

## FARMERS' MARKET RECIPES

### Garden Frittata

*From the North Carolina Expanded Food and Nutrition Education Program*

#### INGREDIENTS

- 4 large eggs
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 medium unpeeled red potatoes
- 1/2 tablespoon olive oil
- 1 bunch Italian kale, or other kale variety (approximately 6 oz)
- 1/4 cup chopped onion
- 1/2 red bell pepper (chopped)

#### DIRECTIONS

1. Beat eggs, pepper, and salt in large bowl, set aside.
2. Microwave potatoes until slightly soft, but not completely cooked, then cube.  
(Alternate method without microwave: cube potatoes and boil 5 minutes until slightly soft, drain)
3. Chop remaining vegetables while potatoes cool. Mix vegetables together.
4. Heat oil in a 10-inch non-stick skillet. Sauté vegetables for 5–8 minutes; add to eggs and mix well.
5. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8–10 minutes.
6. Cover and let sit until eggs are completely set, about 5 minutes. Egg dishes should be cooked to 160°F.



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# Garden Frittata

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## Nutritional Information

Total Calories: 180

Total Fat: 7g

Protein: 9g

Carbohydrates: 22g

Dietary Fiber: 3g

Saturated Fat: 2g

Sodium: 240mg



**Substitutions for Kale:** Cabbage, Mustard Greens, Spinach, Swiss Chard



**Storage:** Store greens in a plastic bag in the coolest part of the refrigerator. Use greens within three to five days.



**Tips:** Before using greens, remove any wilted or yellow leaves. Wash and drain greens two to three times until all dirt is removed.

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## FARMERS' MARKET RECIPES

### Soulful Greens

*From FruitsandVeggiesMoreMatters.gov*

#### Ingredients

- 1/2 cup reduced-sodium chicken broth
- 3/4 cup water
- 2 pounds collard greens, washed, stems removed and chopped
- 1 1/2 cups red onions, sliced
- 1 clove of garlic, minced
- 1/4 cup orange juice
- 1/2 teaspoon dried red pepper flakes

#### Directions

1. Put chicken broth and water in a large pot. Bring to a boil. Add collards. Cook uncovered at medium-high for 15 minutes. Drain the collards.
2. Sauté garlic and onions for 5 minutes in a large nonstick skillet. Add orange juice and wilted greens.
3. Stir until well coated. Simmer uncovered at medium-low for 10 to 15 minutes.
4. Sprinkle with red pepper flakes and serve.



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# Souful Greens

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## Nutritional Information

Servings 6	Fat 1g	Protein 7g	Sodium 120mg
Calories 100	Carbohydrate 19g	Fiber 9g	Cholesterol 0mg

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**Seasoned Broth for Greens:** Use low sodium chicken, beef or vegetable broth or bouillon cubes to season your greens. Add a couple teaspoons of vegetable oil instead of fatback or ham hocks which are high in saturated fat and cholesterol.

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**Substitutions:** Kale, Cabbage, Mustard Greens, Spinach, Swiss Chard

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**Storage:** Store greens in a plastic bag in the coolest part of the refrigerator. Use greens within three to five days.

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**Tips:** Before using greens, remove any wilted or yellow leaves. Wash and drain greens two to three times until all dirt is removed.

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## FARMERS' MARKET RECIPES

### Baked Zucchini

*From Eat Smart Move More North Carolina*

#### Ingredients

- 4 medium zucchini, sliced into 1/2-inch rounds
- 2 ounces part-skim mozzarella cheese, shredded
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley flakes

#### Directions

1. Preheat oven to 350°F.
2. Cover the bottom of a baking dish with half the zucchini. Sprinkle with half of the cheese, garlic powder and parsley. Repeat with a second layer using the remaining ingredients.
3. Bake until cheese is melted and lightly golden, about 10 to 15 minutes.



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# Baked Zucchini

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## Nutrition Information

Calories 70

Fat 2.5g

Carbohydrate 9g

Protein 6g

Fiber 3g

Sodium 110mg

Cholesterol 10mg



**Substitutions:** Yellow Squash



**Storage:** Refrigerate squash unwashed, and store them in a plastic bag.



**Tip:** This dish is best if served immediately. Cook in the oven just before you're ready to serve.

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## FARMERS' MARKET RECIPES

### Vegetarian Stuffed Peppers

*Adapted from University of Nebraska Lincoln Nutrition Education Program*

#### Ingredients

- 4 red or green bell peppers
- 2 cups cherry tomatoes
- 1 small onion or 1/2 large onion
- 1 cup basil leaves or 1 tablespoon dried basil
- 3 garlic cloves
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

#### Directions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan and set aside.
2. Cut peppers in half lengthwise and remove seeds.
3. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
4. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
5. In a bowl, toss tomatoes, onion, basil, garlic, oil, salt, and pepper to taste.
6. Divide mixture into peppers and roast in oven until tender, about 20 minutes.



