LEALOU COOKS

Farmers' Market Recipes

Stephanie Fazio
http://www.lealoucooks.com

Lealou Cooks
lealoucooks@gmail.com

Five Tips for a Successful Trip to the Farmers' Market

Going to the farmers' market can be fun and exciting, but it can also be overwhelming.

Where should I go first? What should I buy? Is it organic or not?

Before I get started I want to tell you why I love farmers' markets so much: most times they are the best of both worlds--local *and* organic.

Eating local *and* organic is the best option for our health.

Food doesn't travel miles and miles to get to us and although they're not always certified (*it's expensive to get certified!*), many small, local farmers do not use pesticides on their produce. You have to ask though because just because it's local, doesn't mean they don't use them.

This is also the cheapest way to get good-quality produce and you're supporting a farmer in your general vicinity instead of BIG AG (AG = Agriculture) in Mexico or California.

Local and organic is the bomb (do people still say that??).

Ok. I've compiled some tips to help make your trip to the farmers' market fun and successful:

1. Pack Bags and Cash.
This one might seem a bit obvious, but you want to make sure you pack cash! I don't carry cash very often anymore so I have to make a special trip on the way. If you can, get some smaller bills and change because the vendors might not always have change for bigger bills.

More vendors are carrying Swipe machines so you may be in luck if you only have your cards.

Don't forget your bags! Vendors will always have bags, but I find they use a lot of plastic so bring your own.

2. Walk Around First.
Before you start buying produce at the first stall you see, walk around the whole market first. Assess all of the vendors, what they're offering, how many people they have working there, where they're from and if they offer organic or pesticide-free produce.

Walking around will also give you a chance to compare various price points and figure out where you want to spend your money. It will also give you a lay-of-the-land so that the next time you walk around you will be more comfortable about approaching your vendors of choice.

3. Farmers' Market = Seasonal Produce.
Every year when I go to the market on the first weekend, I'll admit, I'm a bit disappointed. Why? Because I have it in my head that the market will be bursting with all sorts of produce and things to buy, but it's never the case.

Think of a farmers' market in the same way as you do seasonal produce: There is a time for everything.

The first weekend will likely have lots of light, leafy greens like spring mixes and mustard greens and potentially some greenhouse options, but that's about it. The earlier the season, the fewer the options.

This a good time to give you a bit of a warning: early on you might see a vendor with a big table with loads of produce that might not be in season. Some of these stall vendors buy direct from the Food Terminal and might not always be local or in season.

The food terminal is our friend of course, but it's important to ask lots of questions and try to support the smaller farmers at the market first.

4. Buy First; Search For A Recipe Later.
Farmers' Market season is the best time to try something new. If you see a weird-looking veggie get it! You can be guaranteed that Google or Pinterest will help you find a recipe for it.

This week I got wild leeks (otherwise known as ramps) in my veggie box. When I first started getting them I had no idea what they were or how to eat them. But a little search told me they're delicious in a pesto so this week I made pesto using spinach, wild leeks and parsley and served it over fish (pesto is a great way to amp up fish by the way!).

Step out of the box and try something new. In fact I challenge you to do this every week.

5. Meat, Cheese and Flowers, Oh My!
One of my favourite vendors at my local market is a woman who sells beautiful flower arrangements from La Primavera Farms in Dundas, Ontario. I try to get something from her every week or two because I love having fresh flowers in the house.

Also don't be afraid to try the fish, meats and cheeses. Again, you'll be getting the freshest options and items you won't find in a boring old grocery store. I love trying these goat cheeses from Cross Wind Farm and getting some fish for the weekend. There's also a woman in my neighbourhood who sells jarred pantry items (the chilli sauce is delicious!).

I hope you enjoy this recipe booklet!

Stephanie
LEALOU COOKS
www.lealoucooks.com

Stephanie Fazio
http://www.lealoucooks.com

Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

4 servings
40 minutes

Ingredients

1 cup Quinoa (dry)
4 Zucchini (sliced lengthwise, then quartered)
3 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (or more to taste)
2 tbsps Maple Syrup
1/4 cup Dijon Mustard
2 tbsps Tamari
1 lb Chicken Thighs (boneless)
4 cups Mushrooms (sliced)

Directions

1. Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
2. Cook quinoa according to directions on the package and set aside.
3. In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
4. In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
5. After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
6. Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
7. Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage: Refrigerate in an air-tight container up to 3 days after cooking.
More Flavour: Marinate the chicken overnight, and cook the quinoa with broth instead of water.
No Chicken: Use turkey breast, chickpeas or tofu instead.
No Zucchini: Use bell peppers, carrot, eggplant or any vegetables you have on hand.
No Quinoa: Use rice, cauliflower rice or sweet potatoes instead.

