



Welcome
to
Farmers'
market
Fresh

Recipes Fresh from the Farmers' Market

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



TOMATO PASTA SALAD

Makes 6 cups

INGREDIENTS

- 4 cups rotini noodles, cooked
- 2 cups tomatoes, chopped
- 1 cup broccoli, chopped
- ¼ cup black olives, sliced
- 2 teaspoons Italian herbs, dry
- 2 tablespoons Parmesan cheese, grated
- 8 ounces low-fat Italian salad dressing

DIRECTIONS

1. Combine the cooked noodles, tomatoes, broccoli and black olives together in a large bowl.
2. Add the herbs, cheese and salad dressing.
3. Sit together and refrigerate.

TIP

Three cups of uncooked noodles will make 4 cups of cooked noodles. Try whole-grain or vegetable rotini noodles.

TOMATOES

WHAT TO LOOK FOR

- Tomato skin that is not shriveled, bruised, or punctured. It should not wrinkle when you slide your thumb with slight pressure (do not squeeze).
- Skin that is well colored for the type of tomato.
- Firm or slightly firm texture that yields slightly (depending on your preference) when applying slight pressure (do not squeeze).
- Tomatoes that feel heavy for size.
- A pleasant tomato smell.

TOMATO PASTA SALAD NUTRITION FACTS:

Serving size 1 cup, Calories 179, Total Fat 4g, Sodium 378mg, Total Carbohydrate 30g, Dietary Fiber 2g, Protein 6g

HOW TO STORE

- For best flavor, do not refrigerate. If refrigerated, eat within 3 days to avoid flavor loss.
- Store ripe tomatoes away from direct sunlight with stem end facing up to reduce softening and darkening. Use within 2 to 3 days for best quality.
- Store underripe tomatoes in a paper bag at the coolest room temperature possible.
- To freeze tomatoes to use in cooked dishes, prepare whole, sliced, chopped or puréed.

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BRUSCHETTA SALAD

Makes 5 cups

INGREDIENTS

- 3 cups roma tomatoes, chopped
- ½ red onion, chopped
- ¼ cup fresh basil, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon olive oil
- 2 cups croutons

DIRECTIONS

1. Combine tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl
2. Stir croutons in the salad and serve.

TIP

If you do not plan to serve the salad right away, wait until just before serving to add croutons.

TOMATOES

WHAT TO LOOK FOR

- Tomato skin that is not shriveled, bruised, or punctured. It should not wrinkle when you slide your thumb with slight pressure (do not squeeze).
- Skin that is well colored for the type of tomato.
- Firm or slightly firm texture that yields slightly (depending on your preference) when applying slight pressure (do not squeeze).
- Tomatoes that feel heavy for size.
- A pleasant tomato smell.

BRUSCHETTA SALAD NUTRITION FACTS:

Serving size 1 cup, Calories 128, Total Fat 6g, Sodium 414mg, Total Carbohydrate 17g, Dietary Fiber 2g, Protein 3g

HOW TO STORE

- For best flavor, do not refrigerate. If refrigerated, eat within 3 days to avoid flavor loss.
- Store ripe tomatoes away from direct sunlight with stem end facing up to reduce softening and darkening. Use within 2 to 3 days for best quality.
- Store underripe tomatoes in a paper bag at the coolest room temperature possible.
- To freeze tomatoes to use in cooked dishes, prepare whole, sliced, chopped or puréed.

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CHICKPEA DIP WITH FRESH VEGETABLES

Makes 4 servings

INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 2 cloves garlic
- ¼ cup plain low-fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ teaspoon chili power or cumin
- ⅛ teaspoon ground black pepper
- 1 carrot, sliced
- 2 medium celery stalks, sliced
- ¼ cup snap peas

DIRECTIONS

1. Put the first nine ingredients into a food processor and blend until smooth.
2. Serve at room temperature with vegetable slices and snap peas.

FRESH VEGETABLES AND CHICKPEAS

WHAT TO LOOK FOR

- Choose fresh vegetables such as sliced yellow squash or zucchini, sliced bell peppers, carrot strips, celery strips, broccoli, cherry or grape tomatoes, snap peas and cauliflower.
- Select canned chickpeas or garbanzo beans with reduced sodium.
- When using dried garbanzo beans, choose beans that do not appear shriveled or dried-out. Soak overnight, drain, add fresh water, then simmer for an hour or until tender. Drain and process in a blender or food processor.

