



Cheeseburger Lettuce Cups

Yield: 4-6 servings



INGREDIENTS



- 1 tablespoon butter or ghee



- 1/2 onion, diced



- 1 clove garlic, minced



- 1 pound ground beef



- 1/3 cup cheese, grated



- Salt & pepper, to taste



- 6-12 lettuce leaves



- Your favorite burger toppings

MARKET SHOPPING LIST

☐ BUTTER/GHEE

- Brunkow Cheese/Baked Cheese Haus
- Gai Ghee Butter

☐ BEEF

- Finn's Ranch

☐ LETTUCE

- Jacobson Family Farms
- Nichols Farm & Orchard

☐ TOPPINGS & CONDIMENTS

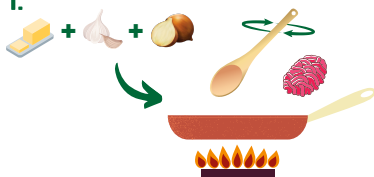
- Bushel & Peck's
- River Valley Ranch

☐ CHEESE

- Brunkow Cheese/Baked Cheese Haus
- J2K Capraio

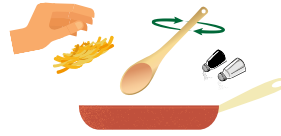


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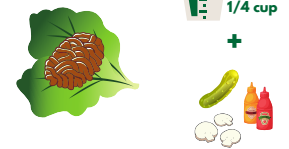
In a pan, melt butter and sauté onions and garlic until fragrant, about 3-5 minutes. Add ground beef and cook until browned.

2.



Remove from heat, season with salt and pepper, and add cheese. Stir until cheese is melted and well-combined.

3.



Lay 1-2 lettuce leaves on a plate. Place about 1/4 cup of beef mixture on top of the leaf. Top with your favorite toppings. Fold and enjoy!



Muffin Tin Frittata

Yield: 12 servings



INGREDIENTS



- Olive Oil



- 1 dozen eggs



- 12 teaspoons milk



- Salt and pepper, to taste

MARKET SHOPPING LIST

☐ EGGS

- Ellis Family Farms
- Jacobson Family Farms
- Nichols Farm & Orchard
- Finn's Ranch
- Joe's Blues

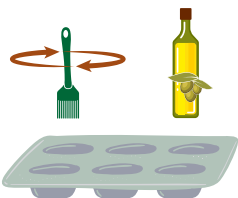
OPTIONAL ADDITIONS

You can add any chopped veggies or herbs you like to customize your egg cups. We love asparagus, broccoli, chives, and basil.

You can also add shredded cheese, chopped bacon, or sausage.



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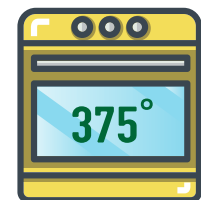
Brush the inside of each muffin cup liberally with olive oil.

2.



Crack 1 egg into each muffin cup. Add 1 teaspoon of milk to each cup. Season with salt and pepper. Use a fork to mix each egg until no streaks remain.

3.



Add any optional additions from the suggestions above. Bake in a 375° oven for 15-20 minutes.



Mac 'n' Cheese with Swiss Chard

Yield: 6 servings



INGREDIENTS



- 2 tablespoons butter or ghee



- 2 tablespoons flour



- 1 1/4 cups milk or unsweetened soy milk



- 1 bunch swiss chard



- 1 cup cheese, grated



- Salt and pepper, to taste



- 2 cups cooked pasta



- Dash of nutmeg (optional)

MARKET SHOPPING LIST

☐ BUTTER/GHEE

- Brunkow Cheese/Baked Cheese Haus
- Gai Ghee Butter

☐ FLOUR

- Severson Organic Grains

☐ SOY MILK

- Phoenix Bean Tofu

☐ SWISS CHARD

- Nichols Farm & Orchard

☐ CHEESE

- Brunkow Cheese/Baked Cheese Haus
- J2K Capraio

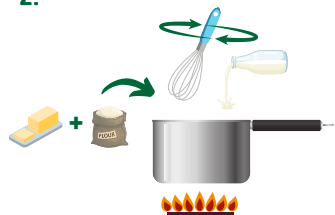


1.



Remove chard leaves from the stem and roughly chop. Set aside. Slice the chard stems in 1/4" pieces.

2.



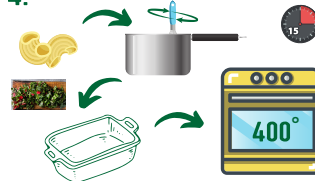
Melt butter in a saucepan and whisk in flour until smooth. Slowly add milk, whisking constantly.

