

## ***Veggie Stir Fry***

### You will need:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- ½ cup washed, raw potatoes cut into thin strips
- ½ cup fresh carrots, thinly sliced
- ½ cup fresh green beans, cut into 2-inch pieces
- Any other seasonable vegetables you like from the market 😊
- 1 tablespoon soy sauce
- Rice, pasta, or your favorite grain

### Step by Step:

1. Sautee onions in large skillet with oil.
2. When onions are soft, add potatoes.
3. When potatoes are soft, add carrots, beans, and other vegetables, stirring quickly until vegetables are tender but still crisp, ~6-8 minutes.
4. Stir in soy sauce; cover skillet and let steam for 3 minutes.
5. Serve with rice, pasta, or your favorite grain.

## ***Honey Mustard Dressing***

### You will need:

- ¼ cup plus 1 tablespoon Dijon mustard
- 3 tablespoon balsamic vinegar
- **¼ cup honey\***
- ¼ cup apple cider vinegar
- ¼ teaspoon salt
- ¼ cup plus 2 tablespoons olive oil

### Step by Step:

1. In a medium bowl, whisk together the mustard, honey, vinegar, and salt
2. Slowly whisk in the oil
3. Pour dressing over salad mix and toss to coat
4. Add desired salad toppings, like sliced strawberries, nuts, or cheese

**\*It is recommended that infants under one year of age avoid honey**

## ***Black Bean Salsa***

### **You will need:**

- 1 can black beans – drained and rinsed
- 1 can corn – drained
- 1 green pepper – diced
- 2 green onions – chopped
- 3 Tablespoons Italian dressing
- 1 teaspoon minced garlic
- 1 cup mild salsa

### **Step by Step:**

1. Drain and rinse beans and corn.
2. Place beans and corn in a bowl.
3. Prepare the green pepper and onion.
4. Add to beans and corn.
5. Add dressing, garlic, and salsa.
6. Mix well.
7. Eat with tortilla chips or flour tortillas.
8. Store leftovers in refrigerator.
9. Eat within 2-3 days

## ***Chunky Cucumber Salsa***

### **You will need:**

- 3 cucumbers, peeled and chopped
- 1 cup mango chunks
- 1 cup corn
- 1 sweet red pepper, chopped
- 1 red onion, finely chopped
- 3 garlic cloves, minced
- 2 Tablespoons white vinegar
- 1 Tablespoon minced cilantro
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon cayenne pepper

### **Step by Step:**

1. In a large mixing bowl, combine all ingredients.
2. Cover and refrigerate for 2 to 3 hours.
3. Serve with tortilla chips.

**From the kitchen of Carol Hollister  
Ecdowntownfarmersmarket.com  
FARMERS MARKET COOKBOOK**



## ***Tzatziki Dip***

### **You will need:**

- 1 large cucumber
- 2 cups Greek yogurt
- 2 tablespoons chopped fresh dill
- 2 green onions chopped
- 1 clove of garlic chopped
- Salt and pepper

### **Step by step:**

1. Grate the cucumber and use paper towel to squeeze out extra water.
2. Mix the Greek yogurt with the grated cucumber, green onions, and garlic.
3. Season with salt and pepper.

***Food Safety Tip!*** Remember to keep this dip cold while serving! In order to keep cold foods safe, they should be kept at 40 °F or colder.

## ***Broccoli Raisin Salad***

### **You will need:**

- 4 cups chopped broccoli
- ½ cup raisins
- ¼ cup sunflower seeds
- ¼ cup finely chopped onion
- ¼ cup bacon bits
- ½ cup low fat mayonnaise
- 1 tablespoon sugar
- 1 tablespoon vinegar

### **Step by Step:**

1. Combine the broccoli, raisins, sunflower seeds, onion and bacon bits in a bowl.
2. Mix the mayonnaise, sugar and vinegar together in a small bowl.
3. Add the mayonnaise mixture to the broccoli mixture. Stir together and serve.

***Food Safety Tip!*** Remember to keep this salad cold while serving! In order to keep cold foods safe, they should be kept at 40 °F or colder.

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## ***Cucumber Salad***

### **You will need:**

- 2 cucumbers
- 3 tablespoon apple cider vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon fresh dill, minced

### **Step by step:**

1. Rinse and scrub the cucumbers.
2. Remove some of the peel in lengthwise strips using a vegetable peeler, leaving a little skin between each strip.
3. Thinly slice the cucumbers into circles.
4. Combine the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.
5. Add the cucumber and dill; toss well.
6. Can be served at room temperature or chilled.

Recipe from:

<http://www.whatscooking.fns.usda.gov/>

## ***Leaf Finger Salad***

### **You will need:**

- 4 lettuce leaves (large)
- 1 cucumber (diced)
- 1 beet (diced)
- 1 carrot (diced)
- 2 tablespoons sunflower seeds
- 2 teaspoons olive oil
- 2 teaspoons balsamic vinegar

### **Step by Step:**

4. In a large mixing bowl, combine all ingredients except the lettuce
5. Cover and refrigerate for 2 to 3 hours
6. Lay the lettuce on a flat service and add a small amount of the mixture on it.

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## ***Bruschetta Salad***

### **You will need:**

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

### **Step by Step:**

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

### ***\* Also try:***

- Serve bruschetta salad on top of chopped lettuce, grilled chicken, or toasted bread.

**1 cup chopped tomato = 1 large tomato**

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## ***Oriental Carrot Salad***

### **You will need:**

- 2 cups shredded carrots
- ¼ cup finely chopped green or red pepper
- ¼ cup raisins or craisins
- ¼ cup cashews or sunflower seeds

Oriental Salad Dressing-Combine all ingredients in a jar. Cover and shake to blend.

- ¼ cup orange juice
- 1 tablespoon vegetable or olive oil
- 1 tablespoon soy sauce
- 1/8 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 teaspoon honey or sugar

### **Step by Step:**

1. Combine carrots, peppers, raisins/craisins, and sunflower seeds in a bowl.
2. Add the oriental salad dressing or your favorite salad dressing. Stir to blend.
3. Refrigerate for a few hours to blend flavors.

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# ***Refreshing Melon and Mint Salad***

## **You will need:**

- 3 cups of water melon cubes
- 3 cups of honey dew cubes
- ¼ cup fresh mint leaves (minced)
- 1 tablespoon lime juice
- **2 tablespoons honey\***

## **Step by step:**

1. Blend lime juice, mint leaves, and honey together in small bowl
2. Place melon cubes in a bowl and drizzle with the dressing
3. Toss gently

Notes: Serve with any favorite melon or fruit.

**\*It is recommended that infants under one year of age avoid honey**