CHICKPEA DIP NUTRITION FACTS:

Serving size 2 tablespoons, Calories 211, Total Fat 4g, Sodium 336mg, Total Carbohydrate 34g, Dietary Fiber 8g, Protein 11g

HOW TO STORE

- Keep homemade hummus refrigerated in a covered airtight container at 40°F for about 5 to 7 days. If you see any signs of mold, discard.
- Freeze in freezer containers or bags at 0°F or below. For best quality, eat within a couple of months.

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BLUEBERRY THYME FRUIT SALAD

Makes 5 servings

INGREDIENTS

- 2 cups blueberries
- 4 peaches or nectarines, chopped
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon peeled ginger, grated
- ¼ cup lemon juice
- 1 teaspoon lemon peel, grated

DIRECTIONS

1. In a large bowl, combine all ingredients. Mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Refrigerate leftovers.

BLUEBERRIES

WHAT TO LOOK FOR

- Berries that are light blue to blue-black color with no tint of red.
- Dry, plump and smooth-skinned berries (avoid shriveled, soft or moldy ones).
- Check container for stains or leaking (berries are past their prime).

HOW TO STORE

- Remove crushed, dirty or moldy berries.
- Refrigerate in the original container or a covered container or bowl.
- Refrigerate unwashed; wash just before eating.
- Eat within 2 weeks or freeze.

BLUEBERRY THYME FRUIT SALAD NUTRITION FACTS:

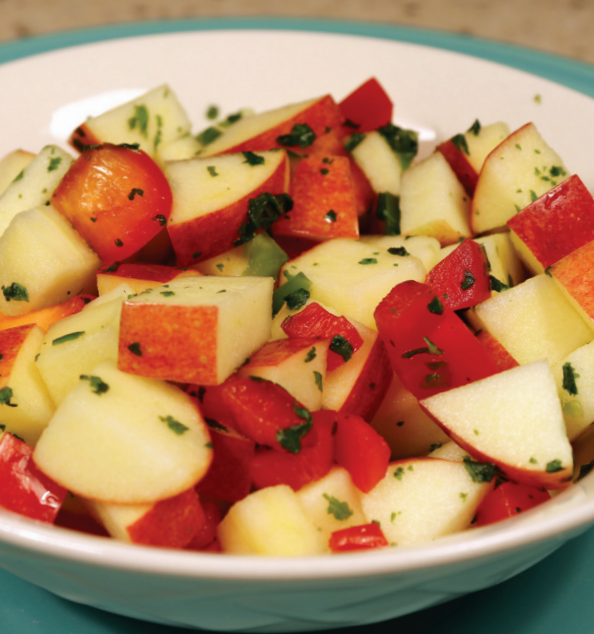
Serving size 1 cup, Calories 90, Total Fat 0.5g, Sodium 0mg, Total Carbohydrate 21g, Dietary Fiber 3g, Protein 2g

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FRESH APPLE SALSA

Makes 12 servings

INGREDIENTS

- 2 cups apples, about $\frac{3}{4}$ pound, diced
- $\frac{1}{2}$ cup red bell pepper, diced
- $\frac{1}{3}$ cup fresh lime juice
- $\frac{1}{4}$ cup minced fresh cilantro
- 1 tablespoon honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 jalapeño pepper, seeded and minced

DIRECTIONS

1. Combine all ingredients, stirring well.

APPLES

WHAT TO LOOK FOR

- Choose apples that are well-colored, mature and free from defects such as bruising, cuts and decay.
- Fruit should be firm and crisp with smooth skin and no signs of shriveling.

HOW TO STORE

- Store apples in the refrigerator to help them last longer.
- Apples also can be stored outside the refrigerator in a cool place. Warmer temperatures make them age faster. For best quality, apples should be eaten within three weeks.
- For longer term storage, apples can be canned, frozen or dried.

FRESH APPLE SALSA NUTRITION FACTS:

Serving size ¼ cup, Calories 21, Total Fat 0g, Sodium 50mg, Total Carbohydrate 6g, Dietary Fiber 1g, Protein 0g

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KALE CAESAR PASTA SALAD

Makes 10 servings

INGREDIENTS

- 1 pound bowtie pasta
- 1 pint small tomatoes (grape or cherry)
- 1 tablespoon extra virgin olive oil
- Salt and ground pepper
- 1 bunch kale, stemmed and chopped
- 2 cups creamy Caesar dressing (1 cup and the rest is to taste)
- 4 ounces Parmesan cheese, grated

DIRECTIONS

1. Bring a pot of water to boil and season with salt. Cook the pasta. Drain and place in large bowl.
2. Preheat oven to 425°F. Place the tomatoes on small tray, drizzle with extra virgin olive oil and toss. Season with salt and black pepper. Roast about 8-10 minutes.
3. Chop kale into small pieces and add to the pasta and tomatoes. Pour 1 cup of dressing onto salad and gently toss. Sprinkle with Parmesan cheese. Refrigerate for hour before serving.