3.



Add Swiss chard stems and cheese by small handfuls stirring until cheese is melted. Add seasonings and combine. Once cheese is melted, remove saucepan from heat.

4.



Gently fold in cooked pasta and Swiss chard leaves. Place cooked pasta mixture in a baking pan and bake in a 400° oven until bubbly, about 15 minutes.



Asparagus Dippers with Dairy-Free Ranch

Yield: 3/4 cup



INGREDIENTS



- 1 bunch asparagus, ends trimmed



- 1/2 cup mayonnaise



- 1/4 cup soy milk



- 1 teaspoon vinegar



- 1 bunch dill, chopped



- 1 bunch scallion greens, finely chopped



- 1 clove garlic, minced



- 1 teaspoon onion powder

MARKET SHOPPING LIST

☐ ASPARAGUS

- Ellis Family Farms
- Frillman Farms
- Iron Creek Farm
- Mick Klüg Farm
- Nichols Farm & Orchard
- Wholesome Harvest

☐ SOY MILK

- Phoenix Bean Tofu

☐ DILL

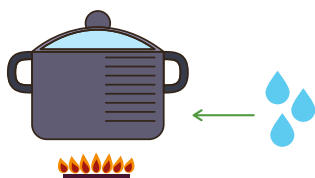
- Smits Farm

☐ SCALLIONS

- Nichols Farm & Orchard



1.



In a large pot, bring 1-2 inches of water to a slow boil.

2.



Add a steamer basket and asparagus to the pot. Cover and steam until asparagus can be easily pierced with a fork, about 3-5 minutes. Remove from pot and cool.

3.



FOR THE RANCH DIP

Combine all other ingredients in a bowl. Taste and add salt, if needed.



Skillet Rhubarb Crisp

Yield: 4-6 servings




INGREDIENTS

TOPPING

-  1 cup all purpose flour
-  1 cup old fashioned rolled oats
-  1 cup packed brown sugar
-  ½ teaspoon of cinnamon
-  ½ teaspoon nutmeg
-  Pinch of salt
-  8 Tablespoons unsalted butter, melted

FILLING

-  4 cups rhubarb, trimmed and chopped
-  ¾ cup granulated or raw sugar
-  1 teaspoon vanilla extract
-  2 tablespoons cornstarch
-  Pinch of salt

MARKET SHOPPING LIST

□ FLOUR & OATS

- Severson Organic Grains/Quality Organic

□ RHUBARB

- Ellis Family Farms
- Frillman Farms
- Mick Klüg Farm
- Nichols Farm & Orchard
- Wholesome Harvest

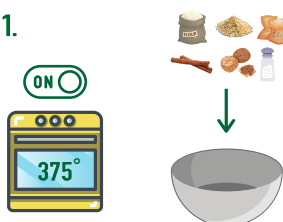
NOTES

RHUBARB LEAVES

Rhubarb leaves are inedible and toxic. Take care to remove all leaves from the stalk before cooking.

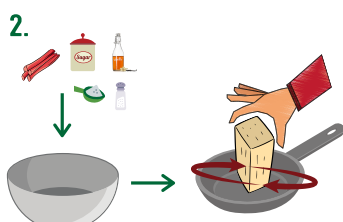
Even though the leaves of rhubarb cannot be eaten, they are safe to compost.

1.



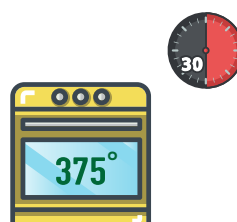
Preheat oven to 375. In a medium bowl, combine all of the dry ingredients for the topping. Slowly add in the melted butter, mixing until all dry ingredients are moistened. Set aside.

2.



Butter a 10 inch cast iron skillet and set aside. In a medium bowl combine all of the ingredients for the filling. Pour into prepared skillet.

3.



Top the rhubarb mixture with the oat topping. Bake 30-35 minutes or until rhubarb is completely tender.

4.



Cool slightly before serving. Top with ice cream or whipped cream, if you like.



