



HEALTHY TASTINGS AT THE MARKET

With Margaret O'Neill

2011 RECIPES



**Rochester Public Market
280 North Union Street
Rochester, NY 14609**

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www.cityofrochester.gov/publicmarket**

**Open Tuesdays, Thursdays 6 a.m.-1 p.m.
Saturdays 5 a.m.-3 p.m.**

Market Roasted Winter Vegetables

- 1 medium carrot, peeled
 - 1 cup celery root, peeled
 - 1 medium turnip, peeled
 - 1 medium parsnip, peeled
 - 1 cup waxy potatoes, peeled
 - 1 medium butternut squash,
peeled and seeded
 - 3 each shallots, peeled and thinly sliced
 - 3 each garlic clove, peeled
 - 1 – 2 ounces olive oil
 - 1/4 teaspoon dried thyme
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon cracked black pepper
1. Cut the carrots, celery root, turnips, parsnips, potatoes and squash into 3/4" dice.
 2. Place these cut vegetables plus the shallots and garlic cloves in a baking pan.
 3. Pour the olive oil over the vegetables and sprinkle with the thyme, salt and pepper.
 4. Toss or mix until the vegetables are well coated with oil (additional oil may be added if necessary).
 5. Bake at 375 degrees for about 20-30 minutes until vegetables are tender and lightly browned.
 6. Turn or stir the vegetables several times during baking so that they cook evenly; do not allow them to become too browned or they may become bitter.

Market Blueberry Crumble

- 6 cups blueberries
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. lemon zest
- 1/3 cup sugar
- 2 Tbsp. cornstarch

Crumble Topping

- 3/4 rolled oats
- 1/2 cup flour
- 1/2 cup brown sugar
- 1/2 tsp. cinnamon
- 1/3 cup margarine or butter, cold

1. Heat oven to 375 degrees.
2. Wash berries and drain; place in a lightly greased shallow baking pan. Toss with lemon zest and lemon juice. Combine 1/3 c. sugar and cornstarch; gently toss with fruit.
3. In a bowl combine topping ingredients. Mix until crumbly using a pastry blender or fork. Sprinkle crumble mixture over fruit.
4. Bake for 25 – 35 minutes until fruit is tender and crust is golden brown. Serve warm with low-fat yogurt or whipped cream. Makes 12 1/2 cup serving



Market Broccoli and Cheese Soup

- 2 tablespoons onion, finely chopped
- 2 tablespoons margarine or butter
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups milk
- 1 to 2 cups extra sharp cheddar cheese, shredded (adjust as desired)
- 1 1/2 cups chicken broth
- 1 large head of broccoli, chopped
- 1. In large saucepan cook onion in butter until tender.
- 2. Stir in flour, salt and pepper until well blended.
- 3. Add milk all at once. Cook until thickened, stirring constantly; simmer for 1 minute.
- 4. Add cheese and stir until melted. Remove from heat.
- 5. In a medium saucepan cook broccoli in chicken broth to desired consistency; do not drain.
- 6. Add broccoli and cooking liquid to cheese mixture; stir until well blended.

Makes 4 servings.

Market Fruited Cabbage Slaw

- 6 – 7 cups green cabbage, finely shredded
- 1 cup shredded carrot
- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/4 cup sliced green onion
- 1/4 cup chopped fresh parsley
- 1/2 cup halved seedless grapes
- (continued on back)

Dressing

- 1/2 cup light mayonnaise
- 1/2 cup light sour cream
- 3 Tbsp. raspberry (or cider) vinegar
- Sugar or honey (to taste if desired)
- 1. Mix all vegetables and fruit in a large bowl.
- 2. Mix the dressing ingredients in a separate bowl; pour over slaw and mix well.
- 3. Chill 30 minutes. Serves 10 – 12.