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# Vegetarian Stuffed Peppers

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## Nutritional Information

Calories 41

Total Fat 1.4 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 78 mg

Carbohydrates 7 g

Dietary Fiber 2 g

Protein 1 g



**Substitutions:** Yellow, Purple, or Orange Bell Peppers



**Storage:** Bell peppers can be stored in the fridge for about a week.



**Tip:** If edges of pepper begin to brown or burn, cover the edges with aluminum foil during baking.

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## FARMERS' MARKET RECIPES

### Butternut Squash Enchiladas

*From Iowa State University Extension and Outreach*

#### Ingredients

- 2½ cups butternut squash (or other winter squash), cooked
- 1 can (15 ounces) black beans (drained and rinsed)
- 1/2 cup onions, diced (1/2 medium onion)
- 1/2 cup fresh cilantro, chopped or 3 tablespoons dried cilantro
- 2 teaspoons garlic powder
- 1/2 teaspoon cumin
- 1 cup 2% fat cheese, shredded (like cheddar or Mexican blend), divided
- 8 whole wheat tortillas (6")
- 1 cup salsa or 1 can (10 ounces) red or green enchilada sauce
- 1/2 cup Greek yogurt

#### Directions

1. Preheat oven to 375°F.
2. Mix the squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
3. Mix 3/4 cup of the cheese into the squash mixture.
4. Put a 1/2 cup strip of filling on each tortilla. Roll the tortilla around the filling. Put the tortilla into a greased 9"x13" baking dish with the seam down.
5. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (1/4 cup) on the salsa or sauce.
6. Bake for 25 minutes.
7. Serve each enchilada with 1 tablespoon of Greek yogurt.



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# Butternut Squash Enchiladas

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## Nutrition Information

Servings 8

Calories 220/serving

Total Fat 3.5g

Saturated Fat 1.5g

Cholesterol 5mg

Sodium 660mg

Carbohydrates 35g

Dietary Fiber 6g

Protein 10g

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**Substitutions:** Sweet Potatoes, Acorn Squash

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**Storage:** Refrigerate squash unwashed, and store them in a plastic bag.

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**Tip:** This recipe freezes well! Consider baking a double batch, or even freezing one half of the recipe if you have a smaller family. You can safely freeze a casserole like this for 2–3 months. When you are ready to eat the frozen meal, thaw in the refrigerator overnight, then reheat to 165°F.

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## FARMERS' MARKET RECIPES

### Apple Crisp

*From the North Carolina Expanded Food and Nutrition Education Program*

#### Ingredients

- 4 cups sliced apples (about 4 or 5 apples)
- 2 tablespoons margarine
- 3/4 cup rolled oats (uncooked)
- 1/4 cup sugar
- 1/4 cup whole-wheat flour or white whole-wheat flour
- 2 teaspoons lemon juice
- Non-stick cooking spray

#### Directions

1. Preheat oven to 375°F. Coat 9"x13" baking dish with non-stick cooking spray.
2. Melt margarine in a small bowl in the microwave.
3. In a medium bowl, combine all ingredients except apples. Stir until well blended.
5. Place apples in baking dish and spread oat mixture on top.
6. Bake 45 minutes to 1 hour until desired crispness.



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# Apple Crisp

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## Nutrition Information

Servings 6

Calories 160

Total Fat 4.5 grams

Saturated Fat 0.5 grams

Protein 2 grams

Carbohydrates 30 grams

Fiber 4 grams

Sodium 35 mg

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**Substitutions:** Peaches, Berries

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**Storage:** Apples are a storage crop and keep very well if stored in a cool, dark place. Loosely wrap apples in plastic and keep them in the bottom crisper of the fridge and they'll last for weeks. Apples ripen five to six times slower when kept in the refrigerator than when left at room temperature. Once cut, apples will turn brown fairly quickly.

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**Tip:** You can reduce the browning by putting the slices in acidulated water (about 2 Tbsp. lemon juice or vinegar per quart of water).

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## FARMERS' MARKET RECIPES

### Asian Asparagus Salad

*From the Cooperative Extension Service at the University of Kentucky*

#### Ingredients

- 1 pound fresh asparagus
- 1½ tablespoons low sodium soy sauce
- 2 teaspoons sugar
- 1 tablespoon olive oil
- 2 teaspoons sesame seeds

#### Directions

1. Snap off and discard the root ends of the asparagus.
2. Wash remaining stalks thoroughly.
3. Slice stalks into 1½ inch lengths on the diagonal.
4. Blanch asparagus for 1–3 minutes on boiling water, until color is bright green.
5. Cool immediately under cold water and drain.
6. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. Mix dressing until sugar is dissolved.
7. In a gallon zip-seal bag, add asparagus and dressing. Turn bag to coat asparagus with dressing and chill in refrigerator for 15 minutes. Turn bag again and chill for another 15 minutes before serving.



