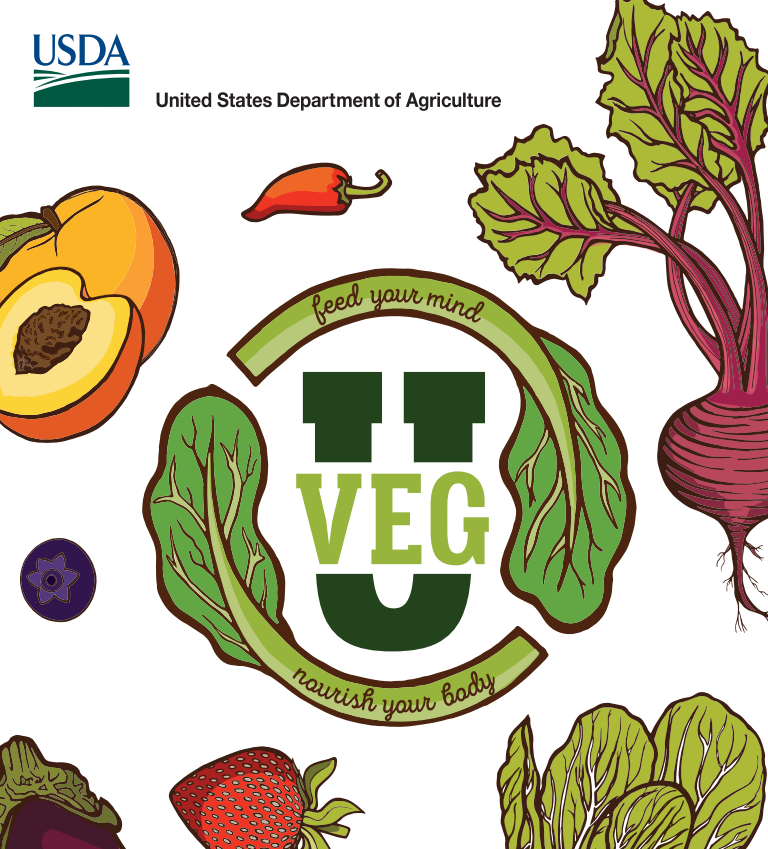




United States Department of Agriculture



2019 RECIPE BOOK

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VegU is a popular fruit and vegetable education program launched at the USDA Farmers Market in 2016. Visitors to the market can receive a “VegU-cation” and learn how to grow, pick, prepare, and store fruits and vegetables by attending short 10-minute classes in the VegU tent each week.



The recipes in this book were featured at the VegU tent during the 2019 season. They are simple, quick, and universally appealing.

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LEMON ALMOND GREEN BEANS

Yields 6 servings

Prep Time: 10 minutes | Cook Time: 10 minutes | Total Time: 20 minutes

2 Tbsp extra-virgin olive oil, divided

1 ½ lbs green beans, trimmed

½ cup raw almonds

1 Tbsp fresh lemon juice

1 clove garlic

salt and pepper, to taste

1. Preheat oven to 400°F.
2. Toss the green beans with 1 tablespoon of olive oil, salt and pepper on a sheet pan. Roast the beans for about 10 minutes, or until tender-crisp.
3. While the beans are cooking, combine the almonds, lemon juice, garlic, and remaining olive oil in a food processor and pulse until roughly chopped. Season to taste with salt and pepper.
4. Transfer the green beans to a serving platter and top with the almond crumble before serving

Recipe adapted from © HelloVeggie.Co





Homemade Fruit and Herb Tea

Yields 6 Servings

Prep Time: 1 hour | Steep Time: 5 minutes | Total Time: 1 hour and 5 minutes

- 1 (3 in.) piece of fresh ginger, finely chopped
- 1 cup fresh sage
- 1 cup fresh mint leaves, packed
- 1 cup dried apricots, chopped
- zest of 2 lemons
- zest of 2 oranges

1. Preheat the oven to 250°F.
2. Toss lemon zest, orange zest, ginger, and sage together and place on a large parchment paper-lined baking sheet. Scatter mint on a second large parchment paper-lined baking sheet.
3. Bake both sheets, stirring occasionally, until mint (10-15 minutes) and ginger mixture (45 minutes) are both dried out. Set aside to cool completely.
4. Crumble mint into a medium bowl and add ginger mixture and dried apricots. Toss together.
5. To serve, steep 2 Tbsp. of the mixture with 1 c. of hot water for 3-5 minutes. Strain and drink.

