Greens**

**Adapted From:** Food.com

### Ingredients

1. 1 cup collard greens, chopped
2. 1 garlic clove or quarter of an onion, minced (optional)
3. nonstick cooking spray or 1 teaspoon oil
4. salt and pepper

### Directions

1. Rinse the greens, remove the central ribs, stack the leaves on top of each other, roll up together, and chop into thin strips. (Rinsing the greens is important- the water that stays on helps them cook to perfection.)
2. Heat your skillet to medium and spray or add oil, and garlic/onions if wanted. Then just add your greens (these will shrink down a lot so you can do it in a small pan) and stir just until all greens have just turned bright green, usually not more than 3~ minutes.
3. Turn up to medium-hot and fry for 30 more seconds or until greens are just tender.
4. Toss with salt and pepper to taste (for this amount I usually use about 1/4 teaspoon salt and 1/8 teaspoon pepper).

## **Sesame Soba Noodles with Greens**

**Adapted from:** theveganatlas.com

### Ingredients

#### **Sauce**

- 1/3 cup tahini (sesame paste)
- 1/4 cup water
- Juice of 1/2 lime (about 2 tablespoons)
- 2 tablespoons soy sauce or tamari, to taste
- 2 tablespoons sugar

#### **The Rest**

- 8-ounce package soba (buckwheat) noodles
- 10 to 12 collard green or lacinato kale leaves
- 1 tablespoon dark sesame oil
- 4 cups green cabbage, cut into long, narrow shreds
- 1 medium red bell pepper, cut into long narrow strips
- 2 to 3 scallions, thinly sliced
- 1 tablespoon sesame seeds (regular or black)
- Dried hot red pepper flakes or Sriracha to taste
- Fresh cilantro leaves and lime wedges for garnish

### Directions

1. Combine the ingredients for the sauce in a small bowl, whisk together, and set aside. Cook the noodles according to package directions until al dente, then drain.
2. Meanwhile, cut the stem away from the greens with kitchen shears or a sharp knife. Stack 6 to 8 halves of leaves at a time. Roll the leaves up snugly from one of the narrow ends, then slice thinly crosswise. When the slices unroll, they'll be long ribbons. Give them a good rinse in a colander.
3. Heat the oil in a stir-fry pan. Add the ribbons of greens and cover; once they wilt down a bit, add the cabbage and bell pepper. Turn up the heat and stir-fry for 2 to 3 minutes, or just until the veggies are tender-crisp. Remove from the heat.
4. Add the cooked noodles to the pan. Use a large fork to mix the noodles thoroughly with the veggies.
5. Pour the sauce into the pan, followed by sesame seeds. Season with red pepper flakes or sriracha (and taste to see if you'd like more soy sauce and lime juice). Toss thoroughly. Serve warm or at room temperature garnished with cilantro and lime wedges as desired.

### Notes

Variation: Substitute 8 ounces of other long noodles for the soba — udon, rice noodles, yakisoba, or regular spaghetti or linguine.

## Collard Green Potato Curry

From [liveeatlearn.com](http://liveeatlearn.com)

### Ingredients:

- 2 Tbsp olive oil 30 mL
- 1 medium white onion
- 3 cloves garlic minced
- 1 Tbsp fresh grated ginger
- 3 potatoes peeled and chopped
- 2 tsp curry powder
- 1 tsp each coriander, cumin, salt
- 1 13-oz can coconut milk
- ½ can water about ¾ cup
- 4 oz chopped collard greens about 4 cups, 113 g
- To serve: rice, cilantro

### Directions:

**Rice:** If serving with rice, begin cooking it first.

**Flavor Base:** Heat oil in a large saute pan or wok over medium heat. Add onion, garlic, and ginger, cooking until onion is soft and translucent, about 3 minutes.

**Potatoes:** Add chopped potatoes, the spices/seasonings, and coconut milk. Fill the can that has coconut milk about half full with water, then add that too. Cover and bring to a gentle simmer until potatoes are fork-tender, about 10 minutes.

**Greens:** Stir in chopped collard greens, cooking just until collards have wilted down and are bright green, about 1 minutes. Serve warm with rice and fresh cilantro.

## Quick Collard Greens

From [cookieandkate.com](http://cookieandkate.com)

## **From Your Food Share: Collard Greens**

### Ingredients:

- 1 large bunch (about 10 ounces) collard greens
- 1 ½ tablespoons extra-virgin olive oil
- ¼ teaspoon fine sea salt
- 2 medium cloves garlic, pressed or minced
- Pinch of red pepper flakes (optional, scale back or omit if sensitive to spice)
- A couple lemon wedges, for serving

### Directions:

1. To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the “cigar” as thinly as possible (⅛” to ¼”) to make long strands. Shake up the greens and give them a few chops so the strands aren’t so long.
2. Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all of the collard greens and the salt.
3. Stir until all of the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges (this is delicious). This will take between 3 to 6 minutes.
4. Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it’s fragrant, about 30 seconds. Remove the pan from the heat.
5. Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.

# Corn

## **Kentucky Ratatouille over Weisenberger Mill Hoe Cakes**

**From** Scott and Teresa Darnell

### Ingredients

- 2 medium zucchini or yellow squash diced
- 1 small eggplant peeled and diced
- 1 small onion peeled and diced
- 2 tomatoes diced
- 1 red pepper diced
- 2 ears of corn shucked and taken off the cob
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 2 tablespoons of chopped fresh basil
- Salt and pepper to taste

### Directions

1. Put olive oil, garlic and onion in a medium sauté pan and cook over medium heat for 1 to 2 minutes.
2. Add all other ingredients except basil and cook over medium heat for 10 to 15 minutes or until all vegetables are soft.

3. Stir in basil at the end.

## Corn on the Cob, Three Ways

**Adapted from:** Pillsbury

### *Boiled Corn on the Cob*

In 5-quart saucepan, Dutch oven or stockpot, heat water and salt to boiling. Add corn; cook for 5 to 7 minutes or until heated through.

### *Grilled Corn on the Cob*

Preheat grill to medium-high. Peel back husks, remove silks, and brush the corn with vegetable oil or butter. Bring the husk back over to cover the corn, and place it on a grill at medium heat, turning occasionally, for 10 to 15 minutes.

### *Microwaved Corn on the Cob*

Remove husks and silks from corn. Wrap each ear in wax paper. Microwave on high for 3 to 6 minutes, one or two ears at a time.

## Tomato-Jalapeño Enchilada Sauce

**Adapted From** Martha Stewart

### Ingredients

- 1½ lb. tomatoes, cores removed
- 1 c. diced onion
- 1 jalapeño, quartered (seeded, if you don't want it too spicy)
- salt & pepper
- 1 T. vegetable oil
- 1 tsp. white vinegar
- pinch of sugar

### Directions

1. In a blender, combine tomatoes, onion and jalapeño. Puree until smooth.
2. Season with salt and pepper.
3. In a medium pot, heat oil over high until shimmering. Add tomato mixture and simmer, stirring, until thickened, 5 to 10 minutes.
4. Remove from heat and stir in vinegar and sugar. Season to taste with salt and pepper.
5. Serve over scrambled eggs, your favorite chicken enchiladas or the zucchini enchiladas in this recipe packet.

## Calabacitas Recipe

**Adapted From** [www.chilipeppermadness.com](http://www.chilipeppermadness.com), shared by MaryLinda Wells

### Ingredients

- 2 poblano peppers you can also use Anaheim peppers or even bell peppers work for super mild, or others
- 1 jalapeno pepper, optional, for a spicier version
- 1 tablespoon olive oil
- 1 medium onion diced
- 3 cloves garlic diced

- 4 small zucchini/squash, cubed
- 1 cup fresh corn kernels
- 1 teaspoon Mexican oregano
- 1 teaspoon ancho powder or favorite chili powder blend
- 1 teaspoon red pepper flakes optional, for a spicier version
- ½ teaspoon cumin
- Salt to taste
- 1/4 cup chopped cilantro
- Extra chopped cilantro, crumbly white cheese and red pepper flakes for garnish

OPTIONAL, FOR CREAMY-CHEESY VERSION

- 1/4 cup Mexican crema or sour cream or use milk
- ½ cup Monterey Jack or mozzarella cheese

Directions

1. Slice the peppers in half lengthwise and scoop out the insides. Remove the stems. Set them onto a baking sheet and bake them at 350 degrees 20-30 minutes, or until the skins char and bubble. You can also broil them about 12-15 minutes to the same effect.
2. Remove from heat and place them into a paper bag or baggie for a few minutes. The heat will steam them and loosen the skins.
3. Peel away the skins and roughly chop the peppers. Set them aside for now.
4. Heat the olive oil in a large pan or skillet and add the onions and jalapeno pepper. Cook for 5 minutes to soften. Add the garlic and cook for 1 minute, until the garlic becomes fragrant.
5. Add the zucchini, squash, corn, Mexican oregano, ancho powder, chili flakes, cumin and salt to taste. Sauté until just tender, 3-4 minutes, to your preference. Stir in the chopped peppers and chopped cilantro. Heat through.
6. Garnish with fresh cilantro, crumbly white cheese and red pepper flakes

FOR CREAMY-CHEESY VERSION

7. Stir in the Mexican crema and cotija cheese until it melts through along with the chopped peppers and cilantro over low heat.

## **Oven Roasted Corn on the Cob**

From [www.southernliving.com](http://www.southernliving.com)

Ingredients:

- 1/4 cup unsalted butter, softened
- 1 tablespoon chopped fresh flat-leaf parsley
- 2 medium garlic cloves, minced (2 tsp.)
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 4 ears fresh corn, husks removed

Directions:

1. Preheat the oven to 425°F. Stir together butter, parsley, garlic, rosemary, thyme, salt, and pepper in a bowl until evenly combined.
2. Spread 1 tablespoon herb butter on each corn cob; wrap each individually in aluminum foil. Place foil-wrapped corn on a baking sheet. Bake in a preheated oven until corn is soft, 20 to 25 minutes, turning once halfway through cook time. Remove corn from foil, and serve

## **Fresh Corn Salad**

From Kayla

### Ingredients:

- 4 ears of corn, shucked
- 1 cup of cherry tomatoes, halved
- 1/4 cup of red onion
- 1 (15 ounce) can of black beans, drained and rinsed
- 1 cup of cucumbers, diced
- 3 tbsp fresh parsley, finely chopped
- 2 tbsp fresh basil, finely chopped
- 1/4 cup of olive oil
- 1 1/2 tbsp red wine (or apple cider) vinegar
- 1 tbsp lemon juice
- 1 1/2 tsp honey
- 1/2 tsp minced garlic salt and pepper to taste (approx. 1/2 tsp of each)

### Directions:

1. Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.
2. For the salad. Bring a large pot of water to a boil. Have a bowl of ice water ready nearby.
3. Once water boils, add corn and cook for 3 minutes.
4. Transfer to ice water to cool for a few minutes. Drain well.
5. Cut kernels from corn cob then transfer to a large bowl.
6. Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.
7. Pour dressing over corn salad.
8. Eat as a salad or with whole grain chips or crackers as a salsa.

## **Mexican Street Corn**

From "Eat Well on \$4/Day Good and Cheap" by Leanne Brown

### Ingredients:

- 4 ears of corn
- 4 tablespoons of mayonnaise
- ½ cup grated cotija, queso blanco, feta, romano, or parmesan cheese
- Dusting of chile powder
- 1 lime sliced into wedges

### Directions:

1. Turn your oven broiler on high.
2. Peel off the corn husks and clean off all the silk. You can leave green ends attached to create a convenient hand hold.

3. Place corn on a baking sheet and put in the oven for 2-3 minutes. Rotate and repeat until brown and toasted, but for no longer than 10 minutes in total.
4. Working quickly, spread a tablespoon of mayonnaise over each ear of corn. Next sprinkle the cheese over the corn.
5. Sprinkle Chile powder on top, but not too heavily to avoid a gritty texture.
6. Finally, squeeze lime juice over the corn and serve hot!

## Cucumber

### **Benedictine**

**Adapted From:** The Southern Lady Cooks

#### Ingredients

- 1 (8-oz.) package cream cheese, softened
- 1 Tbsp. mayonnaise or Miracle Whip
- ¼ c. sour cream
- ½ c. finely chopped cucumber
- ½ c. finely chopped onion
- ½ t. salt
- ¼ 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.

### **Cucumber Tomato and Salad**

**Adapted from:** Spendwithpennies.com

#### Ingredients

- 1-2 cucumbers, sliced
- 2-3 large tomatoes or equivalent amount of cherry tomatoes, diced
- ½ red onion sliced
- 1 tablespoon fresh herbs parsley, basil and/or dill, optional
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt & pepper to taste

#### Directions

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

## **Greek Couscous Salad**

**From:** Kellie Sebastian

### Ingredients

- 2 cups cooked pearl couscous, or regular couscous
- 1 cucumber, diced
- 1 tomato diced
- 1 cup of Greek dressing (we use store bottled)
- Optional, 1 can drained artichokes (we use marinated halves, chop them up)
- Optional: Feta cheese crumbles or parmesan cheese
- Fresh herbs to taste

### Directions

1. Mix all ingredients well.

## **Cucumber-Stuffed Cherry Tomatoes**

**From:** Tasteofhome.com

### Ingredients:

- 24 cherry tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

### Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.
2. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

## **Fresh Corn Salad**

**From:** Kayla

### Ingredients:

- 4 ears of corn, shucked
- 1 cup of cherry tomatoes, halved
- 1/4 cup of red onion
- 1 (15 ounce) can of black beans, drained and rinsed
- 1 cup of cucumbers, diced
- 3 tbsp fresh parsley, finely chopped
- 2 tbsp fresh basil, finely chopped
- 1/4 cup of olive oil
- 1 1/2 tbsp red wine (or apple cider) vinegar
- 1 tbsp lemon juice
- 1 1/2 tsp honey
- 1/2 tsp minced garlic salt and pepper to taste (approx. 1/2 tsp of each)

### Directions:

1. Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.
2. For the salad. Bring a large pot of water to a boil. Have a bowl of ice water ready nearby.