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# Asian Asparagus Salad

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## Nutrition Information

Servings 4.5

Calories 70

Fat 4.5g

Saturated fat .5g

Sodium 250 mg

Carbohydrates 7g

Fiber 2g

Protein 3g

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**Substitutions:** Asparagus comes in lots of colors. Experiment with a new variety when they are available.

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**Storage:** Once picked, asparagus loses quality quickly (up to three days). Wrap the base of a bunch of asparagus in a moist paper towel, place in a plastic bag and store in the refrigerator. Wash before using.

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**Tip:** For help choosing and preparing asparagus, visit EFNEP Youtube channel at <https://www.youtube.com/watch?v=l88vAh83SzU>

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## FARMERS' MARKET RECIPES

### Sweet Potato and Apples

*From the North Carolina Expanded Food and Nutrition Education Program*

#### Ingredients

- Non-stick cooking spray
- 1 (16-ounce) can sweet potatoes (may use 3 fresh sweet potatoes)
- 2 large apples
- 1/4 cup raisins
- 1/3 cup pineapple or orange juice
- 2 teaspoons packed brown sugar or 2 tablespoons regular sugar
- 2 tablespoons margarine
- 1 teaspoon cinnamon

#### Directions

1. Preheat oven to 350°F.
2. Lightly spray a baking dish with non-stick cooking spray.
3. Wash, peel, and slice apples (and fresh sweet potatoes if using).
4. Drain canned sweet potatoes.
5. Layer sweet potatoes and apples in the sprayed baking dish.
6. Sprinkle sweet potatoes and apples with raisins.
7. In a separate cup, mix juice and sugar.
8. Pour juice mixture over sweet potatoes, apples, and raisins.
9. Cut margarine into small bits and distribute evenly across the top of the casserole.
10. Sprinkle cinnamon over fruit.
11. Cover with aluminum foil and bake for 20 minutes. Remove foil and bake for 10 minutes longer. Potatoes should be tender and cooked through.



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# Sweet Potato and Apples

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## Nutrition Information

Calories 190

Total Fat 4g

Saturated Fat 0.5g

Protein 2g

Total Carbohydrate 41g

Dietary Fiber 4g

Sodium 95mg



**Substitutions:** Butternut Squash

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**Storage:** If you do not plan to use the potatoes right away, store them in a cool, dry, dark place. Do not refrigerate sweet potatoes, as they will dry out.

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**Tip:** Watching your sugar intake? Reduce sugar in this recipe by using juice that is 50% reduced sugar and eliminate extra sugar.

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## FARMERS' MARKET RECIPES

### Cream of Broccoli Soup

*From the What's Cooking? USDA Mixing Bowl*

#### Ingredients

- 1½ cups reduced sodium chicken broth
- 1/2 cup onion (chopped)
- 2 cups broccoli (cut)
- 1/2 teaspoon thyme (dried, crushed)
- 2 bay leaves (small)
- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 dash pepper (optional)
- 1 cup non-fat milk
- 1 dash garlic powder (optional)



#### Directions

1. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf.
2. Place half of the mixture in a blender or food processor, cover and blend 30 to 60 seconds or until smooth. Pour into a bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan melt the margarine. Stir in flour, salt, and pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with additional salt and pepper.

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# Cream of Broccoli Soup

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## Nutrition Information

Servings 4

Calories 120/serving

Total Fat 6g

Saturated Fat 1g

Protein 5g

Carbohydrates 12g

Dietary Fiber 2g

Sodium 560mg



**Substitution:** Cauliflower



**Storage:** Store broccoli unwashed in an open plastic bag in the refrigerator. If bought very fresh (i.e. at a farmers market) broccoli will keep up to 10 days.



**Tips:** One medium bunch broccoli will yield 3½ cups of chopped broccoli stalks and florets. Soup is a perfect way to use the stems of the broccoli. By using the stems, you can save the florets for another meal.

