



United States Department of Agriculture

MyPlate **KITCHEN**

Farmers Market Week Menu

Asparagus with Gremolata Sauce

Make: 6 servings

Ingredients:

2 cups asparagus (washed and trimmed)
2 tablespoons margarine (or butter)
2 teaspoons lemon peel (grated)
1 garlic clove (large, minced)
2 tablespoons lemon juice (fresh)

Directions:

1. Wash hands with soap and warm water.
2. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
3. Drain: rinse with cold water to cool quickly, and drain again.
4. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
5. Melt margarine in a heavy large skillet over medium-high heat.
6. Add lemon peel and garlic and stir for 30 seconds.
7. Add asparagus and toss to coat.
8. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
9. Transfer to platter. Sprinkle with parsley and serve.

For nutrition information, please visit MyPlate Kitchen: Asparagus with Gremolata Sauce

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/asparagus-gremolata-sauce>

Cantaloupe Cooler

Make: 8 servings

Ingredients:

1 cantaloupe (ripe)
2 1/2 cups orange juice (cold)
2 tablespoons sugar (granulated)
ice (crushed)

Directions:

1. Wash hands with soap and water.
2. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
3. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
4. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
5. Pour into glasses filled with crushed ice.

For nutrition information, please visit MyPlate Kitchen: Cantaloupe Cooler

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler>

Farmers Market Gazpacho

Make: 4 servings

Ingredients:

2 cucumbers (diced into 1/4 inch pieces)
3 red bell peppers (seeded and diced into 1/4 inch pieces)
3 green peppers (seeded and diced into 1/4 inch pieces)
4 celery stalks (diced into 1/4 inch pieces)
2 tomatoes (diced into 1/4 inch pieces)
1 onion (medium, diced into 1/4 inch pieces)
2 lemons
2 cups tomato juice, low-sodium
3 garlic cloves (fresh minced)
1 tablespoon cumin (ground)
1 cup cilantro (fresh chopped)
salt and pepper (to taste, optional)

Directions:

1. Wash hands with soap and warm water.
2. Combine all ingredients except salt, pepper, and lemons in a bowl.
3. Remove 2 cups of the mixture and reserve.
4. Using a blender or food processor, puree the remaining mixture in the bowl.
5. Add 2 cups of reserved mixture to the pureed mixture.
6. Season with salt, pepper (optional) and the juice from the lemons.
7. Cover mixture and refrigerate for at least 2 hours before serving.
8. Serve cold, garnished with chopped cilantro

Pasta Frittata with Peas

Make: 5 servings

Ingredients:

4 ounces spaghetti (whole grain, regular or thin)
4 eggs (lightly beaten)
1 nutmeg (dash, optional)
1/8 teaspoon black pepper
1/8 salt (1/8 teaspoon, optional, can omit salt and pass at the table)
2/3 cup cheese (shredded)
1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)

Directions:

1. Wash hands with soap and warm water.
2. Preheat oven to 350 degrees F.
3. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
4. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
5. Bake for 20 minutes or until a knife inserted near the center comes out clean.
6. Let frittata stand 5 minutes before serving.

Tomato Variation:

Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

Zucchini Bread

Make: 16 servings

Ingredients:

3 egg
1 cup sugar
1/4 cup vegetable oil
2 cups zucchini (grated)
1/2 teaspoon vanilla
1 1/2 cups flour (all purpose)
1 1/2 cups whole wheat flour
1 teaspoon salt
2 teaspoons baking soda
2 teaspoons cinnamon
1/2 teaspoon baking powder
1/2 cup raisins

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
3. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
4. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
5. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
6. Spoon into loaf pan.
7. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
8. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
9. Serve warm or allow to cool before slicing.

For nutrition information, please visit MyPlate Kitchen: Zucchini Bread

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-bread>