3. Once water boils, add corn and cook for 3 minutes.
4. Transfer to ice water to cool for a few minutes. Drain well.
5. Cut kernels from corn cob then transfer to a large bowl.
6. Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.
7. Pour dressing over corn salad.
8. Eat as a salad or with whole grain chips or crackers as a salsa.

## **Cabbage and Cucumber Slaw**

**From:** Chris Morocco

### Ingredients:

- 6 cups thinly shaved or sliced cucumbers and/or cabbage
- ¼ red or white onion, very thinly sliced
- ¼ cup seasoned rice vinegar
- 2 Tbsp. extra-virgin olive oil

### Directions:

1. Combine vegetables and onion in a medium bowl; season generously with salt. Let sit until they start to release their water, 8–10 minutes, then begin to massage with your fingers, gently at first so they don't break, then harder as they begin to expel their liquid, until softened to about the texture of coleslaw.
2. Pour off all excess liquid and add vinegar and oil; toss to coat. Taste and season with more salt if needed.
3. Cover and chill.

**Tip:** You can make this up to 3 days ahead of when you plan to eat it!

## **Cucumber Yogurt Dip**

**From:** The Lemon Bowl

### Ingredients:

- 2 c. plain yogurt
- 2 c. diced or shredded cucumber
- 1/2 c. minced dill
- 1/4 c. lemon juice
- 2 cloves garlic, minced or grated
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions:

1. Combine all ingredients in a medium bowl. Check for seasoning. Add seasonings, if you wish!
2. Serve immediately, or store in the refrigerator for up to 5 days.

## **Gazpacho**

**From:** Tisa and Krystal Conway-Cunningham

### Ingredients:

- 1 cucumber
- 2 1/2 pounds ripe tomatoes, chopped

- 2 Fresno chiles, or 1/2 red bell pepper, stemmed and seeded
- 1/4 small red onion, rinsed
- 4 small garlic cloves
- 1/4 cup chopped cilantro, plus more for garnish
- 3 tablespoons sherry vinegar or red wine vinegar
- 1/2 cup extra virgin olive oil, plus more for drizzling
- 1 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Cherry tomatoes and fresh herbs, for garnish

Directions:

1. Finely chop 1/4 of the cucumber and reserve for garnish.
2. Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until smooth. Season to taste and chill for at least 2 hours.
3. Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.

## Dill

### **Honeyed Dill Dressing**

**Adapted From:** The Food Network

Ingredients

- 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.

### **Benedictine (GF) (V)**

**Adapted From:** The Southern Lady Cooks

Ingredients

- 1 (8-oz.) package cream cheese, softened
- 1 Tbsp. mayonnaise or Miracle Whip
- 1/4 c. sour cream
- 1/2 c. finely chopped cucumber
- 1/2 c. finely chopped onion
- 1/2 t. salt
- 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.

## **Garlic Scape Mayonnaise (GF)**

**From** Chef Lee Dempsey, of Holly Hill Inn

#### Ingredients

- 3 T. minced garlic scapes
- 1 T. minced parsley or dill (if you like)
- 1 c. mayonnaise
- 2 T. lemon juice (optional)
- salt and pepper to taste

#### Directions

Add all ingredients except for salt and pepper into a food processor, and process until smooth. Taste the mixture, and season with salt and pepper to your liking.

## **Honey-Roasted Carrots (GF) (V)**

**Adapted from:** Dinner at the Zoo

#### Ingredients

- 1 bunch carrots, tops trimmed
- 2 T. vegetable or olive oil
- 2 T. honey
- salt and pepper to taste
- cooking spray

- chopped parsley

#### Directions

1. Preheat oven to 400 degrees F. Line a sheet pan with foil, and coat with cooking spray.
2. Place carrots in a single layer on the baking pan.
3. In a small bowl, mix together oil, honey, salt and pepper. Pour over carrots, and toss to coat.
4. Bake for 25-35 minutes, or until carrots are tender and browned. Roasting time may vary depending on the size of the carrots. Serve immediately, sprinkled with parsley.

## **Cucumber-Stuffed Cherry Tomatoes**

From [www.tasteofhome.com](http://www.tasteofhome.com)

#### Ingredients:

- 24 cherry tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

#### Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.
2. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

## **Cucumber Yogurt Dip**

Adapted from The Lemon Bowl

#### Ingredients

- 2 c. plain yogurt
- 2 c. diced or shredded cucumber
- 1/2 c. minced dill
- 1/4 c. lemon juice
- 2 cloves garlic, minced or grated
- 1/2 tsp. salt
- 1/4 tsp. pepper

#### Directions:

1. Combine all ingredients in a medium bowl. Check for seasoning. Add seasonings, if you wish!
2. Serve immediately, or store in the refrigerator for up to 5 days.

# Eggplants

## **Eggplant Rounds**

From MaryLinda Wells

#### Ingredients

- 1 Eggplant
- 1 egg, beaten
- Seasoned breadcrumbs
- Cooking oil spray
- Marinara sauce
- Mozzarella cheese, shredded

Directions

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking oil, or use a silicone mat to prevent sticking.
2. Peel the eggplant and cut into 1/4" thick slices.
3. Dip slices into beaten egg, roll in the seasoned breadcrumbs and place on the baking sheet.
4. Spritz each slice with cooking oil and bake for 20 minutes.
5. Remove the baking sheet from the oven and flip each slice over with a spatula.
6. Spoon marinara sauce onto each slice and sprinkle with shredded mozzarella.
7. Place the baking sheet back into the oven and bake for another 10 minutes, or until the cheese is melted.

## **Kentucky Ratatouille over Weisenberger Mill Hoe Cakes**

From Scott and Teresa Darnell

Ingredients:

- 2 medium zucchini or yellow squash diced
- 1 small eggplant peeled and diced
- 1 small onion peeled and diced
- 2 tomatoes diced
- 1 red pepper diced
- 2 ears of corn shucked and taken off the cob
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 2 tablespoons of chopped fresh basil
- Salt and pepper to taste

Directions:

1. Put olive oil, garlic and onion in a medium sauté pan and cook over medium heat for 1 to 2 minutes.
2. Add all other ingredients except basil and cook over medium heat for 10 to 15 minutes or until all vegetables are soft.
3. Stir in basil at the end.

## **Eggplant and Bell Pepper Stir-Fry**

From Recipelands.com

Ingredients:

- 2 tablespoons vegetable oil
- 4 cloves garlic crushed

- ½ inch ginger freshly minced
- 2 scallions, spring or green onions
- sliced, plus extra for serving
- 1 dried red chile (optional)
- 8 ounces eggplant with peel, well washed, and cut into 1/2-inch pieces
- 1 green bell peppers or any color you like
- 1 tablespoon soy sauce, tamari
- ½ teaspoon sesame oil
- ½ teaspoon hot chili pepper oil sichuan (optional)
- 1 pinch sugar
- 1 teaspoon rice vinegar
- 2 tablespoons cilantro

Directions:

1. In a wok or a large nonstick skillet, heat the oil over medium-high heat until hot.
2. Add the garlic, ginger and scallions, stirring constantly, and cook for about 40 seconds until very fragrant.
3. Add the eggplant, stirring often, and cook until the eggplant pieces are soft and browned, about 5 minutes.
4. Stir in the bell pepper, and cook for another 2 to 3 minutes until the bell peppers start to become soft but still crunchy.
5. Add the soy sauce, sesame oil, hot chili oil if using, sugar and rice vinegar, and cook for another 1 minute until heated through.
6. Adjust the seasonings to taste if needed. Top with fresh cilantro and scallions, and serve warm with rice.
- 7.

## **Ratatouille**

From Kayla

Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.

4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.
6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## Garlic

### **Kale Pesto**

**Shared From:** Plate It Up! KY Proud

#### Ingredients

- 6-7 c. fresh kale, washed & chopped
- ½ c. shelled, roasted, and salted pecans *or* pistachios
- ½ 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.

### **Southern Green Beans & Potatoes**

**Shared By:** Tisa Cunningham

#### 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.

## **Three Greens Pesto (GF) (V)**

**Adapted from:** NYT Cooking

### Ingredients

- ¾ c. carrot tops
- ¾ c. chopped garlic scapes
- ¼ c. fresh basil
- ¼ c. raw sunflower seeds
- ½ c. 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.

## **Green Garlic Potato Salad (V)**

**Adapted from:** Bacon is Magic

### Ingredients

#### **Green Garlic Dressing**

Yield: 1¾ cups dressing

- ½ c. green garlic, puréed
- 1 c. mayonnaise
- 2 Tbsp. honey
- 1½ Tbsp. apple cider vinegar

#### **Potato Salad**

- 1 lb. boiled potatoes
- 2 sprigs dill
- ⅓ c. green onion, chopped

### Directions

1. Make dressing by combining all ingredients.
2. Coat potatoes in dressing. Garnish with green onions and fresh dill.
3. Salt and pepper to taste, and serve.

## **Garlic Scape Mayonnaise (GF)**

**From** Chef Lee Dempsey, of Holly Hill Inn

### Ingredients

- 3 T. minced garlic scapes



- 1 T. minced parsley or dill (if you like)
- 1 c. mayonnaise
- 2 T. lemon juice (optional)
- salt and pepper to taste

#### Directions

1. Add all ingredients except for salt and pepper into a food processor, and process until smooth.
2. Taste the mixture, and season with salt and pepper to your liking.

## **Garlic Mashed Potatoes with Chives**

Adapted from the Food Network

#### Ingredients

- 6 pounds potatoes, peeled
- Salt and pepper
- 1 cup heavy cream
- 1/2 stick (1/4 cup) unsalted butter
- 4 cloves garlic, lightly crushed
- Fresh rosemary
- 2 tablespoons chopped chives

#### Directions

1. Put the cut potatoes into a large pot, cover them with cold water, and add a large pinch of salt.
2. Bring to a boil and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well.
3. Meanwhile, in a small pot heat the cream, butter, garlic, and rosemary.
4. While the potatoes are still warm, press them through a potato ricer or food mill into a bowl.
5. Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy.
6. Season with salt and pepper and gently fold in the chives. Serve immediately.

## **Sautéed Green Beans with Garlic**

Adapted from [www.recipetineats.com](http://www.recipetineats.com)

#### Ingredients

- ½ pound green beans
- 1 tsp salt (for balancing the beans)
- 1 tbsp extra virgin olive oil or butter
- 2 garlic cloves , finely minced (~ 2 tsp)
- 1/8 tsp salt (for sautéing)
- 1 pinch black pepper

#### Directions

1. Blanch beans: Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. Shake off excess water.

2. Sauté: Heat oil in a large skillet over medium high heat. Add green beans and garlic. Stir for 2 minutes until the garlic is golden and crispy. Add salt and pepper, then toss.
3. Serve: Transfer beans to serving dish. Serve warm!

## **Stewed Zucchini with Tomatoes and Garlic**

From: [Spruceeats.com](http://Spruceeats.com)

### Ingredients:

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste

### Directions:

1. Gather the ingredients.
2. In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
4. Taste and adjust seasonings.
5. Serve hot and enjoy.

## **7-Minute Sauteed Zucchini with Garlic & Basil**

From [www.kitchentreaty.com](http://www.kitchentreaty.com)

### Ingredients:

- 2 teaspoons olive oil
- 1 medium clove garlic (minced)
- 1 pound zucchini (about 2 medium zucchini, sliced into coins (halved if large))
- Pinch salt & pepper
- 5-6 basil leaves finely chopped

### Directions:

1. Place a medium saute pan over medium heat.
2. When hot, add the olive oil and then the garlic. Cook, stirring frequently, for one minute.
3. Add the zucchini along with a pinch or two of salt and black pepper. Saute, stirring occasionally, until bright green and fork tender, 3-4 minutes.
4. Remove from heat and top with basil leaves.
5. Add additional salt and pepper if desired. Serve.

## **Cucumber Yogurt Dip**

Adapted from The Lemon Bowl

### Ingredients:

- 2 c. plain yogurt
- 2 c. diced or shredded cucumber
- 1/2 c. minced dill
- 1/4 c. lemon juice
- 2 cloves garlic, minced or grated
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions:

1. Combine all ingredients in a medium bowl. Check for seasoning. Add seasonings, if you wish!
2. Serve immediately, or store in the refrigerator for up to 5 days.