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## FARMERS' MARKET RECIPES

### Broiled Eggplant Parmesan

*Adapted from UMass Extension Nutrition Education Program*

#### Ingredients

- 2 medium eggplants with skin, sliced 1/2-inch thick
- Vegetable oil cooking spray
- Ground pepper to taste
- 1 (16-ounce) jar marinara or tomato sauce
- 1/2 cup fresh basil, chopped, or 2 tablespoons dried basil, crushed
- 2 cups mozzarella cheese, part-skim, grated
- 1/2 cup Parmesan cheese, grated



#### Directions

1. Preheat broiler. Wash and prepare eggplant and basil (if using fresh).
2. Spray broiler pan with cooking spray.
3. Season eggplant with pepper, spray with cooking spray.
4. Arrange on broiler pan and broil for 3–5 minutes on each side. When done, place in a baking dish and set aside.
5. Heat marinara or tomato sauce in a saucepan.
6. Add basil and cook about 1 minute. Spoon over eggplant.
7. Top with mozzarella and Parmesan cheese and broil just until cheese melts.

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# Broiled Eggplant Parmesan

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## Nutrition Information

Servings 12

Fat: 6

Sodium: 330 mg

Calories: 110

Fiber: 4 g

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**Substitution:** This recipe also works well with summer squashes like zucchini.

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**Storage:** Both cold and warm temperatures can damage eggplant. It is best to store eggplant uncut and unwashed in a plastic bag in the cooler section of the refrigerator. Do not force the eggplant into the crisper if it is too big, as this will bruise the vegetable. Eggplant may be blanched or steamed and then frozen for up to 6 months.

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**Tip:** For an even fresher taste, use fresh tomatoes in season instead of marinara. Just slice and place over top of zucchini. Season both eggplant and tomatoes with herbs like basil and oregano.

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## FARMERS' MARKET RECIPES

### Berry Blast Bars

*From North Carolina Expanded Food and Nutrition Education Program*

#### Ingredients

- 1 cup flour
- 1 cup oats
- 1/2 cup brown sugar
- 1/4 teaspoon baking soda
- Pinch of salt
- 1 egg
- 1/2 cup unsalted butter
- 2 tablespoons vegetable oil
- 1/4 cup milk
- 1/4 cup strawberry jam
- 1 cup strawberries

#### Directions

1. Preheat oven to 350°F.
2. Spray square baking dish with non-stick cooking spray.
3. Mix flour, oats, sugar, baking soda, salt, egg, butter, vegetable oil, and milk in a large bowl until a doughy mixture is formed.
4. Measure out 1½ cups of dough and press to the bottom of pan.
5. In a separate bowl, stir jam and strawberries. Spread mixture over the dough in the pan.
6. Press the rest of the dough with your hands and put on top of jam mixture. The dough will not completely cover the top.
7. Bake for 25 minutes and let cool for 15 minutes.
8. Cut into 12 bars.



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# Berry Blast Bars

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## Nutrition Information

Servings: 12 bars  
Total Calories: 180  
Total Fat: 7g

Saturated Fat: 2.5g  
Protein: 3g  
Carbohydrates: 26g

Dietary Fiber: 1g  
Sodium: 60mg



**Substitutions:** Blueberries, Blackberries, Raspberries



**Storage:** They are difficult to transport and only have a refrigerated shelf life of 2 days. Don't wash berries (both from the grocery store and from the field) until you are ready to eat them. Washing sooner is a recipe for mold.



**Tip:** Spread jam all the way to edges to be sure every bite is filled with flavor.

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## FARMERS' MARKET RECIPES

### Black Bean and Corn Salsa

*From North Carolina Expanded Food and Nutrition Education Program*

#### Ingredients

- 1 (16-ounce) jar salsa
- 1 (15.5-ounce) can unsalted black beans, drained and rinsed
- 1½ cups fresh corn
- 1 (14.4-ounce) can low-sodium chopped tomatoes, drained
- 2 tablespoons lemon juice
- 1/4 teaspoon garlic powder
- 2 tablespoons chopped fresh cilantro or 1 teaspoon dried (parsley may be substituted)
- 1/2 teaspoon ground cumin

#### Directions

1. Combine all ingredients in a medium-size bowl.
2. Cover and chill for 30 minutes before serving.
3. Serve with chips or as a vegetarian side dish.



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# Black Bean and Corn Salsa

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## Nutrition Information

Servings: 24

Total Calories: 35

Total Fat: 0g

Saturated Fat: 0g

Protein: 1g

Carbohydrates: 8g

Dietary Fiber: 1g

Sodium: 190mg



**Substitutions:** Use pinto beans, or any other beans you have on hand, instead of black beans. You can add almost any fresh vegetable to this salsa!



**Storage:** Store corn with husks on in the refrigerator for 1–2 days. Corn can be frozen, without husks, for up to eight months.



**Tip:** This is a great recipe to make ahead and keep in the refrigerator to use for the week. You can also substitute one can of unsalted corn kernels (15.5 oz) or 1½ cups frozen corn for fresh.

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