

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes
for the holidays and beyond.



Basic Knife Cuts



Whole



Peeled



Julienned



Sliced



Diced



Chopped



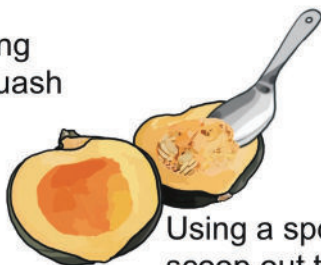
Minced

Try these out in a salad of collard greens, carrots, apples
or a chicken/turkey/ham salad

Basic Roasted Acorn Squash



Start by cutting
the acorn squash
in half



Using a spoon,
scoop out the seeds



Cut each half into
slices of similar size

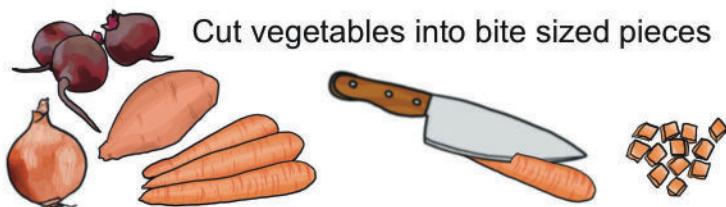
- Spread slices on greased baking sheet
- Drizzle slices with oil
- Add salt and pepper to taste.



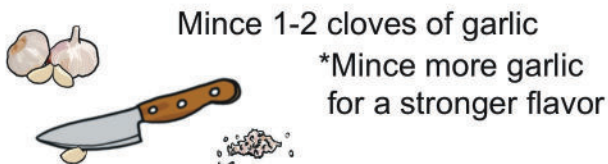
Bake at 375 for 30-40 minutes, or until tender

For a sweeter squash: Instead of oil, salt, and pepper, try drizzling melted butter, cinnamon, and brown sugar.

Basic Roasted Vegetables



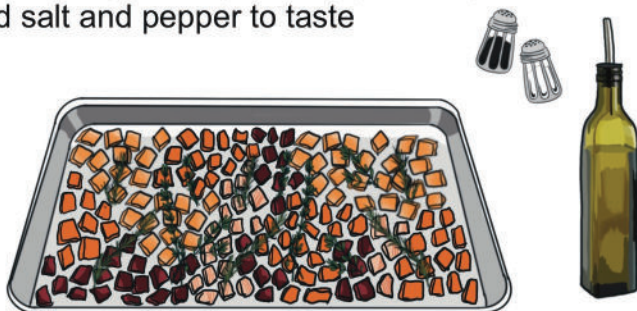
Cut vegetables into bite sized pieces



Mince 1-2 cloves of garlic

*Mince more garlic
for a stronger flavor

- Spread cut vegetables on greased baking sheet
- Drizzle vegetable pieces with oil
- Sprinkle minced garlic on top
- Add fresh (or dried) rosemary and thyme
- Add salt and pepper to taste



Bake at 400 for 30-40 minutes or until tender.

Try adding other vegetables like: zucchini, mushrooms, broccoli, brussel sprouts, or potatoes.

Garlic and Lemon Collard Greens

Ingredients:

- 1 bunch collard greens, diced
- 3 cloves garlic, minced
- ¼ lemon
- 2 tbsp olive oil
- Salt & pepper to taste



Steps:

1. Heat 1 tbsp olive oil in a skillet. Add garlic and sauté until fragrant (1 min).
2. Add collard greens and a splash of water. Cook 8–10 minutes, until tender.
3. Squeeze ¼ lemon over the greens

Serving suggestion: Serve with roasted chicken.

Sauteed Apples

Ingredients:

- 2 cups apples, cored and sliced
 - 1 tbsp brown sugar
(or regular sugar)
 - 2 tbsp butter
- Optional: cinnamon to taste



Steps:

1. Add all ingredients to a saucepan over medium heat.
2. Cook covered. Stir occasionally, until the apples are tender, approximately 15 minutes.

Serving suggestions: Serve warm with oatmeal, yogurt, flaxseed, or serve as a side with your meal.

One-Pan Chicken or Turkey

Ingredients:

- 4 lbs chicken or turkey portions
(like thighs or drumsticks of about equal sizes)
- 4 sweet potatoes, diced into bite-sized chunks
(Could also use Yukon Gold potatoes)
- 4 carrots, diced into bite-sized chunks
- 2 beets, diced into bite-sized chunks
- 1/3 cup of olive oil
- Fresh rosemary or thyme (optional)
- 1 teaspoon dried oregano (optional)
- 1 teaspoon paprika (optional)
- 1 teaspoon garlic powder (or 1 clove garlic, minced)
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Steps:

1. Preheat oven to 425 degrees.
2. Lay chicken or turkey portions on a baking sheet.
3. Spread the chopped vegetables around meat.
4. Combine olive oil, herbs, and spices and brush or drizzle over meat and vegetables. Coat well.



5. Bake at 425 for 45-50 minutes, or until the chicken or turkey is cooked through.

Stock (Chicken, Turkey, or Vegetable)

Ingredients:

- 4 to 6 quarts leftover ingredients or scraps:
 - Chicken or turkey bones
(You can omit this for a vegetarian version)
 - Vegetable scraps
(including onion, celery and carrot ends, and peels)
- 4 to 6 quarts water

Steps:

1. Add your ingredients to a large pot.
2. Fill the pot with water to cover the scraps.
3. Start on the stovetop over medium heat for about 15 minutes to bring it up to a simmer. Then lower the heat and simmer, don't boil, for about 4 hours. Do not cover.
4. Allow stock to cool at least 30 minutes before straining, and put into jars or other freezer containers.



Measuring Tip: The exact amounts don't matter – you can add all the scraps you have saved, and fill your pot with water.

Freezing Tip: Only fill jars $\frac{3}{4}$ full to allow for expansion as they freeze. Filling jars too full can cause them to crack! Cool jars completely, overnight in the fridge, before transferring to the freezer.
To use after freezing, thaw overnight in the fridge.

QUESTIONS?

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