## **French Onion Soup Bombs**

**Adapted from:** delish.com, by chef Lena Abraham

### Ingredients:

- 2 tbsp. butter
- 2 medium onions, thinly sliced
- 2 sprigs thyme
- kosher salt
- Freshly ground black pepper
- 1/4 c. red wine
- 1/4 c. flour
- 2 garlic cloves, minced
- 2 c. beef broth
- 6 dinner rolls
- 6 slices swiss cheese
- 1 c. Gruyere cheese, shredded
- 1 tbsp. chopped parsley

### Directions:

1. Preheat the oven to 350° and line a medium cooking sheet with parchment paper.
2. In a large pot over medium heat, melt butter. When melted, add onions and thyme and season with salt and pepper. Cook, stirring occasionally, until onions are soft and caramelized, about 20 minutes.
3. Remove thyme and add wine. Bring to a simmer and cook until the wine is mostly evaporated. Add in flour and garlic and cook until garlic is fragrant, 2-3 minutes. Add in broth and bring to a simmer. Let simmer until thickened slightly, 5 minutes. Season with more salt and pepper if desired.
4. Meanwhile, prep the rolls: cut the top 1/4 off each roll. Using a paring knife, hollow out each and lay a slice of swiss over each to cover the hole, pressing in slightly. Place rolls on a prepared baking sheet and toast until cheese is melted, 6-8 minutes.
5. When cheese is melted and soup is ready, ladle soup into each roll. Top with a handful of gruyere cheese and place back in the oven to melt. If desired, broil.
6. Garnish with parsley and serve.

## **Carrot and Chard Ribbons**

Adapted from [jamiiegeller.com](http://jamiiegeller.com)

### Ingredients:

- 2 pounds carrots, peeled and sliced on an angle ¼-inch thick
- 8 - 10 large Swiss chard leaves (or Kale), tough stems and center ribs removed and leaves thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh parsley
- Kosher salt
- Freshly ground black pepper

### Directions:

1. Bring a large saucepan half-full of water to boil.
2. Add carrots and cook until barely crisp-tender, about 7 minutes.
3. Drain carrots and return to the pot with chard, oil, garlic, and parsley.
4. Season with salt and pepper.
5. Sauté over medium heat until the chard (or kale) is just wilted.

# Green Beans

## **Fresh Green Beans**

Adapted from [www.thepioneerwoman.com](http://www.thepioneerwoman.com)

### Ingredients

- 1 lb. Green Beans
- 1 Tablespoon Butter
- 1 Tablespoon Olive Oil
- 2 cloves Garlic
- 1 cup chopped Onion
- 1 cup Chicken Broth
- 1/2 cup chopped Red Bell Pepper
- 1/4 To 1/2 teaspoon salt
- Ground Black Pepper to taste

### Directions

1. Snap the stem ends of the green beans.
3. Heat butter and oil in a skillet over medium low heat. Add garlic and onions and cook for a minute. Then add green beans and cook for a minute until the beans turn bright green.
5. Add the chicken broth, chopped red pepper, salt and black pepper. Turn heat to low and cover with a lid, leaving a crack to allow steam to escape. Cook for 20 to 30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp.

7. You can add more chicken broth during the cooking process, but it is just fine to let it all cook away so the onions and peppers can caramelize.

## **Sautéed Green Beans with Garlic**

**Adapted from** [www.recipetineats.com](http://www.recipetineats.com)

### Ingredients

- ½ pound green beans
- 1 tsp salt (for balancing the beans)
- 1 tbsp extra virgin olive oil or butter
- 2 garlic cloves, finely minced (~ 2 tsp)
- 1/8 tsp salt (for sautéing)
- 1 pinch black pepper

### Directions

**Blanch beans:** Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add beans, cook for 4 minutes (they will turn bright green), drain, then rinse under cold tap water to cool. Shake off excess water.

**Sauté:** Heat oil in a large skillet over medium high heat. Add green beans and garlic. Stir for 2 minutes until the garlic is golden and crispy. Add salt and pepper, then toss.

**Serve:** Transfer beans to serving dish. Serve warm!

# Green Onion

## **Balsamic Veggie Pizza**

**Adapted From:** UK Cooperative Extension

### Ingredients

- 4 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 2 tomatoes, chopped
- ½ c. green onions, chopped
- Salt & pepper to taste
- 2 Tbsp. balsamic vinegar
- 1 t. dried basil
- 8 oz. whole wheat pasta
- 1 Tbsp. grated parmesan cheese

### Directions

1. In a large skillet, heat 1 tablespoon olive oil over medium heat. Add minced garlic and cook 1 minute, until fragrant. Add chopped zucchini and squash, tomatoes, and green onions. Salt and pepper to taste and cook until tender.
2. In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil. Stir in cooked vegetable mixture and let sit 5-10 minutes.
3. In a large pot, cook pasta in salted water about 7 minutes, until al dente. Drain. Toss pasta with vegetable mixture until incorporated. Sprinkle with shredded parmesan and serve warm.

## **Green Garlic Potato Salad**

**Adapted from:** Bacon is Magic

### Ingredients

#### **Green Garlic Dressing**

Yield: 1 3/4 cups dressing

1/2 c. green garlic, puréed

1 c. mayonnaise

2 Tbsp. honey

1 1/2 Tbsp. apple cider vinegar

#### **Potato Salad**

1 lb. boiled potatoes

2 sprigs dill

1/3 c. green onion, chopped

### Directions

1. Make dressing by combining all ingredients.

This can be made several days in advance.

2. Coat potatoes in dressing. Garnish with green onions and fresh dill.

3. Salt and pepper to taste, and serve.

## **Stewed Zucchini with Tomatoes and Garlic**

**From:** Spruceeats.com

### Ingredients:

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste

### Directions:

1. Gather the ingredients.
2. In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
4. Taste and adjust seasonings.
5. Serve hot and enjoy.

## **Cucumber-Stuffed Cherry Tomatoes**

**From:** Tasteofhome.com

### Ingredients:

- 24 cherry tomatoes
- 3 ounces cream cheese, softened

- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.
2. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

## Green Tomatoes

### **Another Pickled Green Tomato Recipe**

Adapted from [www.southernliving.com](http://www.southernliving.com)

Ingredients

- 1 ¼ cups rice vinegar
- ½ cup sugar
- 2 tablespoons kosher salt
- 3 basil sprigs (or other herb as desired)
- ¼ cup thinly sliced onion
- ¼ teaspoon crushed red pepper
- 1 pound small green tomatoes (about 4), cored and cut into ⅓-inch-thick slices

Directions

1. Mix 1 cup water, vinegar, sugar, and salt in a medium saucepan. Bring to a boil, stirring until sugar dissolves.
2. Remove from heat; cool for 10 minutes.
3. Place basil, onions, crushed red pepper, and green tomatoes in a canning jar(s). Pour vinegar mixture over green tomato mixture until completely covered.
4. Cover with a tight-fitting lid; chill 24 hours. Store in refrigerator up to 2 months.

### **Grilled Green Tomatoes**

By [whiteonricecouple.com](http://whiteonricecouple.com)

Ingredients:

- 1 pound green tomatoes, approximately
- 2 Tablespoons cooking oil, such as grape seed oil or olive oil
- 3 cloves garlic, minced or crushed
- 1 teaspoon brown sugar
- 1 Tablespoon Worcestershire or fish sauce, soy sauce (Use Tamari for gluten free)
- salt, to taste
- fresh cracked black pepper to taste
- 1/4 cup grated parmesan cheese

- 1/4 cup chopped fresh basil leaves

Directions:

1. Heat grill and slice green tomatoes about 1/4 inch thick.
2. In a medium bowl, combine oil, garlic, brown sugar, Worcestershire (or fish sauce, soy sauce, Tamari), salt and black pepper
3. Add green tomato slices to the bowl and evenly coat all the slices with the marinade.
4. Grill each side of the tomato until your desired texture (about 2-4 minutes on each side). How thick you slice your tomato will determine how long it cooks.
5. Top with fresh parmesan cheese and chopped basil.
6. Serve as a side dish, on burgers or chopped in a salad

## Kabocha Squash

### **Vegan Kabocha Squash and Black Bean Chili**

From Chef Nat

Yield: 1 gallon

Ingredients

- 1 diced kabocha squash
- 1/8 cup Olive oil blend
- 1/8 cup minced garlic
- 3/4 Tbsp. dried oregano
- 3/4 Tbsp. dried sage
- 1/2 large yellow onions, diced
- 2 green peppers, diced
- 1/2 cups chili powder
- 1/8 cup smoked paprika
- 1/8 cup cumin
- 2 cups crushed tomatoes
- 2 cups canned black beans drained and rinsed
- 2 cups vegetable stock
- 2 cups water
- 1/8 cup soy sauce
- 1 Tbsp. Kosher salt (to taste)
- 1/8 cup brown sugar
- 1/8 cup lemon juice

Directions

1. Saute onion, green pepper, and garlic in the olive oil blend for 5-7 minutes until onion wilts.
2. Add all spices, combine well
3. Add crushed tomatoes, all beans, vegetable stock, soy, and water.
4. Bring to a simmer, add the lemon juice, brown sugar, and salt. Simmer for 40 minutes. Taste and adjust.



## Roasted Kabocha Squash

Adapted from: [nomnompaleo.com](http://nomnompaleo.com)

### Ingredients

- 1 medium kabocha squash
- 2 tablespoons oil
- Salt
- Pepper

### Directions

1. Preheat the oven to 400 F with the rack in the middle. Rinse the squash under running water, and dry it; peel it too if you want!
2. Hard to cut, cut off top and bottom and then cut in half
3. Scoop out the seeds and cut the squash into thin wedges. Toss the squash with your fat of choice and sprinkle the slices with salt and pepper.
4. Place the squash in a single layer on a foil- or parchment-lined rimmed baking tray
5. Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

## Kale

## Kale Pesto

Shared From: Plate It Up! KY Proud

### Ingredients

- 6-7 c. fresh kale, washed & chopped
- ½ c. shelled, roasted, and salted pecans *or* pistachios
- ½ 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.

## Hot Brown Frittata (GF) (V)

Adapted From: KSU Cooperative Extension

### Ingredients

- ¼ c. onions, chopped
- 1.4 c. red pepper, chopped

- Tomatoes & mushrooms to taste
- 3 c. fresh kale, deveined & quartered
- 6 eggs
- Mrs. Dash or similar seasoning of choice
- 1/3 c. low-fat cheese
- 1 slice roasted turkey
- 1 slice tomato
- 1 Tbsp. cooked & crumbled bacon

#### Directions

1. Preheat oven to 375 degrees F. In a nonstick skillet, cook onions and peppers 4-5 minutes in cooking oil of choice. Add kale and cook additional 1-2 minutes, until wilted.
2. Crack eggs into a mixing bowl. Add cooked vegetable mixture and season with salt, pepper, and Mrs. Dash or similar. Return to skillet and cook 1-2 minutes. Add cheese.
3. Place skillet in preheated oven for 8-10 minutes or until surface is lightly golden brown. Remove and transfer frittata from skillet to cutting board.
4. Slice frittata into serving portions and serve topped with sliced turkey, tomatoes, and bacon.

### **Kale Chips (GF) (V)**

**From Your Share:** Kale

#### Ingredients

- 1 head kale
- 2 Tbsp. olive oil
- Sea salt

#### Directions

1. Preheat oven to 275 degrees F.
2. Wash and thoroughly dry kale. Remove leaves from ribs and cut into 1 1/2" pieces. In a large bowl, toss kale with olive oil. For best results, gently massage oil into kale leaves.
3. Arrange kale on baking sheet lined with parchment paper. Sprinkle lightly with sea salt and bake 20 minutes or until leaves are lightly browned, flipping halfway.

### **Kale and Apple Salad (V)**

**Contributed by:** Kayla Anderson

#### Ingredients

- 1 c. barley, whole grain couscous, or quinoa
- 1 bunch hearty greens (such as kale, chard, collard, and/or beet greens)
- 2 medium carrots, shredded
- 1 medium firm apple
- 1 clove garlic
- 1/2 c. nuts or seeds (such as pecans, almonds, or walnuts)
- 1 medium lemon
- 1/4 c. apple cider vinegar
- 1 Tbsp. Dijon mustard
- 1/4 c. olive oil
- 1/4 t. each salt & pepper

#### Directions

1. Prepare grains according to package instructions. Transfer to large bowl. Prepare rest of salad while grains cool completely.

2. Rinse carrot, kale, and apple. Remove stems from greens. Stack leaves together and roll into a thick log. Slice thinly.
3. Peel and shred carrots. Cut apple into 1/4" cubes. Peel and mince garlic.
4. Rinse and cut lemon in half. Squeeze juice into a small bowl. Remove any seeds.
5. Add vinegar, minced garlic, and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.
6. When grains are cool, add greens, carrots, apples, and nuts. Drizzle with dressing and toss to combine.

## **Seared Greens (GF) (V)**

**From:** Myplate.gov

### Ingredients

- 8 cups kale, collards, or other greens (1 1/2 pounds)
- 2 tablespoons vegetable oil (or olive oil)
- 4-8 garlic scapes (chopped)
- 1 cup water
- 1/4 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons vinegar, cider

### Directions

1. Wash greens and tear or cut into 1/2 inch pieces..
2. In a pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink.
5. Add salt and pepper and stir in. Sprinkle cider vinegar on

## **Sweet Potato & Greens Quinoa Skillet**

**Adapted From:** With Food & Love

### Ingredients

- 3 T. butter or olive or vegetable oil
- 2 medium sweet potatoes, diced
- 1 clove garlic, minced
- 1 c. uncooked quinoa or rice
- 2 T. white wine or vinegar
- 2 c. vegetable or chicken broth or water
- 3 c. greens, ribs removed and leaves shredded
- salt & pepper, to taste

### Directions

1. Heat butter or oil over medium in a large skillet. Add sweet potatoes. Stir and cook for 2 minutes. Add quinoa, stir and sauté for 2 minutes more.
2. Turn up heat to medium-high, and add white wine or vinegar. Stir and allow the liquid to evaporate somewhat. Add 1½ cups broth or water, stir, turn heat to low, cover and cook for 12 minutes.

