



## COLUMBUS COUNTY COMMUNITY FARMER'S MARKET

# SUMMER 2019 COOKING SERIES

## WEEK 5 RECIPES

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### SHRUB SODA

From Green Olive Company  
Prep time: 1 hour      Serves 8

#### Ingredients

- 2 cups of your choice of white balsamic
- 1 cup fruit, herb, berry, or vegetable of your choice
- 8 cups chilled seltzer water or sparkling water (without sodium added)

#### Directions

1. In a one liter mason jar or container add the fresh botanical ingredients. Pour the balsamic over the fruit and allow to "infuse" for at least one hour or up to four hours under refrigeration. The longer it sits, the more pronounced the flavor of the fruit infusion. Strain and keep refrigerated and tightly covered for up to one month.
2. To serve, add 1-2 tablespoons of infused drinking vinegar (shrub) depending on your preference for sweetness to 8 oz. of chilled sparkling water. Serve over ice if desired.

#### Examples:

*Blueberry Lemon-Thyme Balsamic Sparkling Shrub*  
2 cups lemon white balsamic  
1 cup fresh blueberries crushed  
2" sprig fresh thyme (optional)  
8 cups chilled sparkling water

*Strawberry - Peach Balsamic Sparkling Shrub*  
2 cups Peach white balsamic  
1 cup fresh strawberries coarsely chopped and steeped in  
8 cups chilled sparkling water

*Fresh Kiwi & Mango White Balsamic Sparkling Shrub*  
2 Cups Mango White Balsamic  
1 cup peeled sliced kiwi fruit  
8 cups chilled sparkling water

*Lemon, Cucumber, & Grapefruit White Balsamic Shrub*  
2 cups of Grapefruit White Balsamic  
1 medium cucumber thinly sliced (about 1 cup)  
1/2 lemon thinly sliced  
8 cups seltzer water or sparkling water

## PEACH BOURBON BBQ SAUCE

From Whitney Reist of Sweet Cayenne <https://sweetcayenne.com/peach-bourbon-bbq-sauce/>

Prep time: 10 minutes    Cook time: 20 minutes    Makes about 2 cups

### Ingredients

- 1 teaspoon neutral-flavored oil such as canola
- 2 teaspoons minced garlic
- 1 ½ teaspoon ancho chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon ground mustard
- 4 cups fresh diced peaches (about 6 medium peaches)
- ⅓ cup bourbon optional; can sub water if desired
- 1 cup no-salt-added ketchup
- 3 tablespoons apple cider vinegar
- 2 tablespoons worcestershire sauce
- ⅓ cup brown sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ cup water

### Directions

1. Place a [large saucepan](#) over medium heat. Add the oil and heat for 30 seconds. Add the garlic, chili powder, paprika, and mustard. Stir until fragrant, about 30 seconds.
2. Add the diced peaches and toss to combine with spices.
3. Add the bourbon and bring the mixture to a simmer, stirring frequently.
4. Add the ketchup, vinegar, worcestershire sauce, sugar, salt, and pepper. Stir to combine. Bring the mixture to a low boil over medium heat. Reduce to a simmer and cook, stirring frequently, until the peaches are jammy and tender, about 15 minutes. The mixture should reduce by about ⅓ and coat the back of your [spoon](#) when stirred.
5. Remove the sauce from heat and cool slightly. Use an [immersion blender](#) or regular [blender](#) to carefully puree the sauce until smooth. Add the water as needed to reach desired consistency - I like my finished sauce to be slightly thinner than store-bought bbq sauce and more the consistency of a creamy salad dressing.
6. Store the cooled sauce in the refrigerator for up to 1 month or freeze for later use.