Stephanie Fazio
http://www.lealoucooks.com

Roasted Chicken with Zucchini & Olives

3 servings
1 hour 20 minutes

Ingredients

10 1/2 ozs Chicken Leg, Boneless with Skin
1/4 tsp Sea Salt
2 Zucchini (medium, sliced)
1 cup Green Olives (sliced)
1 Lemon (juiced)
3 tbsps Extra Virgin Olive Oil

Directions

1. Preheat oven to 375F° (191°C).
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.
More Carbs: Serve with rice, quinoa, or roasted potatoes.
Vegetarian/Vegan: Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

Stephanie Fazio
http://www.lealoucooks.com

Beet & Arugula Salad

4 servings
50 minutes

Ingredients

4 Beet (skin on, washed)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 1/2 tsps Raw Honey
Sea Salt & Black Pepper (to taste)
4 cups Arugula (packed)
1 Apple (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

Directions

1. Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
3. Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free: Omit the goat cheese, or use a plant-based cheese instead.
No Pumpkin Seeds: Omit or use sunflower seeds instead.
No Apple: Use a pear instead.
No Honey: Use maple syrup instead.
Save Time: Roast the beets ahead of time.

Stephanie Fazio
http://www.lealoucooks.com

Maple Roasted Rutabaga

4 servings
1 hour

Ingredients

4 cups Rutabaga (peeled and diced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Maple Syrup

Directions

1. Preheat oven to 415F° (213°C).
2. Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
3. Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
4. Remove from the oven and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.
Sugar-Free: Use your choice of fresh or dried herbs instead of maple syrup.
Rutabaga Tip: We recommend purchasing multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.

Stephanie Fazio
http://www.lealoucooks.com

Zucchini Noodle Bolognese

4 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 lb Extra Lean Ground Chicken
2 1/2 cups Tomato Sauce
4 Zucchini (large)

Directions

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

Notes

Zucchini Noodles: Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers: Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan: Use lentils instead of ground chicken.

Stephanie Fazio
http://www.lealoucooks.com

Spinach Potato Patties

4 servings
40 minutes

Ingredients

2 cups Water
2 Russet Potato (peeled, chopped)
1/4 cup Unsweetened Almond Milk
1/4 cup Avocado Oil (divided)
1/2 cup Baby Spinach (chopped)
2 tbsps Nutritional Yeast (plus additional for garnish)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Parsley (chopped)

Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add in the almond milk, half of the avocado oil, spinach, nutritional yeast, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop in 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown.
3. Remove from the skillet. Top with parsley and nutritional yeast. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.
Serving Size: One serving is equal to two potato patties.
More Flavor: Add additional spices such as onion powder or chilli powder.

Stephanie Fazio
http://www.lealoucooks.com

Sesame Roasted Green Beans

3 servings
25 minutes

Ingredients

- **2 cups** Green Beans (trimmed)
- **2 tbsps** Tamari
- **2 tbsps** Sesame Oil
- **2 tbsps** Sesame Seeds

Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment.
2. Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
3. Remove from oven and enjoy!

Notes

Likes it Spicy: Sprinkle with chili flakes after roasting.

Stephanie Fazio
http://www.lealoucooks.com

Portobello Veggie Burgers with Goat Cheese

2 servings
25 minutes

Ingredients

1 cup Red Onion (sliced)
1 Zucchini (sliced into rounds)
1 Yellow Bell Pepper (sliced into strips)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
12 ozs Portobello Mushroom Caps
1 cup Lentils (cooked, drained and rinsed)
1/2 cup Goat Cheese (or feta)
1 cup Mixed Greens

Directions

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
3. Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
4. Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan: Skip the goat cheese and use pesto instead.
Meat Lover: Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.

Stephanie Fazio
http://www.lealoucooks.com

Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings
45 minutes

Ingredients

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
10 ozs Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

Directions

1. Cook the brown rice according to the directions on the package.
2. About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
3. Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
4. Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.
Leftovers: Keeps well in the fridge for 2-3 days.
No Capers: Use olives instead.

Stephanie Fazio
http://www.lealoucooks.com

Summer Salad with Grapefruit Vinaigrette

4 servings
20 minutes

Ingredients

4 cups Arugula
1/2 cup Strawberries (sliced)
1/2 cup Raspberries
1/2 cup Blueberries
1/2 cup Pecans (toasted)
1 Avocado (peeled and diced)
1/4 cup Basil Leaves (chopped)
1/2 Grapefruit (juiced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar

Directions

1. Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
2. Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Stephanie Fazio
http://www.lealoucooks.com

Spring Vegetable Pasta Salad

4 servings
30 minutes

Ingredients

- **1 cup** Basil Leaves (chopped)
- **2 cups** Kale Leaves
- **1** Lemon (juiced)
- **1** Garlic (clove, chopped)
- **1/2 cup** Extra Virgin Olive Oil
- **1/2 tsp** Sea Salt
- **1/2 cup** Sunflower Seeds
- **2 cups** Asparagus
- **1 cup** Frozen Peas (thawed)
- **1 cup** Radishes (sliced into rounds)
- **4 cups** Brown Rice Fusilli, Cooked

Directions

1. Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
2. Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
3. Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein: Add grilled chicken or roasted chickpeas.

Stephanie Fazio
http://www.lealoucooks.com

BBQ Farmer's Market Salad with Sunbutter Dressing

4 servings
20 minutes

Ingredients

1 Zucchini (sliced into rounds)
2 cups Purple Cabbage (sliced into steaks with the stem intact)
2 ears Corn on the Cob (husked and soaked)
2 tbsps Sunflower Seed Butter
1/4 cup Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
1/4 cup Sunflower Seeds

Directions

1. Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
2. Place corn and cabbage on the grill. Close the grill and cook for 15 to 20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
3. Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
4. In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
5. Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter: Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage: Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini: Use asparagus, bell pepper or eggplant instead.

More Protein: Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.