3. Remove the lid, add the remaining broth and greens. Stir and simmer uncovered for 3 minutes, or until greens are bright green and sweet potatoes and quinoa are tender.
4. Season with salt and pepper, and serve warm.

## **Greens & Sausage Pasta**

**Adapted from** Kalyn's Kitchen

### Ingredients

- 12 oz. Italian or hot Italian sausage
- 1 bunch greens, ribs removed and leaves sliced
- 3 T. olive or vegetable oil
- 1/4 tsp. red pepper flakes (more or less, to taste)
- 2 c. chicken or vegetable broth or water
- 1 package pasta
- salt
- 1/2 c. grated Parmesan cheese (optional)

### Directions

1. Heat small frying pan, squeeze sausage out of casings, and cook until sausage is browned, breaking it apart as it cooks.
2. In a large heavy frying pan over medium heat, Cook oil, hot pepper flakes and greens for 2-3 minutes, until the greens are all wilted. Add stock or water and sausage, and lower heat to simmer.
3. Cook pasta according to package directions. Save 1/2 cup pasta cooking water, then drain pasta.
4. Gently mix the cooked pasta into the sausage/kale mixture, adding as much pasta cooking water as you think you need for it to be moist enough.
5. Serve with parmesan cheese, if you'd like.

## **Sauteed Greens and Beans**

**Adapted from:** [www.theseoldcookbooks.com](http://www.theseoldcookbooks.com)

### Ingredients

- 2 pounds kale, collards, swiss chard, or other greens
- 3 Tablespoons olive oil
- 2 cloves garlic, chopped
- 15.5 ounces Cannellini or Great Northern beans, drained and rinsed
- Salt and black pepper

### Directions

1. Wash greens to remove dirt and remove stems from the leaves.
2. Cut stems into 1 inch pieces and parboil JUST the stems in acidulated water (1 quart water with 2 Tablespoons lemon juice added) for 3 to 5 minutes; drain.
3. Cut the leaves into 1 inch strips. Cook JUST the leaves in a skillet over medium heat for 3 to 5 minutes in the water that clings to the leaves. Once leaves are wilted, remove from pan and set aside.

4. In a large skillet over medium heat; add olive oil. Saute parboiled stems until tender, approximately 5 minutes.
5. Add drained and rinsed cannellini beans and garlic; stirring constantly for 30 seconds (be careful not to burn garlic).
6. Add wilted leaves to the mixture. Season with salt and pepper.
7. Serve hot. An additional drizzle of olive oil and grated Parmesan cheese are great additions.

## Lettuce

### **Rainbow Summer Salad (V)**

**Adapted from:** Taste of Home

#### Ingredients

- 4 mandarin oranges, peeled & segmented
- 3 medium carrots, thinly shaved
- 1/2 small red onion, thinly sliced
- 1/2 medium beet, thinly sliced
- 1 small bunch radishes, thinly sliced
- 2 Tbsp. sun-dried tomatoes
- 4 c. torn leaf lettuce
- 1/4 c. shaved parmesan cheese
- 1/4 c. white balsamic vinaigrette

#### Directions

1. Combine oranges, carrots, onion, beet, radishes, and sun-dried tomatoes in a large bowl. Drizzle with vinaigrette; lightly toss to coat.
2. To serve, arrange lettuce or salad mix on a platter; top with vegetable mixture and parmesan. Enjoy!

### **Feel Good Fall Salad**

**Adapted from** [gimmesomeoven.com](http://gimmesomeoven.com)

#### Salad Ingredients

- 1 tablespoon olive oil
- 2 medium sweet potatoes, peeled and diced into 1/2-inch cubes (could substitute kabocha or butternut squash)
- Salt and pepper
- 4ish cups lettuce
- 1 avocado, peeled, diced and thinly sliced (optional)
- 1/2 cup crumbled goat cheese (or feta or blue cheese)
- 1/2 cup chopped pecans, walnuts or almonds, lightly toasted
- 1/3 cup dried cranberries

### Dressing Ingredients

- 3 tablespoons olive oil
- 1 tablespoon freshly-squeezed lemon juice (or red wine vinegar)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely-minced (or 1/2 teaspoon garlic powder)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper

### Directions

#### **Dressing**

Whisk all ingredients together in a bowl (or shake together in a jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

#### **Potatoes**

Heat oven to 400°F. Spread the diced sweet potatoes out on a medium baking sheet. Drizzle with the olive oil, and toss until evenly coated. Season generously with salt and pepper. Bake about 30 mins, until tender and browned/caramelized around the edges

#### **Salad**

Once the sweet potatoes are ready to go, add them to a large serving bowl along with the arugula, avocado, goat cheese, nuts and cranberries. Drizzle with the dressing, and toss until combined. Serve immediately and enjoy!

## Okra

### **Simple Roasted Okra**

**Adapted From** Southern Living

### Ingredients

- 1 pound fresh okra, trimmed and halved lengthwise
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper

### Directions

1. Preheat oven to 425°F. Toss together all ingredients in a large bowl until combined.
2. Spread mixture in a single layer on a large baking sheet.
3. Roast in preheated oven until okra is tender and browned, 20 to 25 minutes, stirring mixture halfway through cook time.
4. Serve

# Onion

## **Southern Green Beans & Potatoes**

**Shared By:** Tisa Cunningham

### 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

### 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.

## **Roasted Roots Salad (GF) (V)**

**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 prepared 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 about 30 minutes.
2. Preheat oven to 375 degrees F. Roast vegetables on parchment-lined baking sheet until tender, about 30 minutes.
3. Return cooked vegetables to bowl. Add crumbled goat cheese, remaining olive oil, and lemon juice. Garnish with fresh parsley, toss well to coat evenly, and serve.

## **Warm Carrot Top Salad**

**Adapted from** Organic Authority

### Ingredients

- 1 tsp. vegetable or olive oil
- 1 tsp. ground cumin
- 1 medium onion, minced
- 1 garlic scape, minced
- 2 c. cooked chickpeas
- 1 bunch carrot tops, chopped
- 2 T. 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 garlic scapes and 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.

## **Potato Butternut Squash Soup**

**Adapted from** Will Cook for Smiles

### Ingredients

- 2 T. butter or oil
- 1 medium yellow onion, chopped
- 1 lb. potatoes, chopped
- 1 butternut squash, peeled and chopped
- 1/2 tsp. paprika
- salt & pepper
- 1 small bay leaf
- 3 c. vegetable or chicken stock or water
- 1/4 c. heavy cream or dairy alternative
- 1/2 c. mild cheddar cheese, optional

### Directions

1. Heat pot over medium heat. Add butter or oil.
2. Add onion to the pot and cook until transparent, about 3 minutes. Add potatoes and butternut squash. Add paprika, salt and pepper, and cook for 5-10 minutes, stirring occasionally.
3. Add bay leaf and just enough stock or water to cover the veggies. Cook until veggies tender, about 20 minutes. (Time may vary depending on how small you cut potatoes and squash.)
4. Discard bay leaf. Let cool somewhat. Transfer to a food processor or blender (or use an immersion blender in the pot). Blend well, and return to the pot over medium heat.
5. Add cream or dairy alternative and cheese, if using. Stir well. Be careful, as the soup will bubble and splash when it starts to heat up. Keep stirring until soup is heated through.

## **Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce**

**From** Chef Mike Vaughn

### Ingredients

- Sweet Potatoes, 4 medium-sized
- Yellow Onion, 2 large
- Sweet Peppers, 3 each
- Poblano Pepper, 1 each
- Olive Oil (as needed for coating)
- Kosher Salt, to taste
- Black Pepper, to taste
- Lime Zest, 2 limes
- 6 inch Flour or corn tortillas 6
- Fresh diced tomatoes, optional

### Directions

1. Slice sweet potatoes into planks, half & deseed all peppers, slice onions into wheels.

2. Coat all veggies with olive oil, and season with salt & pepper to taste.
3. Grill veggies, slice or dice for tacos, and then toss with fresh lime zest. (Reserve limes for sauce)
4. Serve with diced tomatoes or any other desired taco fixings.

### **Cilantro Lime Taco Sauce**

- Mayonnaise, 1 cup
- Minced roasted garlic, 1 Tablespoon
- Sour Cream, 1 1/2 cup
- Minced red onion, 1/2 cup
- Fresh Cilantro, 2 bunches
- Fresh Lime Juice, 2 limes
- Cumin, 1 1/2 tsp
- Hot sauce, 2 tsp
- Kosher salt, to taste
- Black Pepper, to taste

### **Directions**

1. Rough chop leaves of cilantro, juice limes, & mince onions. Mix with remaining ingredients.
2. Refrigerate overnight for optimal flavor.

### **Balsamic Vinegar Tomato Salad**

Adapted from <https://itsmysideoflife.com/>

### **Ingredients**

- 5 tomatoes of different varieties
- 1 large onion thinly sliced
- 3 tablespoons virgin olive oil
- 1-2 tablespoons balsamic vinegar ( start with one)
- Pepper to taste
- garlic powder to taste
- Fresh basil leaves

### **Directions**

1. Slice up washed tomatoes.
2. Arrange along with sliced onion overlapping.
3. Sprinkle with vinegar and oil.
4. Sprinkle with basil, pepper and garlic powder.

### **Calabacitas Recipe**

Adapted from [www.chilipeppermadness.com](http://www.chilipeppermadness.com), shared by MaryLinda Wells

## Ingredients

- 2 poblano peppers you can also use Anaheim peppers or even bell peppers work for super mild, or others
- 1 jalapeno pepper, optional, for a spicier version
- 1 tablespoon olive oil
- 1 medium onion diced
- 3 cloves garlic diced
- 4 small zucchini/squash, cubed
- 1 cup fresh corn kernels
- 1 teaspoon Mexican oregano
- 1 teaspoon ancho powder or favorite chili powder blend
- 1 teaspoon red pepper flakes optional, for a spicier version
- ½ teaspoon cumin
- Salt to taste
- 1/4 cup chopped cilantro
- Extra chopped cilantro, crumbly white cheese and red pepper flakes for garnish

### OPTIONAL, FOR CREAMY-CHEESY VERSION

- 1/4 cup Mexican crema or sour cream or use milk
- ½ cup Monterey Jack or mozzarella cheese

## Directions

1. Slice the peppers in half lengthwise and scoop out the insides. Remove the stems. Set them onto a baking sheet and bake them at 350 degrees 20-30 minutes, or until the skins char and bubble. You can also broil them about 12-15 minutes to the same effect.
2. Remove from heat and place them into a paper bag or baggie for a few minutes. The heat will steam them and loosen the skins.
3. Peel away the skins and roughly chop the peppers. Set them aside for now.
4. Heat the olive oil in a large pan or skillet and add the onions and jalapeno pepper. Cook for 5 minutes to soften. Add the garlic and cook for 1 minute, until the garlic becomes fragrant.
5. Add the zucchini, squash, corn, Mexican oregano, ancho powder, chili flakes, cumin and salt to taste. Sauté until just tender, 3-4 minutes, to your preference. Stir in the chopped peppers and chopped cilantro. Heat through.
6. Garnish with fresh cilantro, crumbly white cheese and red pepper flakes

### FOR CREAMY-CHEESY VERSION

7. Stir in the Mexican crema and cotija cheese until it melts through along with the chopped peppers and cilantro over low heat.

## **French Onion Soup Bombs**

**Adapted from** delish.com, by chef Lena Abraham

## Ingredients:

- 2 tbsp. butter
- 2 medium onions, thinly sliced

- 2 sprigs thyme
- kosher salt
- Freshly ground black pepper
- 1/4 c. red wine
- 1/4 c. flour
- 2 garlic cloves, minced
- 2 c. beef broth
- 6 dinner rolls
- 6 slices swiss cheese
- 1 c. Gruyere cheese, shredded
- 1 tbsp. chopped parsley

Directions:

1. Preheat the oven to 350° and line a medium cooking sheet with parchment paper.
2. In a large pot over medium heat, melt butter.
3. When melted, add onions and thyme and season with salt and pepper. Cook, stirring occasionally, until onions are soft and caramelized, about 20 minutes.
4. Remove thyme and add wine. Bring to a simmer and cook until the wine is mostly evaporated. Add in flour and garlic and cook until garlic is fragrant, 2-3 minutes. Add in broth and bring to a simmer. Let simmer until thickened slightly, 5 minutes. Season with more salt and pepper if desired.
5. Meanwhile, prep the rolls: cut the top 1/4 off each roll. Using a paring knife, hollow out each and lay a slice of swiss over each to cover the hole, pressing in slightly. Place rolls on a prepared baking sheet and toast until cheese is melted, 6-8 minutes.
6. When cheese is melted and soup is ready, ladle soup into each roll. Top with a handful of gruyere cheese and place back in the oven to melt. If desired, broil.
7. Garnish with parsley and serve.

## Parsley

### **Summer Garden Lasagna**

**Shared From:** Plate It Up! KY Proud

Ingredients

- 5 medium zucchini
- 2 yellow summer squash
- 3 Tbsp. olive oil
- 2 large eggplants, sliced 1/2" thick
- 8 oz. plain Greek yogurt
- 2 c. low-fat cottage cheese
- 1/2 c. fresh basil, chopped
- 2 tsp. salt
- 1 medium onion, chopped into 1/4" dices
- 1/4 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 ( $\frac{1}{4}$ " 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.

