

Bacon and Cabbage (MrFood.com)

Ingredients:

- 1/4 pound bacon
- 1 head cabbage, coarsely chopped
- 1/4 cup (1/2 stick) butter
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- In a large pot, cook bacon over medium-high heat until crisp. Remove bacon from pot and crumble; set aside.
- Add remaining ingredients to pot. Reduce heat to low, cover and cook for 30-35 minutes, or until cabbage is tender, stirring frequently.
- Sprinkle with crumbled bacon, toss, and serve.

www.hamiltonswcd.org

(317) 773-2181



Oven Roasted Okra (adapted from Farm-Fresh and Fast)

Ingredients:

- 1 pound okra, trimmed and cut into 1-inch slices
- 1–2 tablespoons oil (olive, vegetable, or canola)
- 1/2 teaspoon salt
- 1 teaspoon garlic powder OR Italian seasoning

Directions:

- Preheat an oven to 400°F. Toss the okra with the oil, spread it in a single layer on a rimmed baking sheet, and sprinkle with the salt and the garlic powder or Italian seasoning. Roast for 15 minutes or until the okra becomes slightly browned on the edges, shaking the sheet once halfway through the cooking time.

www.hamiltonswcd.org

(317) 773-2181



White Bean & Kale Soup (adapted from MarthaStewart.com)

Ingredients:

- 1 pound kale, stems removed and leaves washed
- 1 tablespoon oil (olive, vegetable, or canola)
- 1 onion, chopped
- 2 cans cannellini beans, (14.5 ounces each), drained and rinsed
- 4 cups water
- 2 cups canned chicken broth or chicken stock
- 1 teaspoon garlic powder OR Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices of bread

Cut or tear the kale into 1/2-inch strips. In a medium saucepan, heat 1 tablespoon oil over medium-high heat. Add onion, and cook until softened, about 5 minutes.

Add about half of the beans, and lightly mash with a fork. Add water, broth or stock, and bring to a boil. Stir in kale, remaining beans, 1 teaspoon garlic powder or Italian seasoning, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Partially cover, reduce heat, and simmer until kale is tender, about 20 minutes.

Toast bread. Ladle soup into bowls, top with toast. Sprinkle with shredded cheese, if desired.

www.hamiltonswcd.org

(317) 773-2181



Stuffed Peppers (adapted from Iowa State Extension)

Ingredients:

- 1/2 pound ground sausage OR ground beef
- 1 onion, chopped (about 1 cup)
- 1 teaspoon garlic powder OR Italian seasoning
- 1 can (15 ounces) spaghetti sauce
- 3 cups cooked rice (brown or white)
- 1 cup shredded mozzarella cheese, divided
- 4 green or red peppers (softball size)

Preheat oven to 350°F. Sauté sausage or beef with the onion in a large skillet over medium heat until browned. Pour off any fat. Stir in garlic powder or Italian seasoning, spaghetti sauce, rice, and 1/2 cup cheese.

Wash and dry peppers, cut in half lengthwise, and remove seeds. Arrange in a 9 x 13 inch baking dish.

Spoon the meat mixture into the peppers, mounding on the top. Cover the pan with foil and bake for 30 minutes.

Remove the foil and sprinkle remaining 1/2 cup cheese on top. Place back in the oven and cook for another 10 minutes.

www.hamiltonswcd.org

(317) 773-2181



Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Remove stems and rinse the leaves under cold running water. Raw kale can be used for smoothies, salads, and soups.

Steam: Bring water to a boil in a pan with a steamer basket. Reduce heat to low, add kale, and cover. Steam until tender (about 10 minutes).

Microwave: Place kale in a microwave-safe bowl with about 1 teaspoon of water. Cover the bowl and cook for about 2 minutes for every 2 cups of kale. Drain and serve.

Sauté: Heat 1-2 tablespoons of olive oil in a skillet. Add kale, turn heat to medium-high, stir, cover, then cook for approximately 5 minutes.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Kale can be stored in a plastic bag in the refrigerator crisper drawer for up to 5 days.

Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Wash peppers in cool running water before use.

Fresh: Cut sweet peppers and add them to a salad, use them to top off a sandwich, or use them in a dip.

Roast: Heat the oven to 425°F. Cut peppers in half, and remove the seeds and stems. Place peppers open side down on a foil-lined baking sheet. Bake for 20 to 25 minutes and remove from oven. Wrap peppers in the foil and let sit for 15 minutes. When cool, pull skins off with a knife.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Refrigerate dry peppers in a plastic bag in a crisper drawer. Use within 1 week.

Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Peel off the outer leaves if they are soft or wrinkled. Cut the cabbage head in halves or quarters. Cut around the core and remove it, then shred or slice the remaining cabbage.