## BBQ ROASTED CAULIFLOWER "STEAK"

Adapted from Minimalist Baker

Prep time: 5 minutes    Cook time: 30 minutes    Serves 2

### Ingredients

- 1 large head cauliflower (rinsed, green leaves peeled)
- 1 Tbsp coconut or olive oil (if oil-free, sub water or maple syrup)
- ¼ tsp salt
- 1 cup BBQ sauce

### Directions

1. Preheat oven to 400 degrees F (204 C) and slice your cauliflower into 1-inch "steaks," leaving the large stem at the bottom so it helps the "steaks" hold together.
2. Place on a bare or parchment-lined baking sheet and rub the "steaks" with oil (or water), and sea salt. Brush each side with BBQ sauce. Be gentle, as the cauliflower steaks can break apart, which is no big deal (but it's ideal if they remain in one solid piece).
3. Bake for 20-25 minutes total, flipping carefully once at the halfway point to ensure even browning on both sides, or until tender and browned.

## STRAWBERRY WATERMELON BASIL SIDE SALAD

From Made to Glow, <http://madetoglow.com/>  
Prep time: 10 minutes    Cook time: 10 minutes    Serves 2

### Ingredients

- 1.5 Cups of cubed watermelon
- 1.5 Cups of cubed strawberries
- 6 basil leaves, chopped or chiffonade
- Freshly ground black pepper to taste

### Directions

1. Combine cubed strawberry and watermelon in a bowl.
2. Grind black pepper to taste and add 1/2 of the basil
3. Stir, then add the rest of the basil and another grind of pepper.
4. Cover and stick in the fridge to let the flavors come together for a few hours. Serve promptly.

## EGGPLANT TOWER WITH MASHED WHITE BEANS

From Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family by Alice Randall and Caroline Randall Williams

Prep time: 5 minutes    Cook time: 15 minutes    Serves 4

### Ingredients

- 1 (15.5-ounce) can white beans
- 3 garlic cloves
- 4 tablespoons olive oil
- Salt and pepper
- 2 large eggplants
- 4 large tomatoes

### Directions

1. Heat the beans and their liquid in a small saucepan. Once they begin to bubble a bit, transfer them, together with the garlic and 2 tablespoons of the olive oil, to a food processor.

Whirl until smooth. Add salt and pepper to taste. Scrape the bean mixture back into the saucepan and return it to very low heat while you prepare the eggplant and tomatoes.

2. Cut the ends off of each eggplant and discard. Slice the eggplants and tomatoes into 1/2-inch-thick disks. Set the tomato slices aside. Working in batches and using the remaining 2 tablespoons olive oil, cook the eggplant in a skillet over medium-high heat until browned, about 5 minutes per side.
3. To serve, make a tower for each person by layering 3 eggplant slices and 3 tomato slices with the white bean puree.

# ZUCCHINI APPLESAUCE OATMEAL COOKIES

From Two Peas & Their Pod, <https://www.twopeasandtheirpod.com/zucchini-applesauce-oatmeal-cookies/>  
Prep time: 10 minutes   Cook time: 10 minutes   Serves 24

## Ingredients

- 1 cup white whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/4 cup applesauce
- 3/4 cup dark brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- 2 cups old fashioned oats
- 1/2 cup raisins
- 3/4 cup semisweet chocolate chips

## Directions

1. Preheat the oven to 350 degrees F. Line a baking sheet with a Silpat baking mat or parchment paper and set aside.
2. In a medium bowl, whisk together flour, baking soda, salt, cinnamon, cloves, and nutmeg. Set aside.
3. In a large mixing bowl, combine applesauce and brown sugar, mix until smooth. Add egg and vanilla extract. Next, add the shredded zucchini. Mix until combined.
4. Slowly add flour mixture until just combined. Stir in oats, raisins, and chocolate chips.
5. Drop cookie dough by heaping tablespoonfuls, 2 inches apart, onto prepared baking sheet. Bake for 10-12 minutes or cookies are slightly golden around the edges and set. Remove cookies from pans; cool completely on wire racks.
6. Note-you can use all-purpose flour instead of whole wheat flour. You can also omit the raisins if you aren't crazy about raisins in your cookies.