## **French Onion Soup Bombs**

**Adapted from** delish.com, by chef Lena Abraham

#### Ingredients:

- 2 tbsp. butter
- 2 medium onions, thinly sliced
- 2 sprigs thyme
- kosher salt
- Freshly ground black pepper
- 1/4 c. red wine
- 1/4 c. flour
- 2 garlic cloves, minced
- 2 c. beef broth
- 6 dinner rolls
- 6 slices swiss cheese
- 1 c. Gruyere cheese, shredded
- 1 tbsp. chopped parsley

#### Directions:

1. Preheat the oven to 350° and line a medium cooking sheet with parchment paper.
2. In a large pot over medium heat, melt butter. When melted, add onions and thyme and season with salt and pepper. Cook, stirring occasionally, until onions are soft and caramelized, about 20 minutes.
3. Remove thyme and add wine. Bring to a simmer and cook until the wine is mostly evaporated. Add in flour and garlic and cook until garlic is fragrant, 2-3 minutes. Add in broth and bring to a simmer. Let simmer until thickened slightly, 5 minutes. Season with more salt and pepper if desired.

4. Meanwhile, prep the rolls: cut the top 1/4 off each roll. Using a paring knife, hollow out each and lay a slice of swiss over each to cover the hole, pressing in slightly. Place rolls on a prepared baking sheet and toast until cheese is melted, 6-8 minutes.
5. When cheese is melted and soup is ready, ladle soup into each roll. Top with a handful of gruyere cheese and place back in the oven to melt. If desired, broil.
6. Garnish with parsley and serve.

## **Carrot and Chard Ribbons**

Adapted from [jamiegeller.com](http://jamiegeller.com)

### Ingredients:

- 2 pounds carrots, peeled and sliced on an angle 1/4-inch thick
- 8 - 10 large Swiss chard leaves (or Kale), tough stems and center ribs removed and leaves thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh parsley
- Kosher salt
- Freshly ground black pepper

### Directions:

1. Bring a large saucepan half-full of water to boil.
2. Add carrots and cook until barely crisp-tender, about 7 minutes.
3. Drain carrots and return to the pot with chard, oil, garlic, and parsley.
4. Season with salt and pepper.
5. Sauté over medium heat until the chard (or kale) is just wilted.

## **Creamy Carrot Soup**

From [recipetineats.com](http://recipetineats.com)

### Ingredients:

- 1 tbsp olive oil or butter
- 4 slices streaky bacon
- 1 onion , chopped
- 2 garlic cloves , minced
- 5 large carrots , cut into chunks
- 1 quart vegetable or chicken broth (4 cups)
- 1/2 cup
- 3/4 cup
- Salt and Pepper
- Chopped Parsley
- Cream

### Directions:

1. Heat oil in a large pot over medium high heat. Add bacon and cook until golden. Remove from pot, cool then chop.
2. Add onion and garlic into the bacon drippings. Cook for 2 minutes until the onion is translucent but not browned.
3. Add carrots and stir well to coat the carrot in the oil.
4. Add broth, then stir. Cover with lid, adjust heat so it is simmering energetically (about medium).
5. Cook for 20 - 25 minutes until the carrot is very soft.

6. Remove lid, turn heat off. Use a stick blender to puree the carrot (or cool slightly and do in the blender).
7. Add cream, milk, salt and pepper to taste. Stir.
8. Adjust thickness with milk (or water), if desired.
9. Ladle soup into bowls. Garnish with swirls of cream, bacon and parsley or thyme if desired. Serve with crusty bread.

## Potatoes

### **Creamy Dill Potato Salad**

**Shared By:** Tisa Cunningham

#### 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

#### 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.

## **Potato Butternut Squash Soup**

**Adapted from** Will Cook for Smiles

### Ingredients

- 2 T. butter or oil
- 1 medium yellow onion, chopped
- 1 lb. potatoes, chopped
- 1 butternut squash, peeled and chopped
- 1/2 tsp. paprika
- salt & pepper
- 1 small bay leaf
- 3 c. vegetable or chicken stock or water
- 1/4 c. heavy cream or dairy alternative
- 1/2 c. mild cheddar cheese, optional

### Directions

1. Heat pot over medium heat. Add butter or oil.
2. Add onion to the pot and cook until transparent, about 3 minutes. Add potatoes and butternut squash. Add paprika, salt and pepper, and cook for 5-10 minutes, stirring occasionally.
3. Add bay leaf and just enough stock or water to cover the veggies. Cook until veggies tender, about 20 minutes. (Time may vary depending on how small you cut potatoes and squash.)
4. Discard bay leaf. Let cool somewhat. Transfer to a food processor or blender (or use an immersion blender in the pot). Blend well, and return to the pot over medium heat.
5. Add cream or dairy alternative and cheese, if using. Stir well. Be careful, as the soup will bubble and splash when it starts to heat up. Keep stirring until soup is heated through.

## **Garlic Mashed Potatoes with Chives**

**Adapted from** the Food Network

From your Food Share: potatoes, rosemary, garlic, turnips

### Ingredients

- 6 pounds potatoes, peeled
- Salt and pepper
- 1 cup heavy cream
- 1/2 stick (1/4 cup) unsalted butter
- 4 cloves garlic, lightly crushed



- Fresh rosemary
- 2 tablespoons chopped chives

### **Directions**

1. Put the cut potatoes into a large pot, cover them with cold water, and add a large pinch of salt.
2. Bring to a boil and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well.
3. Meanwhile, in a small pot heat the cream, butter, garlic, and rosemary.
4. While the potatoes are still warm, press them through a potato ricer or food mill into a bowl.
5. Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy. Season with salt and pepper and gently fold in the chives.
6. Serve immediately.

## **Roasted Potatoes & Sweet Potatoes**

**Adapted from** I Love Lindsay

### **Ingredients**

- 1 lb. potatoes, cut into 1-inch pieces
- 1 lb. sweet potatoes, cut into 1-inch pieces
- 1/4 c. olive or vegetable oil or melted butter
- salt & pepper, to taste

### **Directions**

1. Preheat the oven to 375 degrees F.
2. In a bowl, toss potatoes with 2 tablespoons of the oil or butter, and salt and pepper to taste. Spread onto one layer on a baking tray. Bake for 10 minutes.
3. In the same bowl, toss sweet potatoes with remaining oil or butter, and salt and pepper to taste.
4. Remove the pan of potatoes from the oven, and add the sweet potatoes to the pan, keeping everything in one layer. Bake for 15 minutes, stir, and bake another 20–30 minutes, until veggies are crisp and browned.
5. Eat this on top of a salad or as a side dish to your favorite meats.

## **Lemon Rosemary Roasted Potatoes**

**Adapted from** damndelicious.net

### **Ingredients**

- 3 pounds red potatoes, halved
- 2 tablespoons olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 sprig rosemary, removed from stem and chopped
- salt and freshly ground black pepper, to taste
- 2 tablespoons unsalted butter
- 2 tablespoons chopped parsley leaves

### Directions

1. Preheat oven to 400 degrees F. Oil a baking sheet or coat with nonstick spray.
2. Place potatoes in a single layer on the baking sheet. Add olive oil, lemon juice, garlic and rosemary; season with salt and pepper, to taste. Gently toss to combine.
3. Place into the oven and bake for 25-30 minutes, or until golden brown and crisp. Stir in butter until melted, about 1 minute.
4. Serve immediately, garnished with parsley if desired.

## **Roasted Potatoes & Sweet Potatoes**

**Adapted from** I Love Lindsay

### Ingredients

- 1 lb. potatoes, cut into 1-inch pieces
- 1 lb. sweet potatoes, cut into 1-inch pieces
- 1/4 c. olive or vegetable oil or melted butter
- salt & pepper, to taste

### Directions

1. Preheat the oven to 375 degrees F.
2. In a bowl, toss potatoes with 2 tablespoons of the oil or butter, and salt and pepper to taste. Spread onto one layer on a baking tray. Bake for 10 minutes.
3. In the same bowl, toss sweet potatoes with remaining oil or butter, and salt and pepper to taste.
4. Remove the pan of potatoes from the oven, and add the sweet potatoes to the pan, keeping everything in one layer. Bake for 15 minutes, stir, and bake another 20–30 minutes, until veggies are crisp and browned.
5. Eat this on top of a salad or as a side dish to your favorite meats.

## **Potatoes with Tomatoes and Basil**

**Adapted from** Italian Food Forever

### Ingredients

- 1 small onion, coarsely chopped
- 1½ lb. potatoes, cut into 2-inch pieces
- 1/4 c. olive or vegetable oil
- salt & pepper
- dash of red pepper flakes
- 3 tomatoes, seeded, cored, and diced
- 3 T. chopped basil

### Directions

1. Preheat oven to 375 degrees F. Mix together onions, potatoes and oil.
2. Season with salt, pepper and red pepper flakes. Bake for 30 to 40 minutes, until the potatoes have started to turn golden brown and can be easily pierced with a fork.
3. Then, increase the heat to 400 degrees F, add the tomatoes to the pan, and return to the oven for 10 minutes. Stir in fresh basil, and serve.

## Zucchini and Potato Bake

Adapted From Allrecipes.com

### Ingredients:

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- ½ cup dry bread crumbs
- ¼ cup olive oil
- paprika to taste
- salt to taste
- ground black pepper to taste
- (Feel free to add a couple of sliced carrots as well!)

### Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3. Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

## Collard Green Potato Curry

From liveeatlearn.com

### Ingredients:

- 2 Tbsp olive oil 30 mL
- 1 medium white onion
- 3 cloves garlic minced
- 1 Tbsp fresh grated ginger
- 3 potatoes peeled and chopped
- 2 tsp curry powder
- 1 tsp each coriander, cumin, salt
- 1 13-oz can coconut milk
- ½ can water about ¾ cup
- 4 oz chopped collard greens about 4 cups, 113 g
- To serve: rice, cilantro

### Directions:

Rice: If serving with rice, begin cooking it first.

Flavor Base: Heat oil in a large saute pan or wok over medium heat. Add onion, garlic, and ginger, cooking until onion is soft and translucent, about 3 minutes.

Potatoes: Add chopped potatoes, the spices/seasonings, and coconut milk. Fill the can that has coconut milk about half full with water, then add that too. Cover and bring to a gentle simmer until potatoes are fork-tender, about 10 minutes.

Greens: Stir in chopped collard greens, cooking just until collards have wilted down and are bright green, about 1 minutes. Serve warm with rice and fresh cilantro.

# Pumpkin

## **Roasted Pumpkin or Squash Seeds**

**Adapted from** Valerie's Kitchen

### Ingredients

- 1½ c. fresh pumpkin or squash seeds
- 2 tsp. olive or vegetable oil
- 1/2 tsp. salt or garlic salt, plus additional if desired
- non-stick cooking spray

### Directions

1. Remove seeds from pumpkin or squash, and place in a colander in the sink. Rinse with water, removing as much of the stringy pumpkin bits as you can. Pour seeds on to a rimmed baking sheet, and allow to dry overnight.
2. The following day, pick out any remaining pieces of pumpkin
3. Preheat oven to 325 degrees F. Spray a clean rimmed baking sheet with cooking spray.
4. Toss seeds in a bowl with oil and salt. Spread seeds on a single layer on the baking sheet, and bake for about 20 to 30 minutes or until golden brown, stirring about halfway through.

# Radish

## **Sugar Snap Pea Salad (GF) (V)**

**Adapted from:** NYT Cooking

### Ingredients

- 1/2 c. radishes, sliced
- 1 1/2 c. sugar snap peas
- 1 c. feta, ricotta salata, or pecorino romano crumbled
- 1/4 c. fresh mint, torn
- 1 clove garlic, minced
- Pinch sea salt
- 1 Tbsp. lemon juice
- 1 tsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- Ground pepper, to taste

### Directions

1. In a large bowl, toss radishes, peas, ricotta, and mint.
2. In a small bowl, add lemon juice, balsamic vinegar, garlic, and salt. Stir well to combine. Slowly drizzle in olive oil; pepper to taste.
3. Drizzle salad with dressing. Toss well to coat and serve.

## **Rainbow Summer Salad (V)**

**Adapted from:** Taste of Home

### Ingredients

- 4 mandarin oranges, peeled & segmented
- 3 medium carrots, thinly shaved
- 1/2 small red onion, thinly sliced
- 1/2 medium beet, thinly sliced
- 1 small bunch radishes, thinly sliced
- 2 Tbsp. sun-dried tomatoes
- 4 c. torn leaf lettuce
- 1/4 c. shaved parmesan cheese
- 1/4 c. white balsamic vinaigrette

### Directions

1. Combine oranges, carrots, onion, beet, radishes, and sun-dried tomatoes in a large bowl. Drizzle with vinaigrette; lightly toss to coat.
2. To serve, arrange lettuce or salad mix on a platter; top with vegetable mixture and parmesan. Enjoy!

# Rosemary

## **Garlic Mashed Potatoes with Chives**

**Adapted from** the Food Network

### Ingredients

- 6 pounds potatoes, peeled
- Salt and pepper
- 1 cup heavy cream
- 1/2 stick (1/4 cup) unsalted butter
- 4 cloves garlic, lightly crushed
- Fresh rosemary
- 2 tablespoons chopped chives

### Directions

1. Put the cut potatoes into a large pot, cover them with cold water, and add a large pinch of salt.
2. Bring to a boil and simmer until the potatoes are fork tender, about 20 to 30 minutes. Drain well.
3. Meanwhile, in a small pot heat the cream, butter, garlic, and rosemary.
4. While the potatoes are still warm, press them through a potato ricer or food mill into a bowl.