Recipe adapted from © WholeFoodsMarket.com





Asparagus with Tomato and Feta

Yields 4 servings

Prep Time: 5 minutes | Cook Time: 5 minutes | Total Time: 10 minutes

1 bunch asparagus
1 ½ cup grape tomatoes, halved
1 Tbsp. olive oil
1 Tbsp. balsamic vinegar
1 oz. Feta cheese, crumbled
salt and pepper to taste

1. Wash asparagus thoroughly and cut bottom two inches off of each stalk.
2. Heat olive oil in a large skillet over medium heat.
3. Add asparagus and tomatoes to the oil and sauté for at least 3 minutes or until asparagus is lightly browned, stirring frequently.
4. Remove from pan and top with balsamic vinegar, salt, pepper, and crumbled Feta.
5. Serve immediately.





Honey Blueberry Sauce

Yields 8 servings

Cook Time: 10 minutes

4 cup fresh blueberries

2 Tbsp. water

$\frac{1}{4}$ cup honey

$\frac{1}{2}$ tsp cinnamon

1. Bring water and blueberries to a boil in a small saucepan over high heat. The berries will release juice as they heat.
2. Reduce heat and simmer for 4-5 minutes, or until you reach a consistency that you like.
3. Stir in honey and cinnamon. Enjoy immediately or let cool.
4. Store leftover sauce in a sealed container in the refrigerator.





RAW DATE BROWNIES

Yields 8 servings

Prep Time: 10 minutes | Total Time: 10 minutes

- 1 cup walnuts
- 10 large Medjool dates, pitted and chopped
- 3 tbsp cocoa powder
- 1 tbsp honey
- 1 tsp vanilla
- 1-3 tsp water

1. Place walnuts in the food processors and pulse until finely ground.
2. Add the remaining ingredients, without the water, pulse until well combined.
3. Add water as needed to help combine the mixture.
4. Slice and serve or refrigerate to help them firm.





No Churn Grape Sorbet

Yields 4 servings

Prep Time: 5 minutes | Freeze Time: 4 hours | Total Time: 4 Hours, 5 Minutes

3 cups seedless green grapes, frozen

1 Tbsp. fresh mint

3 Tbsp. corn syrup

2 tsp. lemon juice

1 pinch coarse salt

1. Place all ingredients in a food processor or blender.
2. Puree until smooth.
3. Pour mixture through a sieve or mesh strainer.
4. Freeze until firm, about four hours.





Mango Yogurt Popsicles

Yields 14 servings

Prep Time: 10 minutes

3 cups plain or vanilla yogurt (omit honey if using vanilla)
4-5 mangos, ripe, peeled and cut (or 20 oz. frozen mango)
¼ cup - ½ cup honey

1. Combine all ingredients in a blender until you achieve a smoothie-like consistency.
2. Taste and add additional honey if desired.
3. Pour mixture into popsicle molds or small paper/plastic cups. If using cups, cover the open end with foil and insert a popsicle stick through the foil (this will keep the stick upright). Alternatively, freeze the cups for 1 hour so that the mixture is somewhat frozen (but not fully frozen) before adding sticks.
4. Place in freezer until fully frozen, about 4 hours.
5. When ready to eat, dip the bottom of the mold/cup in luke-warm water for 10-20 seconds in order to remove the popsicle.





WARM SPICED OLIVES

Yields 6 servings

Prep Time: 5 minutes | Cook Time: 5 minutes | Total Time: 10 minutes

1 ½ lbs unpitted castelvetro olives

6 Strips of lemon zest from 1 lemon

1 ½ teaspoons fennel seeds

4 dried bay leaves

1 cup extra-virgin olive oil

½ teaspoon of cayenne or aleppo pepper

1. Toast fennel seeds in a large skillet over medium heat, stirring occasionally, until fragrant for about 3 minutes.
2. Add lemon zest, bay leaves, olives, oil, and pepper.
3. Cook for about 3 to 5 minutes until olives are warmed through. Transfer to serving bowl and serve warm.





Peachy Ginger Soup

Yields 6 servings

Cook Time: 30 minutes

3 ½ lbs. fresh peaches, peeled, pitted,
and chopped (about 10 standard peaches)

1 tsp. ground ginger

1 ⅓ cups heavy cream

2 Tbsp. apple juice

1. Puree the peaches and ginger together in a food processor or blender.
2. Stir in heavy cream and apple juice.
3. Chill the mixture for at least a half hour, and serve cold.





SWEET PEPPER HUMMUS

Yields 4-6 servings

Prep Time: 10 minutes

½ cup Sweet Peppers

2 clove garlic, minced

1 (15 ounce) can garbanzo beans, drained

1/3 cup lemon juice

1/3 cup tahini

Salt and Pepper to taste

1. In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth.
2. Add sweet peppers; process until the peppers are finely chopped. Season with salt and pepper.
3. Transfer hummus to small bowl, cover and chill until you are ready to serve.