KALE

WHAT TO LOOK FOR

- Smaller leaves for tenderness and mild flavor, especially if you plan to eat the greens raw.
- Moist, crisp and unwilted leaves without tiny holes that indicate insect damage.
- Stems in good condition since they are also edible.

HOW TO STORE

- Wrap unwashed kale in damp paper towels, then store in a plastic bag in the refrigerator crisper for 3 to 5 days.
- Wash thoroughly and cut off woody stems. Water blanch for 2 minutes. Cool, drain and package in freezer bags or containers, leaving ½-inch headspace. Seal and freeze.

KALE CAESAR PASTA SALAD NUTRITION FACTS:

Serving size ½ cup, Calories 353, Total Fat 16g, Sodium 309mg, Total Carbohydrate 43g, Dietary Fiber 3g, Protein 9g

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CUCUMBER TOMATO SALAD

Makes 6 servings

INGREDIENTS

3 medium tomatoes, cut
into 1" pieces
2 medium cucumbers,
diced
½ onion, thinly sliced
1 large garlic clove,
pressed

3 tablespoons
mayonnaise
2 tablespoons sour cream
⅛ teaspoon pepper
Salt to taste

DIRECTIONS

1. Combine tomatoes, cucumbers, onion and garlic in medium bowl.
2. In small bowl, combine mayonnaise, sour cream and pepper. Mix well.
3. Mix the dressing into the vegetables. Add salt to taste.

CUCUMBERS

WHAT TO LOOK FOR

- Firm cucumbers that do not feel soft when applying light pressure. Avoid those with soft spots, cuts and bruises.
- A blossom end that shows no signs of shriveling.
- Deep color for the variety of cucumber. Puffy, yellow cucumbers can mean they are over mature.

HOW TO STORE

- Place in the coolest spot in the room. This is the preferred method.
- Or, store in the refrigerator on a shelf toward the front, which tends to be warmer than other parts of the refrigerator. Cold temperatures can damage cucumbers.
- Eat within a week.

CUCUMBER TOMATO SALAD NUTRITION FACTS:

Serving size ½ cup, Calories 69, Total Fat 6g, Sodium 75mg, Total Carbohydrate 3g, Dietary Fiber 1g, Protein 1g

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BROCCOLI SALAD

Makes 8 servings

INGREDIENTS

- 6 cups broccoli, chopped
- 1 cup raisins
- 1 red onion, peeled and diced
- 2 tablespoons sugar
- 6 slices bacon, cooked and crumbled
- 2 tablespoons lemon juice
- $\frac{3}{4}$ cup low-fat mayonnaise

DIRECTIONS

1. Combine all ingredients in a medium bowl. Mix well.
2. Chill for 1-2 hours. Serve.

BROCCOLI

WHAT TO LOOK FOR

- Firm, compact clusters of small flower buds (flowerets). Flowerets should be dark green and may have a purplish cast.
- Avoid thick, tough stems. If the flowerets are enlarged, opened, yellowish-green or wilted, then the broccoli is not fresh.
- Never buy broccoli that is soft or slippery. This is a sign of spoilage.

HOW TO STORE

- Refrigerate fresh broccoli in a plastic bag right after purchase. Use broccoli within 3 days of purchase since the vitamin content will decrease the longer it is stored.
- Wash, don't soak, broccoli in cool running water just before preparing.

BROCCOLI SALAD NUTRITION FACTS:

Serving size ½ cup, Calories 209, Total Fat 11g, Sodium 361mg, Total Carbohydrate 25g, Dietary Fiber 3g, Protein 6g

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WHAT'S IN SEASON

COMMODITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
BEANS, SNAP												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CABBAGE												
CANTALOUPE												
CARROTS												
CORN, SWEET												

COMMODITY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CUCUMBERS												
KALE												
PEACHES												
PEPPERS, BELL												
POTATOES, SWEET												
SQUASH, SUMMER												
STRAWBERRIES												
TOMATOES												
WATERMELON												

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