5. Stir in the warm cream a bit at a time, straining out the solids, until the potatoes are fluffy. Season with salt and pepper and gently fold in the chives. Serve immediately.

## **Lemon Rosemary Roasted Potatoes**

**Adapted from** damndelicious.net

### Ingredients

- 3 pounds red potatoes, halved
- 2 tablespoons olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 sprig rosemary, removed from stem and chopped
- salt and freshly ground black pepper, to taste
- 2 tablespoons unsalted butter
- 2 tablespoons chopped parsley leaves

### Directions

1. Preheat oven to 400 degrees F. Oil a baking sheet or coat with nonstick spray.
2. Place potatoes in a single layer on the baking sheet. Add olive oil, lemon juice, garlic and rosemary; season with salt and pepper, to taste. Gently toss to combine.
3. Place into the oven and bake for 25-30 minutes, or until golden brown and crisp. Stir in butter until melted, about 1 minute.
4. Serve immediately, garnished with parsley if desired.

## **Ratatouille**

From Kayla

### Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

### Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.
4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.

6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## Spaghetti Squash

### **Spaghetti Squash**

**Adapted from** instructions by Elie and Love and Lemons recipe

#### Ingredients

- 1 spaghetti squash
- Olive oil or vegetable oil
- Salt and pepper

#### Directions

1. Preheat the oven to 400°F.
2. Cut the squash in half (lengthwise) and scoop out the seeds
3. Drizzle oil onto the cut sides and sprinkle with salt and pepper
4. Place on a baking sheet
5. Bake 25 minutes then flip the squash over and bake 25 more minutes until lightly browned on the outside and tender when you poke it with a fork. The timing can be different depending on the size of the squash
6. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
7. Use the cooked squash like you would spaghetti noodles, top with sauce and cheese if desired!

### **Super Easy Spaghetti Squash**

**Adapted from** Greater Pittsburgh Community Food Bank and [farmersmarketinstitute.org](http://farmersmarketinstitute.org)

#### Ingredients

- 2 cups microwaved spaghetti squash
- (1 small squash or 1/2 large)
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper
- 1/4 cup chopped tomatoes
- 1/4 tsp salt
- black pepper to taste

#### Directions

1. Stab spaghetti squash several times with a paring knife so the steam can escape while it is being microwaved.

2. Microwave on high power for 5 minutes. Turn squash and microwave for 3 more minutes. Repeat until squash is soft and skin is wrinkled
3. Cut in half. Scoop out seeds, then use a spoon to scrape stringy squash fibers into a bowl. Stir veggies, salt and pepper into squash. Microwave for 5 more minutes.
4. Let sit for 5 minutes before serving.

## Sugar Snap Peas

### **Sugar Snap Pea Salad**

**Adapted from:** NYT Cooking

**From Your Share:** Radish · Sugar Snap Peas

#### Ingredients:

- 1/2 c. radishes, sliced
- 1 1/2 c. sugar snap peas
- 1 c. feta, ricotta salata, or pecorino romano crumbled
- 1/4 c. fresh mint, torn
- 1 clove garlic, minced
- Pinch sea salt
- 1 Tbsp. lemon juice
- 1 tsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- Ground pepper, to taste

#### Directions:

1. In a large bowl, toss radishes, peas, ricotta, and mint.
2. In a small bowl, add lemon juice, balsamic vinegar, garlic, and salt. Stir well to combine. Slowly drizzle in olive oil; pepper to taste.
3. Drizzle salad with dressing. Toss well to coat and serve.

## Sweet Potatoes

### **Sweet Potato Skillet (GF) (V)**

**Adapted from:** A Couple Cooks

#### Ingredients

- 2 lbs. sweet potatoes
- 3 cloves of garlic
- 1 bunch chard
- 2 Tbsp. cooking oil
- 1 tsp. dried oregano\*
- 1 tsp. dried basil\*
- 4 oz. crumbled feta cheese



- 4 farm fresh eggs
- Salt & pepper to taste

(\*) Dried herbs can be substituted for their fresh equivalents at a 1 tsp. = 1 Tbsp. ratio. If using fresh herbs, add to skillet with chard rather than sweet potatoes to avoid burning.

#### Directions

1. Wash sweet potatoes and chard. Shred or grate potatoes. To prepare chard, cut leaves away from stem and then into thin strips. Peel and mince garlic.
2. In a large skillet, heat cooking oil to medium. Add sweet potatoes, garlic, and seasonings. Sauté 7-8 minutes, stirring frequently, or until potatoes are tender.
3. Add chard to skillet and sauté 1 minute. Stir in half of the feta. Crack eggs into the skillet, then add remaining feta. Broil on high 4-6 minutes or until egg whites are solid. Serve immediately.

## **Roasted Beets and Sweets with Brown Butter Maple Glaze**

Adapted From [www.mantitlement.com](http://www.mantitlement.com)

#### Ingredients

- 6 small sweet potatoes, peeled and cubed (small, 1 inch pieces)
- 4 beets, peeled and cubed (small, 1 inch pieces)
- 2 tablespoons olive oil
- 2 teaspoons salt
- 1 teaspoon fresh ground black pepper

For the Glaze

- 1 stick butter
- 2 tablespoons real maple syrup
- 3–4 fresh thyme sprigs, plus 2 tablespoons more chopped for garnish

#### Directions

1. Preheat the oven to 435 degrees.
2. Spray 2 baking sheets with cooking spray.
3. In a large bowl, toss together the beets, sweet potatoes, salt and pepper.
4. Roast in the oven for 30 minutes.
5. While the potatoes and beets are in the oven, make the brown butter glaze by adding 1 stick of butter to a skillet along with the fresh thyme sprigs.
6. Melt the butter until just browned (about 5 minutes) then stir in the maple syrup and remove from the heat.
7. After the potatoes and beets have roasted in the oven for 30 minutes, remove the potatoes and beets from the oven and toss with the brown butter glaze.
8. Place back in the oven for 15 minutes then remove from the oven, put in a serving dish, and garnish with the two tablespoons of reserved chopped thyme.

## **Sweet Potato & Greens Quinoa Skillet**

Adapted from With Food & Love

#### Ingredients

- 3 T. butter or olive or vegetable oil

- 2 medium sweet potatoes, diced
- 1 clove garlic, minced
- 1 c. uncooked quinoa
- 2 T. white wine or vinegar
- 2 c. vegetable or chicken broth or water
- 3 c. greens, ribs removed and leaves shredded
- salt & pepper, to taste

#### Directions

1. Heat butter or oil over medium in a large skillet. Add sweet potatoes. Stir and cook for 2 minutes. Add quinoa, stir and sauté for 2 minutes more.
2. Turn up heat to medium-high, and add white wine or vinegar. Stir and allow the liquid to evaporate somewhat. Add 1½ cups broth or water, stir, turn heat to low, cover and cook for 12 minutes.
3. Remove the lid, add the remaining broth and greens. Stir and simmer uncovered for 3 minutes, or until greens are bright green and sweet potatoes and quinoa are tender.
4. Season with salt and pepper, and serve warm.

## **Roasted Potatoes & Sweet Potatoes**

Adapted from I Love Lindsay

#### Ingredients

- 1 lb. potatoes, cut into 1-inch pieces
- 1 lb. sweet potatoes, cut into 1-inch pieces
- 1/4 c. olive or vegetable oil or melted butter
- salt & pepper, to taste

#### Directions

1. Preheat the oven to 375 degrees F.
2. In a bowl, toss potatoes with 2 tablespoons of the oil or butter, and salt and pepper to taste. Spread onto one layer on a baking tray. Bake for 10 minutes
3. In the same bowl, toss sweet potatoes with remaining oil or butter, and salt and pepper to taste.
4. Remove the pan of potatoes from the oven, and add the sweet potatoes to the pan, keeping everything in one layer. Bake for 15 minutes, stir, and bake another 20–30 minutes, until veggies are crisp and browned.
5. Eat this on top of a salad or as a side dish to your favorite meats.

## **Grilled Sweet Potato & Veggie Tacos w/ Cilantro Lime Sauce**

From Chef Mike Vaughn

#### Ingredients

- Sweet Potatoes, 4 medium-sized
- Yellow Onion, 2 large
- Sweet Peppers, 3 each
- Poblano Pepper, 1 each

- Olive Oil (as needed for coating)
- Kosher Salt, to taste
- Black Pepper, to taste
- Lime Zest, 2 limes
- 6 inch Flour or corn tortillas 6
- Fresh diced tomatoes, optional

#### Directions

Slice sweet potatoes into planks, half & deseed all peppers, slice onions into wheels. Coat all veggies with olive oil, and season with salt & pepper to taste. Grill veggies, slice or dice for tacos, and then toss with fresh lime zest. (Reserve limes for sauce) Serve with diced tomatoes or any other desired taco fixings.

#### Cilantro Lime Taco Sauce

- Mayonnaise, 1 cup
- Minced roasted garlic, 1 Tablespoon
- Sour Cream, 1 1/2 cup
- Minced red onion, 1/2 cup
- Fresh Cilantro, 2 bunches
- Fresh Lime Juice, 2 limes
- Cumin, 1 1/2 tsp
- Hot sauce, 2 tsp
- Kosher salt, to taste
- Black Pepper, to taste

#### Directions

Rough chop leaves of cilantro, juice limes, & mince onions. Mix with remaining ingredients. Refrigerate overnight for optimal flavor.

### **Sweet Potato Pancakes**

**From** Kayla, our FreshRx Nutrition Coordinator

#### Ingredients

- 2 sweet potatoes, roasted and pureed
- 1 1/2 cup of all-purpose flour
- 2 tspns baking powder
- 1/2 tspn of baking soda
- 2 tbsp packed brown sugar
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 tsp of ground nutmeg
- 2 eggs, beaten
- 1 1/2 cups of milk

#### Directions

1. In a large bowl, whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, and nutmeg. In a separate bowl, whisk together milk, sweet potato puree, then
2. add eggs.
4. Add wet ingredients to dry ingredients and stir until just combined. Melt butter in a large nonstick skillet or griddle over medium heat. When the skillet is warm, ladle the batter onto the skillet. Cook until bubbles start to form in batter and the pancake is golden brown underneath, then flip. Cook until the other side is golden brown. Repeat with remaining batter.

## Swiss Chard

### **Swiss Chard Quiche**

**Adapted From:** Susanna Truckle of Dog Hollow Farm (Culyer, NY)

#### Ingredients

- 1 bunch Swiss chard, washed
- 6 farm-fresh eggs
- 2-3 cloves garlic, peeled & minced
- 1 onion, chopped
- 1 T. cooking oil
- 1 c. shredded cheese
- 2 prepared pie crusts

#### Directions

1. Preheat oven to 400 degrees F. Meanwhile, sauté onions and garlic in cooking oil. Trim and chop Swiss chard, then add leaves to skillet and cook until wilted.
2. Beat eggs in a large bowl. Add chard mixture, cheese, and salt & pepper to taste. Pour into pie shells and bake 30-40 minutes or until toothpick inserted comes out clean.

### **Sweet Potato Skillet (GF) (V)**

**Adapted from:** A Couple Cooks

#### Ingredients

- 2 lbs. sweet potatoes
- 3 cloves of garlic
- 1 bunch chard
- 2 Tbsp. cooking oil
- 1 tsp. dried oregano\*
- 1 tsp. dried basil\*
- 4 oz. crumbled feta cheese
- 4 farm fresh eggs
- Salt & pepper to taste

(\*) Dried herbs can be substituted for their fresh equivalents at a 1 tsp. = 1 Tbsp. ratio. If using fresh herbs, add to skillet with chard rather than

sweet potatoes to avoid burning.

#### Directions

1. Wash sweet potatoes and chard. Shred or grate potatoes. To prepare chard, cut leaves away from stem and then into thin strips. Peel and mince garlic.
2. In a large skillet, heat cooking oil to medium. Add sweet potatoes, garlic, and seasonings. Sauté 7-8 minutes, stirring frequently, or until potatoes are tender.
3. Add chard to skillet and sauté 1 minute. Stir in half of the feta. Crack eggs into the skillet, then add remaining feta. Broil on high 4-6 minutes or until egg whites are solid. Serve immediately.

## **Sweet Potato & Greens Quinoa Skillet**

Adapted from With Food & Love

#### Ingredients

- 3 T. butter or olive or vegetable oil
- 2 medium sweet potatoes, diced
- 1 clove garlic, minced
- 1 c. uncooked quinoa or rice
- 2 T. white wine or vinegar
- 2 c. vegetable or chicken broth or water
- 3 c. greens, ribs removed and leaves shredded
- salt & pepper, to taste

#### Directions

1. Heat butter or oil over medium in a large skillet. Add sweet potatoes. Stir and cook for 2 minutes. Add quinoa, stir and sauté for 2 minutes more.
2. Turn up heat to medium-high, and add white wine or vinegar. Stir and allow the liquid to evaporate somewhat. Add 1½ cups broth or water, stir, turn heat to low, cover and cook for 12 minutes.
3. Remove the lid, add the remaining broth and greens. Stir and simmer uncovered for 3 minutes, or until greens are bright green and sweet potatoes and quinoa are tender.
4. Season with salt and pepper, and serve warm.