Raw: Cabbage is the main ingredient in coleslaw and you can add cabbage to lettuce salads for extra crunch. Use shredded cabbage for tacos.

Stove Top: Boil or steam cut cabbage for about 10-15 minutes; or microwave it for about 7-13 minutes.

Sauté: Cut cabbage into slices or chunks and discard the core. Add 1-2 tablespoons of olive oil to a large frying pan, and sauté the cabbage until tender. Add salt to taste. You can add other market vegetables for a delicious and easy side dish. Try red peppers and zucchini.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Remove outer leaves that are not compacted around the head, and store the head in the refrigerator for 5-6 days. You can place raw chopped cabbage in a plastic container of water and store it for 2-3 days in the refrigerator.

Preparation Tips & Alternative Recipes (courtesy of NC Cooperative Extension)

Wash okra pods and dry thoroughly before cooking. Cut off stem end. Cut into slices (1/4, 1/2, or 1 inch wide) or leave small pods whole.

Steam: Place small pods in steaming basket and place over boiling water. Cook 5-8 minutes, depending on size. Remove and season as desired.

Sautéed: In a heavy skillet, heat 1 tablespoon olive oil (or 1 teaspoon butter and 2 teaspoons olive oil) over medium-high heat until hot, but not smoking. Add about 1/2 pound washed, dried, and sliced okra. Sauté 3-4 minutes or until okra is bright green with slight browning. Sprinkle with salt and pepper, to taste. Serve hot.

Storage Tips (courtesy of UK Extension)

Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Okra will keep only 2 to 3 days before it starts to deteriorate.

Pizza on a Potato (adapted from Iowa State Extension)

Ingredients:

- 1 potato (scrubbed clean)
- 2—3 tablespoons pizza sauce OR tomato sauce
- 1/2—1 teaspoon garlic powder OR Italian seasoning
- 1/2 cup chopped raw vegetables like peppers, onions, mushrooms (or substitute 1/2 cup frozen vegetables, thawed)
- 1/4 cup cheese, shredded (mozzarella or Monterey Jack)

Poke small holes in the potato skin with a fork. Bake potato at 425° F for about 60 minutes or microwave on high about 10 minutes, flipping potato over halfway through cooking.

Cut potato in half lengthwise. Spread 1 - 1 ½ tablespoons pizza sauce or tomato sauce on each potato half. Sprinkle 1/4 – 1/2 teaspoon of garlic powder or Italian seasoning on each potato half.

Spread vegetables on each half of potato. Sprinkle cheese evenly over vegetable layer.

Microwave until cheese bubbles or bake at 375° F for 5-10 minutes (until cheese is melted).

www.hamiltonswcd.org

(317) 773-2181



Cheesy Turnips (usda.gov)

Ingredients:

- 4 cups turnips (peeled and cubed)
- 2 tablespoons butter (melted)
- 1/4 cup flour
- 1 1/2 cup milk
- 1 cup shredded cheddar cheese

Directions:

Boil turnips in a large pot until just soft, about 20 minutes. Drain well.

Combine butter and flour in a separate bowl, and stir until there are no lumps.

Add the flour mixture, milk, and cheese into the turnips and mix well, mashing with a fork.

www.hamiltonswcd.org

(317) 773-2181



Microwaved Sweet Squash (The Food Bank of Western Massachusetts)

Ingredients:

- 1 squash (acorn or butternut)
- 3 teaspoons butter
- 4 teaspoons brown sugar
- Ground cinnamon or nutmeg

Directions:

Wash squash and pierce in several places with a fork. Cook the whole squash in microwave for 4 minutes, turn over, cook another 4 minutes. Carefully cut squash in half and remove seeds. Fill each center with 1 ½ teaspoons butter and 2 teaspoons of brown sugar. Place back into microwave for another 3 minutes or until tender. Sprinkle with ground cinnamon or nutmeg.

www.hamiltonswcd.org

(317) 773-2181



Crunchy Zucchini Fries (adapted from Manna Food Bank)

Ingredients:

- 3 medium zucchini
- 1 egg
- 1 cup yellow corn meal OR crushed corn flakes cereal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder OR Italian seasoning
- Oil (olive, vegetable, or canola)

Preheat oven to 400°F. Wash and dry zucchini and cut into strips.

Beat egg in a bowl and season with salt, pepper, and garlic or Italian seasoning.

Toss the zucchini in with the beaten egg until the strips are coated.

In a Ziploc bag, add corn meal (or crushed corn flakes cereal) and coated zucchini and toss until the corn meal/corn flakes cereal sticks to the zucchini.