Market Creamy Veggie Chowder

6 slices bacon, diced
1 large onion
1 stalk celery
1 large carrot
1 medium parsnip
1 medium turnip
1/3 cup flour
1/4 tsp. salt; 1/8 tsp. pepper
4 cups chicken broth
1 medium sweet potato, diced
1 medium potato, diced
1 bay leaf
1 1/2 tsp. Worcestershire sauce
2 cups milk

Optional - Shredded cheddar cheese

1. In a large pan cook bacon until crisp. Drain bacon and reserve. Keep 2 Tbsp. bacon drippings in pan.
2. Peel and dice onion, carrots, celery, parsnip and turnip; cook in bacon drippings in pan, about 6 – 8 minutes until fragrant.
3. Sprinkle veggies with flour, salt and pepper; stir until blended. Gradually add broth. Bring to a boil; cook and stir for 2 minutes until thickened. Stir in the sweet potato, potato, bay leaf, and Worcestershire sauce.
4. Reduce heat; cover and simmer for 15 – 20 minutes or until potatoes are tender. Stir in milk and reserved bacon; heat through.

Discard bay leaves. Garnish soup with shredded cheese if desired. Serves 6.

Winter Squash and Black Bean Chili

2 Tbsp. oil, divided
1 medium butternut squash, peeled and cut into 3/4 inch cubes
2 medium carrots, diced
1 medium onion, diced
1 Tbsp. chili powder
1 tsp. cumin
1/4 tsp. cayenne pepper
2 cloves garlic
1 28-oz. can diced tomatoes
1 cup water
2 15-oz. cans black beans, drained
1 tsp. salt
Sour cream, grated cheddar cheese (optional)

1. Heat 1 Tbsp. oil in a large pot. Add squash and cook, stirring occasionally until golden. Remove and set aside.
2. In same pot heat 1 Tbsp. oil; sauté carrots and onion until browned. Stir in chili powder, cumin, cayenne and garlic. Cook one minute stirring well.
3. Add tomatoes with their liquid, water and salt. Bring to a boil; cover and simmer for 15 minutes, stirring occasionally.
4. Stir in squash and black beans. Bring to a boil; cover and simmer for 15 minutes or until squash is tender and chili thickens. Serve with grated cheese and sour cream if desired. Serves 8.

Stuffed Pepper Soup

2 Tbsp. olive or vegetable oil
3 bell peppers, diced (red and/or green)
1 large onion, chopped
1 tsp. dried basil

1/2 tsp. dried oregano

1 tsp. granulated garlic

1/2 tsp. black pepper

1/2 cup sherry or cooking wine

1 cup beef stock

1 24-oz. jar spaghetti sauce

1 lb. ground beef, browned and drained

2 cups of cooked rice

1. Cut the peppers and onions in a medium dice and sauté in oil in a large pot, until just tender. Add all of the seasons and stir.
2. Add the wine, stock and spaghetti sauce, and continue to cook over medium heat.
3. In a separate sauté pan, brown the ground beef until fully cooked and drain the fat from meat. Add the meat to the simmering soup.
4. Allow the soup to simmer over low heat for about 45 minutes or to desired consistency.
5. Before serving, add cooked rice and allow it to sit for 5-10 minutes so the rice to heats through and starts to absorb the soup. If the soup is too thick, just add more beef stock to your likeness. Makes 6 – 8 servings.

Market Potato Cheese Kugel

1 cup onion, finely chopped

2 Tbsp. butter or margarine

4 cups shredded or diced cooked peeled potatoes (about 4 medium)

2 cups (8 oz.) Swiss cheese, shredded

1/4 cup flour

1 tsp. salt

1/4 tsp. pepper

3 eggs

3/4 cup half-and-half cream

1. In a large skillet, sauté onion in butter until tender. Remove from the heat; add cooked potatoes.
2. In a bowl toss cheese with flour, salt and pepper; add to potatoes and onions in skillet and blend well.
3. In a bowl combine the eggs and cream; mix well. Stir into the potato mixture.
4. Spoon into a greased 9-inch square baking dish. Bake uncovered at 350 degrees for 20 – 30 minutes until golden brown. Cool for 5 minutes; cut into squares. Serves 9.



