

# *UW FARM MARKET*

## *RECIPE BOOK*



*uw*  
*food*  
services

# PARMESAN CAULIFLOWER BITES



TOTAL TIME: 30 MINUTES

MAKES 4 SERVINGS

## Ingredients:

- 3 cups cauliflower florets
- 2 tablespoons olive oil
- 1/2 cup parmesan cheese, grated
- 1 teaspoon paprika
- 1/4 teaspoon black pepper

## Directions:

1. Preheat oven to 425 degrees °F.
2. Toss cauliflower florets with olive oil in a large bowl.
3. Combine parmesan cheese, paprika & pepper and sprinkle over the olive oil coated cauliflower florets that are still in the large bowl.
4. Gently toss to coat the florets.
5. Arrange cauliflower in a single layer on baking sheet.
6. Bake for 20 minutes or until edges begin to crisp.

## Dietitian's Tip:

- Use other hearty vegetables like broccoli, carrots or potatoes with this recipe!
- Always use what you have and what's in season.

RECIPE ADAPTED FROM: DINNER MOM



# BAKED BUTTERNUT SQUASH FETA PASTA



PREP TIME: 10 MINUTES

COOK TIME: 40

MAKES 6 SERVINGS

## Ingredients:

- 1 butternut squash, peeled & diced
- 8 ounces feta cheese
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- 1 lb pasta of your choice

## Directions:

1. Preheat oven to 425 °F.
2. Place the butternut squash and feta in a 9x13 baking dish or baking sheet.
3. Drizzle feta and squash with olive oil, salt, pepper & red pepper flakes.
4. Place in the oven and bake for 40 minutes until squash is soft.
5. While the squash is roasting, cook pasta according to package directions. Reserve 1 cup pasta water.
6. Use a potato masher or the back of a spoon to mash to squash and feta.
7. Add the cooked pasta with pasta water and stir until combined.

## Dietitian's Tip:

- Don't have butternut squash?  
Use acorn squash or even cherry tomatoes!

RECIPE ADAPTED FROM: THIS HEALTHY TABLE





# CORN SALAD



TOTAL TIME: 20 MINUTES

MAKES 5 SERVINGS

## Ingredients:

- 4 large cobs of corn
- 1 cup cherry tomatoes
- 1 cup cucumber
- 1/3 cup red onion
- 2/3 cup crumbled feta cheese
- 3 tablespoons fresh parsley

## Dressing:

- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/2 teaspoon each salt and black pepper

## Directions:

1. Combine ingredients for dressing in a mixing bowl.
2. Bring a large pot of water to a boil. Add corn and cook for 3 minutes.
3. Remove corn from water and cool. Run the corn under cold water to help it cool down faster.
4. Cut kernels from the cob and transfer to a large bowl.
5. Add tomatoes, cucumbers, red onion, feta and parsley to the corn.
6. Combine dressing with corn mixture and serve!

## Dietitian's Tip:

- Add your favourite source of protein such as chicken or black beans to make this a meal.
- Don't have fresh corn?  
Use frozen or canned corn!

RECIPE ADAPTED FROM: COOKING CLASSY



# UNSTUFFED PEPPERS



TOTAL TIME: 35 MINUTES

MAKES 4 SERVINGS

## Ingredients:

- 1 pound lean ground turkey
- 2 bell peppers, chopped
- 1 small onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 teaspoons oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons tomato paste
- 1/2 cup long grain brown rice
- 1 can diced tomatoes
- 1/2 cup water
- 1/2 cup shredded cheddar cheese
- 1/2 cup chopped parsley

## Directions:

1. Heat olive oil in a large pot over medium heat. Add ground turkey, bell peppers, onions, garlic, oregano, salt & pepper. Cook until browned.
2. Add tomato paste and sauté until combined. Add rice, diced tomatoes & water, stir until combined.
3. Bring mixture to boil, then reduce heat to low, cover and simmer for 20-25 minutes.
4. Remove from heat and garnish with cheese and parsley.

## Dietitian's Tip:

- This recipe is great for meal prep. Cook a big batch on the weekend or chop your vegetables the night before to make for easy cooking the next day.

RECIPE ADAPTED FROM: FEEL GOOD FOODIE



# SPICED CARROT LENTIL SOUP



PREP TIME: 15 MINUTES  
COOK TIME: 30 MINUTES

MAKES 4 SERVINGS

## Ingredients:

- 2 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoon ginger, grated
- 1 teaspoon cumin
- 1/4 teaspoon black pepper
- 5 large carrots, peeled & chopped
- 1 cup dry red lentils, rinsed
- 5 cups vegetable broth (no salt)

## Directions:

1. Heat oil in a large pot. Add onions and sauté over medium heat.
2. Add garlic, ginger, cumin, black pepper and carrots. Sauté for 2 minutes.
3. Add lentils and stir to combine. Add vegetable broth and bring to a boil.
4. Turn down heat and simmer, covered for ~25 minutes until carrots and lentils are soft.
5. Use a blender or immersion blender to puree the soup until smooth.

## Dietitian's Tip:

- Top this soup with a dollop of greek yogurt if you like creamy soups with added protein to keep you full!

RECIPE ADAPTED FROM: CANADA'S FOOD GUIDE



# APPLE CINNAMON OVERNIGHT OATS



PREP TIME: 5 MINUTES

MAKES 1 SERVINGS

## Ingredients:

- 1/2 cup quick oats
- 1/2 cup milk of choice
- 1/4 cup plain yogurt
- 1/2 cup apples, chopped
- 1/8 teaspoon cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds

## Directions:

1. Add oats, milk, yogurt, cinnamon and chia seeds in a personal size container. Mix well.
2. Top with apples and honey.
3. Place in fridge and enjoy in the morning or in a few hours later!

## Dietitian's Tip:

- Use this recipe as a base and switch out apples for bananas and/or berries!
- Add nuts for extra protein and a crunch.

RECIPE ADAPTED FROM: QUAKER OATS