Line a baking sheet with parchment paper or coat with the oil. Spread zucchini out on the pan and bake 22—24 minutes or until crisp and tender.

www.hamiltonswcd.org

(317) 773-2181



Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Wash squash under cool running water to clean just before use.

Roast: Slice squash in half, remove seeds, and poke a few holes in the skin. Sprinkle the squash with salt and pepper to taste and drizzle with 1-2 tablespoons of olive oil. Place the squash cut side down on a roasting pan. Roast for 30 to 45 minutes. It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Microwave: Cut squash in half, pierce the skin, season with salt and pepper, and place face down in microwave-safe bowl. Cover with a damp paper towel and cook for 5 to 20 minutes (depending on squash size). It should be done when you can easily pierce the flesh with a fork. Scoop out flesh and enjoy.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Whole squash can be stored at room temperature, unwashed, for 2 to 3 months.

Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Cutting Zucchini: To make rounds, simply make parallel cuts across the zucchini, anywhere from very thin to about 1/4 inch thick. To make strips, cut the zucchini across into the length of the strips you would like. Take each section and cut lengthwise in half. Place each half cut-side down on a cutting board and make additional lengthwise cuts at the desired width. To dice, hold all the sticks together and cut them across to create the size dice desired. Older large zucchini will have large seeds in the center that are not desirable to eat, in which case you may want to remove the center seed area before cooking.

Raw: Cut raw zucchini into rounds or sticks and eat with dip or yogurt. Larger raw zucchini can also be shredded (by hand or in a food processor) and used in quick breads, muffins, or fritters.

Roast: Heat oven to 425°F. Cut zucchini to preferred size pieces. Place in roasting pan and drizzle with 1—2 tablespoons olive oil, then add a pinch of salt and pepper. Roast for about 15 minutes or until squash is tender.

Microwave: Cook in a microwave-safe dish with 1/4 cup water for about 4 minutes, stirring occasionally, until tender.

Sauté: Heat 1—2 tablespoons of olive oil or butter in a skillet over medium heat and place zucchini rounds flat onto the skillet. Flip after 2 to 3 minutes, once zucchini begins to brown. Continue to cook until the other side browns. Sprinkle with salt to taste and serve.

Steam: Place cut zucchini into steamer basket over a pot of 1 inch of boiling water. Cover and steam for about 4 minutes or until tender.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Keep zucchini refrigerated and use within 4 to 5 days.

Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Scrub potatoes under cold running water.

To Dice: Cut the peeled or unpeeled potato in half lengthwise and lay each half cut-side down on a cutting board. Make cuts up and down and side to side to create the desired sized dice.

Roast: Heat oven to 450°F. Cut potatoes into similar-sized pieces. Toss in a pan with 1-2 tablespoons of oil, salt, pepper, and rosemary to taste. Spread cut potatoes in a single layer on a roasting pan. Bake for about 20 minutes, stirring occasionally.

Boiled: Small red potatoes (“new potatoes”) can be boiled in salted water until easily pierced with a fork. Always start the potatoes in cold water, and bring to a boil (do not add potatoes to boiling water or the exterior cooks before the interior is done). Boiled potatoes can be eaten hot (whole or mashed), or cooled down quickly in cold water and used for potato salad.

Fry: Potatoes can be shredded in a food processor or by hand for hash browns. Heat a heavy-bottomed skillet with 1-2 tablespoons of oil and cover with a layer of shredded potatoes. Fry at medium heat for 10 minutes, then carefully flip with a spatula to fry the other side. Top with a lid to ensure all the potato shreds are cooked through.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Do not store potatoes in the refrigerator or anywhere that exposes them to light and cold. The best place to store potatoes is in a dark cupboard in a brown paper bag. Use new or young potatoes within 2 weeks. Large potatoes that have thick skins can be stored for up to 1 month.

Preparation Tips & Alternative Recipes (courtesy of Purdue Extension FoodLinkSM)

Rinse turnips under cool running water to clean.

Sauté: Heat 1 tablespoon of olive oil in a skillet. Slice turnips into thin strips and add them to the skillet, then add another tablespoon of oil. Cook and stir turnips constantly for 5 minutes. Reduce heat and continue to cook until tender. Spritz with lemon juice to taste.

Roast: Heat oven to 500°F. Peel and slice turnips. Toss turnips in mixture of olive oil or butter and a little salt and pepper, then roast for 25 to 30 minutes or until brown and tender.

Storage Tips (courtesy of Purdue Extension FoodLinkSM)

Turnips should be stored in a plastic bag in the refrigerator drawer for up to 2 weeks, unwashed. If you want to cut the leaves off, leave about 1 inch to ensure you don't cut into the turnip.