

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



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
- 1½ 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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



FARMERS' MARKET RECIPES

Baked Zucchini

From Eat Smart Move More North Carolina

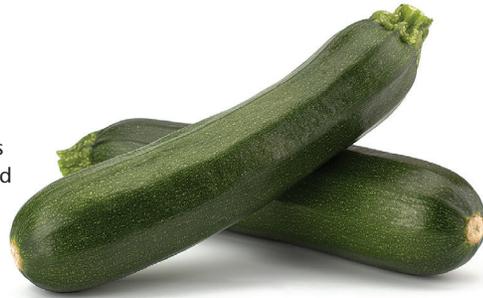
Ingredients

- 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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org



Soulful Greens

Nutritional Information

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

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.



Substitutions: 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.



To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



Garden Frittata

Nutritional Information

Total Calories: 180	Protein: 9g	Saturated Fat: 2g
Total Fat: 7g	Carbohydrates: 22g	Sodium: 240mg
	Dietary Fiber: 3g	



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.

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



Vegetarian Stuffed Peppers

Nutritional Information

Calories 41	Cholesterol 0 mg	Dietary Fiber 2 g
Total Fat 1.4 g	Sodium 78 mg	Protein 1 g
Saturated Fat 0 g	Carbohydrates 7 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.

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



Baked Zucchini

Nutrition Information

Calories 70	Protein 6g	Cholesterol 10mg
Fat 2.5g	Fiber 3g	
Carbohydrate 9g	Sodium 110mg	



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.

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>

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

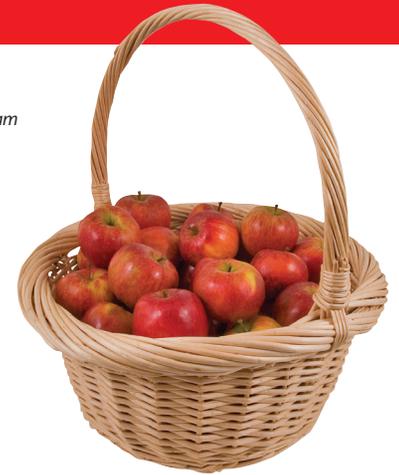
1. Preheat oven to 375°F.
2. Mix the squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
3. Mix 3/4 cup of the cheese into the squash mixture.
4. Put a 1/2 cup strip of filling on each tortilla. Roll the tortilla around the filling. Put the tortilla into a greased 9"x13" baking dish with 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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

Apple Crisp

Nutrition Information

Servings 6	Saturated Fat 0.5 grams	Fiber 4 grams
Calories 160	Protein 2 grams	Sodium 35 mg
Total Fat 4.5 grams	Carbohydrates 30 grams	

 **Substitutions:** Peaches, Berries

 **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.

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

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



NC STATE
UNIVERSITY



Sweet Potato and Apples

Nutrition Information

Calories 190	Protein 2g	Sodium 95mg
Total Fat 4g	Total Carbohydrate 41g	
Saturated Fat 0.5g	Dietary Fiber 4g	

 **Substitutions:** Butternut Squash

 **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.

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

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



NC STATE
UNIVERSITY



Butternut Squash Enchiladas

Nutrition Information

Servings 8	Saturated Fat 1.5g	Carbohydrates 35g
Calories 220/serving	Cholesterol 5mg	Dietary Fiber 6g
Total Fat 3.5g	Sodium 660mg	Protein 10g

 **Substitutions:** Sweet Potatoes, Acorn Squash

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

 **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.

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



NC STATE
UNIVERSITY



Asian Asparagus Salad

Nutrition Information

Servings 4.5	Fat 4.5g	Carbohydrates 7g
Calories 70	Saturated fat .5g	Fiber 2g
	Sodium 250 mg	Protein 3g

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

 **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.

 **Tip:** For help choosing and preparing asparagus, visit EFNEP Youtube channel at <https://www.youtube.com/watch?v=l88vAh83Szu>

To find local farmers' markets in North Carolina, visit <http://myeatssmartmovemore.com/FarmersMarkets>



NC STATE
UNIVERSITY



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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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.

For more recipes, tips and information visit www.ncfamilieseatingbetter.org

Broiled Eggplant Parmesan

Nutrition Information

Servings 12 Fat: 6 Sodium: 330 mg
Calories: 110 Fiber: 4 g

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

 **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.

 **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.

To find local farmers' markets in North Carolina,
visit <http://myeatssmartmovemore.com/FarmersMarkets>



Black Bean and Corn Salsa

Nutrition Information

Servings: 24 Saturated Fat: 0g Dietary Fiber: 1g
Total Calories: 35 Protein: 1g Sodium: 190mg
Total Fat: 0g Carbohydrates: 8g

 **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.

To find local farmers' markets in North Carolina,
visit <http://myeatssmartmovemore.com/FarmersMarkets>



Cream of Broccoli Soup

Nutrition Information

Servings 4 Saturated Fat 1g Dietary Fiber 2g
Calories 120/serving Protein 5g Sodium 560mg
Total Fat 6g Carbohydrates 12g

 **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.

To find local farmers' markets in North Carolina,
visit <http://myeatssmartmovemore.com/FarmersMarkets>



Berry Blast Bars

Nutrition Information

Servings: 12 bars Saturated Fat: 2.5g Dietary Fiber: 1g
Total Calories: 180 Protein: 3g Sodium: 60mg
Total Fat: 7g Carbohydrates: 26g

 **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.

To find local farmers' markets in North Carolina,
visit <http://myeatssmartmovemore.com/FarmersMarkets>