## **Greens & Sausage Pasta**

Adapted from Kalyn's Kitchen

#### Ingredients

- 12 oz. Italian or hot Italian sausage
- 1 bunch greens, ribs removed and leaves sliced
- 3 T. olive or vegetable oil
- 1/4 tsp. red pepper flakes (more or less, to taste)
- 2 c. chicken or vegetable broth or water
- 1 package pasta

- salt
- 1/2 c. grated Parmesan cheese (optional)

### **Directions**

1. Heat small frying pan, squeeze sausage out of casings, and cook until sausage is browned, breaking it apart as it cooks.
2. In a large heavy frying pan over medium heat, Cook oil, hot pepper flakes and greens for 2-3 minutes, until the greens are all wilted. Add stock or water and sausage, and lower heat to simmer.
3. Cook pasta according to package directions. Save 1/2 cup pasta cooking water, then drain pasta.
4. Gently mix the cooked pasta into the sausage/kale mixture, adding as much pasta cooking water as you think you need for it to be moist enough.
5. Serve with parmesan cheese, if you'd like.

## **Carrot and Chard Ribbons**

Adapted from [jamiiegeller.com](http://jamiiegeller.com)

### **Ingredients:**

- 2 pounds carrots, peeled and sliced on an angle ¼-inch thick
- 8 - 10 large Swiss chard leaves (or Kale), tough stems and center ribs removed and leaves thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, smashed
- 1 tablespoon chopped fresh parsley
- Kosher salt
- Freshly ground black pepper

### **Directions:**

1. Bring a large saucepan half-full of water to boil.
2. Add carrots and cook until barely crisp-tender, about 7 minutes.
3. Drain carrots and return to the pot with chard, oil, garlic, and parsley.
4. Season with salt and pepper.
5. Sauté over medium heat until the chard (or kale) is just wilted.

# **Tomatoes**

## **Cucumber Tomato and Salad**

Adapted from [www.spendwithpennies.com](http://www.spendwithpennies.com)

### **Ingredients**

- 1-2 cucumbers, sliced
- 2-3 large tomatoes or equivalent amount of cherry tomatoes, diced
- ½ red onion sliced

- 1 tablespoon fresh herbs parsley, basil and/or dill, optional
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- salt & pepper to taste

#### Directions

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

## **Fresh Salsa**

**Adapted from** The Spruce Eats

#### Ingredients

- 3 T. chopped onion
- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled, seeds removed and tomato chopped
- 1/2 bell pepper, seeds removed and pepper chopped
- 1½ -2 T. lime juice
- salt, to taste
- black pepper, to taste

#### Directions

1. Put onion and garlic in a strainer; pour 2 cups boiling water over them, then let drain thoroughly. Discard the water. Allow the onion and garlic to fully cool.
3. Combine onions and garlic with tomatoes, peppers, and lime juice. Add salt and pepper, to taste.
5. Refrigerate for at least 2 hours to blend the flavors.
7. Serve as a dip for chips, to top tacos or alongside eggs. It can be refrigerated for up to 5 to 7 days.

## **Greek Couscous Salad**

**From:** Kellie Sebastian!

#### Ingredients

- 2 cups cooked pearl couscous, or regular couscous
- 1 cucumber, diced
- 1 tomato diced
- 1 cup of Greek dressing (we use store bottled)
- Optional, 1 can drained artichokes (we use marinated halves, chop them up)
- Optional: Feta cheese crumbles or parmesan cheese
- Fresh herbs to taste

#### Directions

Mix all ingredients well.

## **Potatoes with Tomatoes and Basil**

**Adapted from** Italian Food Forever

### Ingredients

- 1 small onion, coarsely chopped
- 1½ lb. potatoes, cut into 2-inch pieces
- ¼ c. olive or vegetable oil
- salt & pepper
- dash of red pepper flakes
- 3 tomatoes, seeded, cored, and diced
- 3 T. chopped basil

### Directions

1. Preheat oven to 375 degrees F. Mix together onions, potatoes and oil.
2. Season with salt, pepper and red pepper flakes. Bake for 30 to 40 minutes, until the potatoes have started to turn golden brown and can be easily pierced with a fork.
3. Then, increase the heat to 400 degrees F, add the tomatoes to the pan, and return to the oven for 10 minutes. Stir in fresh basil, and serve.

## **Kentucky Ratatouille over Weisenberger Mill Hoe Cakes**

From Scott and Teresa Darnell

### Ingredients

- 2 medium zucchini or yellow squash diced
- 1 small eggplant peeled and diced
- 1 small onion peeled and diced
- 2 tomatoes diced
- 1 red pepper diced
- 2 ears of corn shucked and taken off the cob
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 2 tablespoons of chopped fresh basil
- Salt and pepper to taste

### Directions

1. Put olive oil, garlic and onion in a medium sauté pan and cook over medium heat for 1 to 2 minutes.
2. Add all other ingredients except basil and cook over medium heat for 10 to 15 minutes or until all vegetables are soft.
3. Stir in basil at the end.

## **Balsamic Vinegar Tomato Salad**

Adapted from <https://itsmysideoflife.com/>

### Ingredients

- 5 tomatoes of different varieties
- 1 large onion thinly sliced
- 3 tablespoons virgin olive oil



- 1-2 tablespoons balsamic vinegar ( start with one)
- Pepper to taste
- garlic powder to taste
- Fresh basil leaves

Directions

1. Slice up washed tomatoes.
2. Arrange along with sliced onion overlapping.
3. Sprinkle with vinegar and oil.
4. Sprinkle with basil, pepper and garlic powder.

## **Stewed Zucchini with Tomatoes and Garlic**

**From:** Spruceeats.com

Ingredients:

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 

Directions:

1. Gather the ingredients.
2. In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
4. Taste and adjust seasonings.
5. Serve hot and enjoy.

## **Cucumber-Stuffed Cherry Tomatoes**

**From** www.tasteofhome.com

Ingredients:

- 24 cherry tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.
- 2.
3. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

## **Ratatouille**

From Kayla

Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.
4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.
6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## **Fresh Corn Salad**

From Kayla

Ingredients:

- 4 ears of corn, shucked
- 1 cup of cherry tomatoes, halved
- 1/4 cup of red onion
- 1 (15 ounce) can of black beans, drained and rinsed
- 1 cup of cucumbers, diced
- 3 tbsp fresh parsley, finely chopped
- 2 tbsp fresh basil, finely chopped
- 1/4 cup of olive oil
- 1 1/2 tbsp red wine (or apple cider) vinegar
- 1 tbsp lemon juice

- 1 1/2 tsp honey
- 1/2 tsp minced garlic salt and pepper to taste (approx. 1/2 tsp of each)

Directions:

1. Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.
2. For the salad. Bring a large pot of water to a boil. Have a bowl of ice water ready nearby.
3. Once water boils, add corn and cook for 3 minutes.
4. Transfer to ice water to cool for a few minutes. Drain well.
5. Cut kernels from corn cob then transfer to a large bowl.
6. Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.
7. Pour dressing over corn salad.
8. Eat as a salad or with whole grain chips or crackers as a salsa.

## **Cabbage Soup**

**Adapted from** KnowYourProduce.com, chef Courtney

Ingredients:

- 1 teaspoon olive oil
- 1 medium onion diced
- 2 carrots sliced
- 2 stalks celery sliced
- 3 cloves garlic minced
- 1 quart vegetable broth
- 1 cup water
- 1 can 18 oz diced tomatoes
- 1 zucchini chopped
- 2 potatoes peeled and diced
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 5 cups cabbage (or 1/2 head cabbage)
- salt and ground black pepper to taste

Directions:

1. Heat olive oil in a large pot over medium-high heat. Once the pan is hot add onions, carrots, celery, and garlic, saute 4-6 minutes.
2. Add in vegetable broth, water, tomatoes with liquid, zucchini, potatoes, bay leaves, thyme and season with salt and pepper to taste.
3. While the veggies are cooking in the broth, chop up the cabbage and then add to the pot.
4. Cover and bring to a boil, then reduce the heat to medium-low.
5. Cover and simmer for 25-30 minutes or until potatoes are tender.
6. Serve with your favorite main course or enjoy as-is with toasted bread.

**Tips:** Add other leafy greens, such as Kale or Spinach! Or Add protein with chickpeas, kidney beans, or other beans

## **Gazpacho**

From Tisa and Krystal Conway-Cunningham

### Ingredients:

- 1 cucumber
- 2 1/2 pounds ripe tomatoes, chopped
- 2 Fresno chiles, or 1/2 red bell pepper, stemmed and seeded
- 1/4 small red onion, rinsed
- 4 small garlic cloves
- 1/4 cup chopped cilantro, plus more for garnish
- 3 tablespoons sherry vinegar or red wine vinegar
- 1/2 cup extra virgin olive oil, plus more for drizzling
- 1 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Cherry tomatoes and fresh herbs, for garnish

### Directions:

1. Finely chop 1/4 of the cucumber and reserve for garnish.
2. Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until smooth. Season to taste and chill for at least 2 hours.
3. Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.

## **Classic Toasted Tomato Sandwich**

From [thekitchenmagpie.com](http://thekitchenmagpie.com)

### Ingredients:

- 2 large tomatoes
- 4 tablespoons mayonnaise
- 8 slices your favorite bread
- salt and pepper
- butter for the toast (optional)
- lettuce - optional

### Directions:

1. Slice the tomatoes into 1/4 inch round slices and let drain slightly on a paper towel.
2. Place your bread into your toaster and toast until it's crisp enough for your liking.
3. Remove the toast and spread some butter on both slices if wanted, then slather with 1 tbsp of the mayo as well.
4. Place the tomatoes on top of one slice. Salt and pepper to your liking,

# Zucchini

## **Summer Garden Lasagna**

Shared From: Plate It Up! KY Proud

### 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.

## **Bubble & Squeak**

**Adapted From:** Good and Cheap, Leanne Brown

### Ingredients

- 2 c. leftover mashed potatoes
- 1-2 c. leftover mashed/roasted vegetables
- 2 Tbsp. butter or cooking oil
- Salt & pepper to taste

### Directions

1. In a large bowl, combine mashed potatoes with whatever other vegetable leftovers you have on hand. Cabbage is customary, but we encourage you to experiment with this recipe! Potatoes act as a binder, and should make up at least half of your veggie mixture. Once combined, season to taste with salt, pepper, and other desired seasonings.
2. Melt butter or heat cooking oil in a large frying pan on medium-high heat. Add mixture to pan,

pressed into either one large pancake or several smaller rounds. Fry pancake(s) until golden brown then flip, about 5-7 minutes per side.

3. Cool and serve with desired toppings. Our suggestions include sour cream, green onions, chopped bacon, or a poached egg!

## **Zucchini Waffles (v)**

**Shared By:** Kayla Anderson, FreshRx Nutrition Coordinator

### Ingredients

- 1½ c. milk
- 1 c. shredded zucchini or yellow squash
- 2 eggs
- 2 Tbsp. butter, melted
- 1½ c. all-purpose flour
- 1 c. quick oats
- 1 Tbsp. baking powder
- 2 Tbsp. brown sugar
- 1 tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 tsp. vanilla extract

### Directions

1. Preheat waffle iron according to manufacturer's instructions.
2. Stir milk, zucchini/squash, eggs, vanilla, and butter in a large bowl until evenly blended.
3. Combine dry ingredients in a separate bowl. Gradually stir flour mixture into zucchini mixture.
4. Ladle batter into preheated waffle iron. Cook until golden brown, about 5 minutes.

## **Balsamic Veggie Pizza (GF) (v)**

**Adapted From:** UK Cooperative Extension

### Ingredients

- 4 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 2 tomatoes, chopped
- ½ c. green onions, chopped
- Salt & pepper to taste
- 2 Tbsp. balsamic vinegar
- 1 t. dried basil
- 8 oz. whole wheat pasta
- 1 Tbsp. grated parmesan cheese

### Directions

1. In a large skillet, heat 1 tablespoon olive oil over medium heat. Add minced garlic and cook 1 minute, until fragrant. Add chopped zucchini and squash, tomatoes, and green onions. Salt and pepper to taste and cook until tender.
2. In a large bowl, whisk together 3 tablespoons olive oil, balsamic vinegar, and dried basil. Stir in cooked vegetable mixture and let sit 5-10 minutes.

3. In a large pot, cook pasta in salted water about 7 minutes, until al dente. Drain. Toss pasta with vegetable mixture until incorporated. Sprinkle with shredded parmesan and serve warm.

## **Zucchini Enchiladas**

*Adapted from SkinnyTaste*

### **Ingredients**

- 1 tsp. olive or vegetable oil
- 2 cloves garlic, crushed
- 1/4 c. chopped onion
- 2 medium zucchini, grated
- shredded cooked chicken (optional)
- salt & pepper
- 1½ c. grated cheddar cheese
- 4 8-inch flour tortillas

### **Directions**

1. Spray a baking dish with cooking spray. Preheat oven to 400 degrees F.
2. In a medium nonstick skillet, sauté garlic and onions in olive oil over medium heat for about 3 minutes; add zucchini, salt and pepper to taste, and cook until all the liquid evaporates from the zucchini, about 4 to 5 minutes.
3. Add the shredded chicken here, if you're using it. Remove from heat, and add 1/2 cup cheese; mix well.
4. Fill each tortilla with an equal amount of zucchini mixture. Roll and place seam-side down in baking dish.
5. Top with Tomato-Jalapeño Enchilada Sauce (from this recipe packet) and remaining cheese.
6. Bake until the cheese is melted, about 20 minutes.
7. Serve with chopped cilantro, onions, and sour cream, if you wish.

