



## COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

# SUMMER 2019 COOKING SERIES

## WEEK 1 RECIPES

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### SHREDDED SWISS CHARD AND ROASTED BEET SALAD WITH ORANGE VINAIGRETTE

Vinaigrette recipe courtesy of Giada de Laurentiis, <https://www.foodnetwork.com/recipes/giada-de-laurentiis/spinach-salad-with-orange-vinaigrette-recipe-1917261>

Prep time: 10 minutes    Cook time: 30 minutes    Serves 4-6

#### Ingredients

- 4 cups shredded swiss chard
- 3 medium beets, peeled and cubed
- ½ cup orange juice
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 1 clove garlic, minced
- ¾ teaspoon salt
- ¾ teaspoon freshly ground black pepper
- ¾ cup + 1 tbsp extra-virgin olive oil

#### Directions

##### Roasted beets

1. Preheat oven to 375 degrees Fahrenheit.
2. Line a baking sheet with aluminum foil.
3. Toss the beets with 1 tbsp extra virgin olive oil, sprinkle with salt and pepper.

4. Spread on the baking sheet so that the cubes are not touching each other.
5. Roast at 375 F for 30 minutes. Allow to cool completely

##### Salad dressing

1. Whisk all ingredients, minus the extra virgin olive oil, together in a large bowl.
2. While whisking, slowly add the extra virgin olive oil. Alternatively, you can add all ingredients to a high-powered blender and blend on high speed for 20-30 seconds.

##### Salad

1. Combine all ingredients together in a large bowl.

### ZUCCHINI PARMESAN CHIPS

From Lindsay Funston of delish.com, <https://www.delish.com/cooking/recipe-ideas/recipes/a43641/zucchini-parmesan-chips-recipe/>

Prep time: 10 minutes    Cook time: 20 minutes    Serves 4

#### Ingredients

- 2 large zucchini, thinly sliced
- kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 1/2 c. freshly grated Parmesan cheese
- Marinara sauce, for dipping

#### Directions

1. Preheat oven to 400° and line a baking sheet with parchment. Arrange zucchini slices on baking sheet and season with salt and pepper. Top each with parmesan.
2. Bake until deeply golden and crisp, 20 to 25 minutes.
3. Serve with marinara.

# STEWED ZUCCHINI IN TOMATO SAUCE WITH WHITE BEANS

From With Food + Love <https://withfoodandlove.com/stewed-zucchini/>

Prep time: 5 minutes    Cook time: 10 minutes    Serves 4

## Ingredients

- 1 tablespoon olive oil
- 2 cups green zucchini sliced
- 1 cup white beans, cooked
- 1 cup tomato sauce
- 1/4 cup basil julienned
- 1 cup kale shredded
- sea salt to taste
- black pepper to taste

## Directions

1. Heat the olive oil in a sauce pan over medium-low heat.
2. Add the zucchini and sauté for 2 minutes.
3. Turn up the heat to medium and add in the white beans and the tomato sauce. Stir and simmer for 5 minutes or until heated throughout.
4. Add in the kale and basil, and stir and simmer for 2 minutes more.
5. Season with salt and pepper, and serve warm.

# JUS DE BISSAP (HIBISCUS TEA)

*This delicious, tart tea is made from the dried leaves of the hibiscus flower. It is to Senegal what sweet tea is to the American South! Bissap is also known in other parts of the world as Jamaica, Sorrel, or Roselle. You can sweeten to your specific taste, and can even use half the amount of water to make a concentrated version that can be added to seltzer water, ginger ale, or mixed drinks for added flavor!*

Prep time: 10 minutes    Serves 10

## Ingredients

- 2-3 cups of dried hibiscus flowers
- 1/2 cup of sugar
- Optional flavorings:
  - sprig of mint
  - 1/2 teaspoon vanilla extract
  - 1/2 teaspoon grated fresh ginger root
  - 1 teaspoon orange-flower water
  - 1/2 cup lemon juice
  - 1 cup pineapple juice or orange juice

## Directions

1. Briefly rinse the dried flowers in cool water.
2. In a saucepan heat two quarts (approximately two liters) of cold water.
3. As soon as the water begins to boil, add the dried hibiscus leaves. Immediately remove from heat and let the flowers steep for ten minutes.
4. Pour the water from the pot into a pitcher using a strainer (lined with a cheesecloth or paper towel if you like) to separate the flowers from the water. (Be sure not to pour any of the flower sediment into the pitcher.)
5. Stir in the sugar. Add any other flavorings (if desired).
6. Place in the refrigerator and let cool completely before serving