Pistachio Pesto

Yields 6 servings

Prep Time: 5 minutes

- ⅓ cup pistachios, shelled
- 3 cups fresh basil leaves, lightly packed
- ½ cup fresh parmesan, grated
- 3 cloves garlic
- 1 tsp sea salt
- ½ tsp. black pepper, freshly cracked
- ½ cup olive oil

1. In a food processor or blender, pulse the basil, Parmesan, pistachios, garlic, salt and pepper together until finely-chopped.
2. With the food processor or blender still running, slowly drizzle in the olive oil until it is completely combined. Pause the food processor or blender and scrape down the sides, then pulse again until the mixture is smooth.
3. Serve immediately. Or refrigerate in a sealed container for up to 3 days, or freeze for up to 3 months





Raspberry Lemon Parfaits

Yields 3-4 servings

Prep Time: 10 minutes

- 2 cups plain Greek yogurt
- 1 Tbsp chia seeds or ground flaxseed
- 2 Tbsp lemon juice
- 2 tsp lemon zest, grated
- ¼ cup honey
- 1 tsp vanilla extract
- 1 cup fresh raspberries

1. Combine the first six ingredients.
2. Layer half of the yogurt mixture into four small parfait glasses or custard cups. Top with half of the berries.
3. Repeat layering until you run out of yogurt mixture or berries.





Spinach Coconut Curry

Yields 3-4 servings

Prep Time: 5 minutes | Cook Time: 10 minutes | Total Time: 15 minutes

1 can coconut-based milk substitute

1 can chickpeas

5-6 handfuls fresh spinach

2 cloves garlic, minced

2 Tbsp red curry paste

½ Tbsp. cornstarch, dissolved in 2 Tbsp cold water

olive oil, salt, and pepper

1. Heat 1 Tbsp olive oil in medium saucepan over medium heat. Add garlic and sautee for 1 minute.
2. Add coconut milk, chickpeas, and curry paste to the pan. Simmer for 5-8 minutes.
3. Bring to a boil and add cornstarch mixture and spinach. Boil for 1-2 minutes, adding salt and pepper if desired.
4. Reduce heat and let cool slightly before eating.





Strawberry Salsa

Yields 4-6 servings

Prep Time: 15 minutes

- 1 pint strawberries, hulled, finely diced
- 1 jalapeño, stem and seeds removed, finely diced
- ½ cup red onion, finely diced
- ⅓ cup cilantro, loosely packed, finely chopped
- 2 Tbsp lime juice
- 1 pinch of salt
- 1 pinch of pepper

1. Toss all ingredients together until combined.
2. Season with extra salt and pepper, if desired.

*If you would like a sweeter salsa, warm 1-2 Tbsp. of honey in the microwave and stir in.





Baked Sweet Potato Chips

Yields 4 servings

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 Minutes

4 sweet potatoes

1 Tbsp olive oil

1 ½ tsp chili powder

½ tsp salt

⅛ tsp seasoned salt to taste

1. Preheat oven to 425°F. Cut 4 sweet potatoes into thin slices
2. Combine 1 Tbs of olive oil, 1 ½ teaspoons chili powder, ½ teaspoon salt, and a dash of seasoning salt in a bowl. Add sweet potatoes; toss gently to coat.
3. Cover a lightly oiled nonstick baking sheet with a single layer of potatoes. Roast for 20 minutes, turning once, until golden and tender. After roasting, broil on each side for 1 minute.
4. Serve with ketchup or mayonnaise-based sauce for dipping.





Tomato Salad

Yields 2-3 servings

Prep Time: 5 minutes

1 cup cherry tomatoes, halved

1 clove garlic, minced

5 basil leaves, chopped

2 tsp balsamic vinegar

1 Tbsp olive oil

salt and pepper to taste

1. Combine tomatoes, garlic, basil, Balsamic vinegar and olive oil in a large bowl. Toss together to combine and coat. Add salt and pepper to taste.
2. Serve immediately or store in the refrigerator and let reach room temperature before serving.





Watermelon Fresca

Yields 4-6 servings

Prep Time: 10 minutes

- 1 (6 lb) seedless watermelon, cut into 2 in. pieces
- 1 Tbsp lime juice
- 1 Tbsp agave nectar or honey
- ice cubes for serving

1. In a blender, combine half of the watermelon and 1 cup cold water and blend until smooth. Pour through a strainer into a pitcher and discard solids.
2. Repeat with remaining watermelon and 1 cup cold water.
3. Stir in lime juice and agave nectar. Refrigerate for at least 1 hour.
4. Served well-chilled over ice.



**The USDA Farmers Market operates
every Friday from 9 a.m. to 2 p.m.
from May to October on the corner of
12th Street and Independence Ave.
SW in Washington, D.C.**