



COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

SUMMER 2019 COOKING SERIES

WEEK 3 RECIPES

Instructor: Adante Hart, MPH-RD Student, UNC Chapel Hill
Hart815@gmail.com

CUCUMBER AND TOMATO SALAD

Courtesy of Rachael Ray, <https://www.foodnetwork.com/recipes/rachael-ray/cucumber-and-tomato-salad-recipe-1941255>
Prep time: 10 minutes Cook time: 10 minutes Serves 4-6

Ingredients

- ½ English or seedless cucumber, diced
- 2 vine-ripe tomatoes, diced
- Handful flat-leaf parsley, chopped
- 1/2 medium red onion, chopped
- 2 tablespoons red wine vinegar, a couple of splashes
- 3 tablespoons extra-virgin olive oil, eyeball it
- Salt and pepper

Directions

1. Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper, to your taste.

ZUCCHINI NOODLES WITH ARUGULA PESTO

From Emily Geizer <http://www.carrborofarmersmarket.com/recipes/2016/4/16/zucchini-noodles-with-arugula-pesto-gluten-free-and-vegan>

Prep time: 10 minutes Cook time: 3 minutes Serves 2

Ingredients

- 3 small zucchini 4 heads little gem lettuce (or hearts of romaine), halved lengthwise
- 3 garlic cloves, chopped
- ½ cup raw walnuts, soaked 4 hours or overnight
- 3 cups arugula
- ½ cup extra virgin olive oil
- 1 tablespoon lemon juice
- ½ tsp sea salt
- ¼ cup nutritional yeast

Arugula pesto

1. Blend garlic and nuts in food processor until coarsely chopped. Add remainder of ingredients to food processor and blend till desired smoothness. Makes one heaping cup.
2. When ready to eat, combine zucchini and pesto until "noodles" well covered. Serve immediately.

Note: If you would like to serve this dish warm, warm the pesto in a pan for 2-3 minutes, then add the zucchini noodles, remove from heat, and serve.

Directions

Noodles

1. Keep the skins on for added nutrient boost. Use a spiralizer, a mandolin, or you can make "ribbons" using an ordinary vegetable peeler.
2. Set aside in a colander for excess moisture to escape.

OAT MILK

From Delish Knowledge, <https://www.delishknowledge.com/homemade-oat-milk-recipe/>
Prep time: 5 minutes Yields 3 cups

Ingredients

- 1 cup rolled oats
- 3 cups water
- 1 - 2 dates
- 1/2 tsp. vanilla extract
- a pinch of salt

Directions

1. Add the oats, water, dates, vanilla and salt to a high-speed blender and blend for 15-30 seconds until smooth.
2. Strain through a nut milk bag or a cheesecloth. The leftover pulp can be used in smoothies to add extra fiber.
3. Pour into a milk bottle and allow to chill for at least 2 hours before drinking.

GOLDEN MILK

From Lynn Hoefler, <http://www.heavenlynnhealthy.com/turmeric-latte-golden-milk/>
Cook time: 3 minutes Serves 2

Ingredients

- 2 cups of oat milk or unsweetened almond milk
- 1 teaspoon of turmeric
- 1 teaspoon of raw honey (or maple syrup/coconut syrup if vegan)
- 1 cinnamon stick or ½ teaspoon of ground cinnamon
- 3 cardamon pods
- a small pinch of ground or fresh ginger
- a small pinch of pepper

Directions

1. Add the oat milk to a small pot and heat on low temperature.
2. Add the turmeric, cinnamon stick, cardamon pods, raw honey or coconut syrup, and pepper and stir frequently for about 3 minutes until the milk is warm, but not boiling.
3. Remove from heat and take out the cinnamon stick. You can reuse it a couple of times. Strain the milk either through a strainer or small colander.
4. Froth the top of the milk for a few seconds with a milk frother.
5. Add more raw honey or syrup for taste.