Strawberry Salsa

Yield: Approximately 3 cups



INGREDIENTS

-  1 pound tomatoes, diced
-  1 bunch scallions, finely chopped
-  1 pint strawberries, diced
-  1 small handful basil, finely chopped
-  Juice of 1-2 limes
-  Salt and pepper to taste
-  1 jalapeño, seeded and diced (optional)

MARKET SHOPPING LIST

□ SCALLIONS

- Jacobson Family Farms

□ TOMATOES

- Iron Creek
- Nichols Farm & Orchard

□ BASIL

- Smits Farm

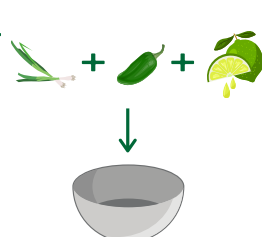
□ STRAWBERRIES

- Ellis Family Farm
- Iron Creek Organic Farm
- Mick Klüg Farm
- Nichols Farm & Orchard

NOTES

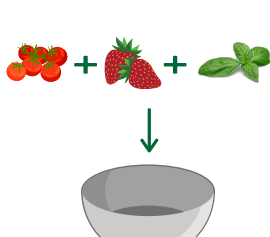
Traditionally, pico de gallo is made with cilantro. We used basil in this recipe to enhance the sweetness of the strawberries; however, would also be lovely with cilantro or mint! For an extra flavor boost try adding a tablespoon of balsamic vinegar!

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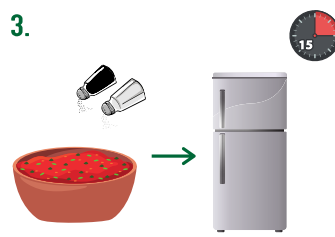
In a medium bowl, combine the scallion, jalapeño (if using), and lime juice. Let it marinate while you chop the tomatoes, strawberries, and basil.

2.



Add the diced tomatoes, strawberries, and basil to the bowl. Stir gently to combine.

3.



Taste and season with salt and pepper. Let the mixture marinate for at least 15 minutes in the refrigerator.

4.



Serve with chips. Strawberry salsa keeps well in the refrigerator, covered, for 3-4 days.



Spring Pea Hummus

Yield: 2 cups



INGREDIENTS



- 1 pound fresh sweet peas (or thawed frozen peas)



- 1/4 cup extra-virgin olive oil



- 1 clove garlic, grated



- 1 spring onion, finely chopped



- 2 tablespoons lemon juice (1 lemon)



- Salt and pepper, to taste

MARKET SHOPPING LIST

PEAS

- Frillman Farms
- Mick Klüg Farm
- Nichols Farm & Orchard

GARLIC

- Alden Hills Organic Farm
- Froggy Meadow Farm

ONION

- Jacobson Family Farms
- Nichols Farm & Orchard

BREAD & TOAST

- Bennison's Bakery
- Bungalow by Middlebrow
- pHlour Bakery
- Urban Challah

SERVING SUGGESTIONS

Serve with bread, crackers, or your favorite veggies for dipping!



1.

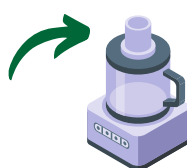
1/4 cup

1 teaspoon



Set aside 1/4 cup peas and 1 teaspoon spring onion for garnish.

2.



Place remaining peas, olive oil, garlic, remaining spring onion and lemon juice in bowl of food processor and process until smooth puree is formed, scraping down sides as necessary, about 30 seconds total.

3.



Transfer hummus to a serving bowl, sprinkle with remaining whole peas, drizzle with additional extra-virgin olive oil.



Berries 'n' Cream

Yield: 3-4 servings



INGREDIENTS



- 1 pint of strawberries, blueberries, cherries, raspberries, or a mix of all of these



- 1 cup cold heavy cream



- 1 tablespoon sugar



- 1 teaspoon vanilla extract



- Small handful of fresh herbs such as mint or basil for garnish (optional)

MARKET SHOPPING LIST

BERRIES

- Ellis Family Farms
- Jacobson Family Farms
- Joe's Blues
- Mick Klüg Farm

HERBS

- Smits Farm

HONEY

- Chicago Honey Co-Op
- Ellis Family Farms
- Growing Home
- Mint Creek Farm

MAPLE SYRUP

- Chicago Maple

OPTIONAL ADDITIONS

Drizzle a bit of honey on top for extra sweetness. Swap 1 tablespoon of maple syrup for the sugar or add a pinch of cinnamon to spice things up!



1.



Place a Mason jar in the freezer for 10 minutes before starting this recipe.

2.



1 cup

1 tablespoon

teaspoon



Once the jar is nice and cold, add cream, sugar, and vanilla extract. Secure the lid and shake vigorously for 5 minutes. You will be able to hear the cream start to form!

3.



Place some berries in a bowl and spoon whipped cream over the top. Garnish with fresh herbs if you wish or any of the additions listed above!