## **Calabacitas Recipe**

**Adapted from [www.chilipeppermadness.com](http://www.chilipeppermadness.com), shared by MaryLinda Wells**

### **Ingredients:**

- 2 poblano peppers you can also use Anaheim peppers or even bell peppers work for super mild, or others
- 1 jalapeno pepper, optional, for a spicier version
- 1 tablespoon olive oil
- 1 medium onion diced
- 3 cloves garlic diced
- 4 small zucchini/squash, cubed
- 1 cup fresh corn kernels
- 1 teaspoon Mexican oregano
- 1 teaspoon ancho powder or favorite chili powder blend
- 1 teaspoon red pepper flakes optional, for a spicier version
- ½ teaspoon cumin
- Salt to taste
- 1/4 cup chopped cilantro

- Extra chopped cilantro, crumbly white cheese and red pepper flakes for garnish

OPTIONAL, FOR CREAMY-CHEESY VERSION

- 1/4 cup Mexican crema or sour cream or use milk
- 1/2 cup Monterey Jack or mozzarella cheese

**Directions**

1. Slice the peppers in half lengthwise and scoop out the insides. Remove the stems. Set them onto a baking sheet and bake them at 350 degrees 20-30 minutes, or until the skins char and bubble. You can also broil them about 12-15 minutes to the same effect.
2. Remove from heat and place them into a paper bag or baggie for a few minutes. The heat will steam them and loosen the skins.
3. Peel away the skins and roughly chop the peppers. Set them aside for now.
4. Heat the olive oil in a large pan or skillet and add the onions and jalapeno pepper. Cook for 5 minutes to soften. Add the garlic and cook for 1 minute, until the garlic becomes fragrant.
5. Add the zucchini, squash, corn, Mexican oregano, ancho powder, chili flakes, cumin and salt to taste. Sauté until just tender, 3-4 minutes, to your preference. Stir in the chopped peppers and chopped cilantro. Heat through.
6. Garnish with fresh cilantro, crumbly white cheese and red pepper flakes

FOR CREAMY-CHEESY VERSION

7. Stir in the Mexican crema and cotija cheese until it melts through along with the chopped peppers and cilantro over low heat.

**Stewed Zucchini with Tomatoes and Garlic**

From the Spruceeats.com

**Ingredients:**

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste

**Directions:**

- Gather the ingredients.
- In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
- Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
- Taste and adjust seasonings.
- Serve hot and enjoy.



## 7-Minute Sauteed Zucchini with Garlic & Basil

From [www.kitchentreaty.com](http://www.kitchentreaty.com)

### Ingredients:

- 2 teaspoons olive oil
- 1 medium clove garlic (minced)
- 1 pound zucchini (about 2 medium zucchini, sliced into coins (halved if large))
- Pinch salt & pepper
- 5-6 basil leaves finely chopped

### Directions:

1. Place a medium saute pan over medium heat. When hot, add the olive oil and then the garlic.
2. Cook, stirring frequently, for one minute. Add the zucchini along with a pinch or two of salt and black pepper.
3. Saute, stirring occasionally, until bright green and fork tender, 3-4 minutes.
4. Remove from heat and top with basil leaves. Add additional salt and pepper if desired. Serve.

## Cabbage Soup

Adapted from KnowYourProduce.com, chef Courtney

### Ingredients:

- 1 teaspoon olive oil
- 1 medium onion diced
- 2 carrots sliced
- 2 stalks celery sliced
- 3 cloves garlic minced
- 1 quart vegetable broth
- 1 cup water
- 1 can 18 oz diced tomatoes
- 1 zucchini chopped
- 2 potatoes peeled and diced
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 5 cups cabbage (or 1/2 head cabbage)
- salt and ground black pepper to taste

### Directions:

1. Heat olive oil in a large pot over medium-high heat. Once the pan is hot add onions, carrots, celery, and garlic, saute 4-6 minutes.
2. Add in vegetable broth, water, tomatoes with liquid, zucchini, potatoes, bay leaves, thyme and season with salt and pepper to taste.
3. While the veggies are cooking in the broth, chop up the cabbage and then add to the pot.
4. Cover and bring to a boil, then reduce the heat to medium-low.
5. Cover and simmer for 25-30 minutes or until potatoes are tender.

6. Serve with your favorite main course or enjoy as-is with toasted bread.

**Tips:** Add other leafy greens, such as Kale or Spinach! Or Add protein with chickpeas, kidney beans, or other beans

## **Zucchini and Potato Bake**

**Adapted From** Allrecipes.com

### Ingredients:

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- ½ cup dry bread crumbs
- ¼ cup olive oil
- paprika to taste
- salt to taste
- ground black pepper to taste
- (Feel free to add a couple of sliced carrots as well!)

### Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3. Bake 1 hour in preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

## **The Best Classic Zucchini Bread Recipe Cucumber Tomato and Salad**

**Adapted from** [www.spendwithpennies.com](http://www.spendwithpennies.com)

### Ingredients

- 1-2 cucumbers, sliced
- 2-3 large tomatoes or equivalent amount of cherry tomatoes, diced
- ½ red onion sliced
- 1 tablespoon fresh herbs parsley, basil and/or dill, optional
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- salt & pepper to taste

### Directions

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate at least 20 minutes before serving.

## **Fresh Salsa**

**Adapted from** The Spruce Eats

### Ingredients

- 3 T. chopped onion

- 2 small cloves garlic, minced
- 3 large ripe tomatoes, peeled, seeds removed and tomato chopped
- 1/2 bell pepper, seeds removed and pepper chopped
- 1½ -2 T. lime juice
- salt, to taste
- black pepper, to taste

#### Directions

1. Put onion and garlic in a strainer; pour 2 cups boiling water over them, then let drain thoroughly. Discard the water. Allow the onion and garlic to fully cool.
3. Combine onions and garlic with tomatoes, peppers, and lime juice. Add salt and pepper, to taste.
5. Refrigerate for at least 2 hours to blend the flavors.
7. Serve as a dip for chips, to top tacos or alongside eggs. It can be refrigerated for up to 5 to 7 days.

## **Greek Couscous Salad**

**From:** Kellie Sebastian!

#### Ingredients

- 2 cups cooked pearl couscous, or regular couscous
- 1 cucumber, diced
- 1 tomato diced
- 1 cup of Greek dressing (we use store bottled)
- Optional, 1 can drained artichokes (we use marinated halves, chop them up)
- Optional: Feta cheese crumbles or parmesan cheese
- Fresh herbs to taste

#### Directions

Mix all ingredients well.

## **Potatoes with Tomatoes and Basil**

**Adapted from** Italian Food Forever

#### Ingredients

- 1 small onion, coarsely chopped
- 1½ lb. potatoes, cut into 2-inch pieces
- 1/4 c. olive or vegetable oil
- salt & pepper
- dash of red pepper flakes
- 3 tomatoes, seeded, cored, and diced
- 3 T. chopped basil

#### Directions

1. Preheat oven to 375 degrees F. Mix together onions, potatoes and oil.
2. Season with salt, pepper and red pepper flakes. Bake for 30 to 40 minutes, until the potatoes have started to turn golden brown and can be easily pierced with a fork.

3. Then, increase the heat to 400 degrees F, add the tomatoes to the pan, and return to the oven for 10 minutes. Stir in fresh basil, and serve.

## **Kentucky Ratatouille over Weisenberger Mill Hoe Cakes**

From Scott and Teresa Darnell

### Ingredients

- 2 medium zucchini or yellow squash diced
- 1 small eggplant peeled and diced
- 1 small onion peeled and diced
- 2 tomatoes diced
- 1 red pepper diced
- 2 ears of corn shucked and taken off the cob
- 2 cloves garlic minced
- 3 tablespoons olive oil
- 2 tablespoons of chopped fresh basil
- Salt and pepper to taste

### Directions

1. Put olive oil, garlic and onion in a medium sauté pan and cook over medium heat for 1 to 2 minutes.
2. Add all other ingredients except basil and cook over medium heat for 10 to 15 minutes or until all vegetables are soft.
3. Stir in basil at the end.

## **Balsamic Vinegar Tomato Salad**

Adapted from <https://itsmysideoflife.com/>

### Ingredients

- 5 tomatoes of different varieties
- 1 large onion thinly sliced
- 3 tablespoons virgin olive oil
- 1-2 tablespoons balsamic vinegar ( start with one)
- Pepper to taste
- garlic powder to taste
- Fresh basil leaves

### Directions

1. Slice up washed tomatoes.
2. Arrange along with sliced onion overlapping.
3. Sprinkle with vinegar and oil.
4. Sprinkle with basil, pepper and garlic powder.

## Stewed Zucchini with Tomatoes and Garlic

From: Spruceeats.com

### Ingredients:

- 3 to 4 medium zucchini, unpeeled and cubed
- 1 (28-ounce) can diced tomatoes, or 2 cups of freshly diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 cup sliced celery
- 1 large sweet onion, coarsely chopped
- 1/2 cup chopped green bell pepper, or a combination of red and green bell peppers
- 2 cloves garlic, thinly sliced
- 1 1/2 teaspoons sugar
- 3/4 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 

### Directions:

1. Gather the ingredients.
2. In a large saucepan, combine the zucchini, tomatoes, tomato sauce, celery, onion, bell pepper, garlic, sugar, salt, and ground pepper. Place the pan over medium-high heat and bring to a boil.
3. Reduce the heat to low, cover the pan, and simmer for about 45 minutes, removing the cover for the last 10 minutes, or until the zucchini and other vegetables are tender.
4. Taste and adjust seasonings.
5. Serve hot and enjoy.

## Cucumber-Stuffed Cherry Tomatoes

From [www.tasteofhome.com](http://www.tasteofhome.com)

### Ingredients:

- 24 cherry tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

### Directions:

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; set tomatoes onto paper towels upside down to drain.
- 2.
3. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

## Ratatouille

From Kayla

### Ingredients:

- 1 small red onion
- 2 medium cloves garlic

- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons of olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Preheat the oven to 425 degrees F.
2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.
4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.
5. Coat a baking sheet with non-stick cooking spray. Spread veggies out in a single layer. Bake for 20 minutes. Remove from the oven.
6. Add tomato to baking sheet. Return to the oven and bake for an additional 15-20 minutes or until the veggies are golden crisp.
7. Serve over rice, pasta, spinach, etc.

## **Fresh Corn Salad**

From Kayla

Ingredients:

- 4 ears of corn, shucked
- 1 cup of cherry tomatoes, halved
- 1/4 cup of red onion
- 1 (15 ounce) can of black beans, drained and rinsed
- 1 cup of cucumbers, diced
- 3 tbsp fresh parsley, finely chopped
- 2 tbsp fresh basil, finely chopped
- 1/4 cup of olive oil
- 1 1/2 tbsp red wine (or apple cider) vinegar
- 1 tbsp lemon juice
- 1 1/2 tsp honey
- 1/2 tsp minced garlic salt and pepper to taste (approx. 1/2 tsp of each)

Directions:

1. Make dressing. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, garlic, salt and pepper.
2. For the salad. Bring a large pot of water to a boil. Have a bowl of ice water ready nearby.
3. Once water boils, add corn and cook for 3 minutes.
4. Transfer to ice water to cool for a few minutes. Drain well.
5. Cut kernels from corn cob then transfer to a large bowl.
6. Add tomatoes, cucumbers, red onion, black beans, parsley, and basil. Stir until all mixed together.
7. Pour dressing over corn salad.
8. Eat as a salad or with whole grain chips or crackers as a salsa.

## Cabbage Soup

Adapted from KnowYourProduce.com, chef Courtney

### Ingredients:

- 1 teaspoon olive oil
- 1 medium onion diced
- 2 carrots sliced
- 2 stalks celery sliced
- 3 cloves garlic minced
- 1 quart vegetable broth
- 1 cup water
- 1 can 18 oz diced tomatoes
- 1 zucchini chopped
- 2 potatoes peeled and diced
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 5 cups cabbage (or 1/2 head cabbage)
- salt and ground black pepper to taste

### Directions:

1. Heat olive oil in a large pot over medium-high heat. Once the pan is hot add onions, carrots, celery, and garlic, saute 4-6 minutes.
2. Add in vegetable broth, water, tomatoes with liquid, zucchini, potatoes, bay leaves, thyme and season with salt and pepper to taste.
3. While the veggies are cooking in the broth, chop up the cabbage and then add to the pot.
4. Cover and bring to a boil, then reduce the heat to medium-low.
5. Cover and simmer for 25-30 minutes or until potatoes are tender.
6. Serve with your favorite main course or enjoy as-is with toasted bread.

**Tips:** Add other leafy greens, such as Kale or Spinach! Or Add protein with chickpeas, kidney beans, or other beans

## Gazpacho

From Tisa and Krystal Conway-Cunningham

### Ingredients:

- 1 cucumber
- 2 1/2 pounds ripe tomatoes, chopped
- 2 Fresno chiles, or 1/2 red bell pepper, stemmed and seeded
- 1/4 small red onion, rinsed
- 4 small garlic cloves
- 1/4 cup chopped cilantro, plus more for garnish
- 3 tablespoons sherry vinegar or red wine vinegar
- 1/2 cup extra virgin olive oil, plus more for drizzling

- 1 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Cherry tomatoes and fresh herbs, for garnish

Directions:

1. Finely chop 1/4 of the cucumber and reserve for garnish.
2. Peel the remaining cucumber, cut into chunks, and transfer to a blender. Add the tomatoes, peppers, onion, garlic, cilantro, vinegar, olive oil, salt, and pepper. Blend until smooth. Season to taste and chill for at least 2 hours.
3. Serve the soup with the reserved diced cucumber, fresh herbs, drizzles of olive oil, and freshly ground black pepper.