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FARMERS MARKET FRESH:
SEASONAL COOKING



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SWEET AND SAVORY CROSTINI

INGREDIENTS

Crostini (for 6 servings, 12 crostini):

- 1 French baguette
- 3 tablespoons olive oil

Sweet Topping (for 6 servings, 12 crostini):

- 1 (15 oz) container whole milk ricotta cheese
- $\frac{1}{4}$ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 lb fresh strawberries
- 1 (12 oz) bag mini semi-sweet chocolate chips
- 1 (12 oz) bottle honey

Savory Topping (per serving, 2 crostini):

- 3-4 cherry tomatoes
- 2-3 basil leaves
- 1 teaspoon balsamic vinegar
- 1 tablespoon olive oil
- 1 pinch of salt



DIRECTIONS

- **Crostini:** Heat a griddle pan to low/medium.
- Slice the baguette into 12 equal pieces and brush 1 side of each slice with olive oil.
- Place the oiled slices on the griddle for about 2 minutes, until slightly golden and crisp. Allow slices to cool for a moment before handling.
- **Savory topping:** Quarter the tomatoes and thinly slice the basil, then add both to a large mixing bowl.
- In another bowl, mix a spoonful of balsamic vinegar with 2-3 spoonfuls of olive oil.
- Sprinkle salt over half of the toasted crostini and spoon on savory topping, drizzling with more balsamic and/or olive oil if desired.
- **Sweet topping:** In a large bowl, use an electric mixer to combine ricotta, powdered sugar, and vanilla until smooth. Spread sweet topping onto remaining crostini.
- Finely dice your strawberries and spoon on top of the sweet topping, sprinkle with chocolate chips, and add an optional drizzle of honey.
- Enjoy!



GREEK FLATBREADS WITH TZATZIKI

INGREDIENTS

Naan Dough (per serving, 1 flatbread):

- ¼ cup all-purpose flour
- ½ tablespoon baking powder
- ⅛ teaspoon salt
- ¼ cup plain whole-milk Greek yogurt

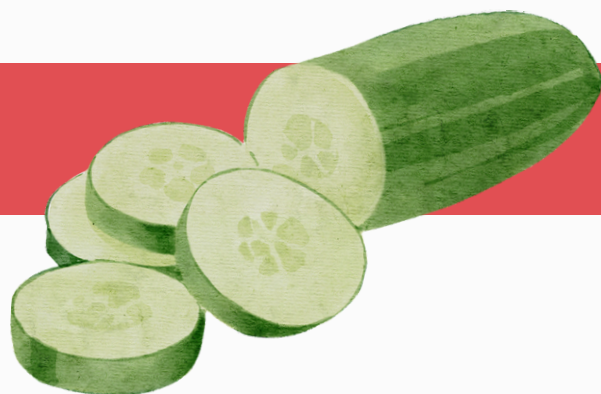
Garlic Butter (for 6 servings, 6 flatbreads):

- 1 stick unsalted butter, melted
- 1 clove of garlic, minced
- 1 teaspoon Italian seasoning

Tzatziki Sauce (per serving, 1 flatbread):

- 2 tablespoons plain whole-milk Greek yogurt
- 1, 2 inch long piece of English cucumber
- 1 sprig fresh dill
- 1 lemon wedge (⅓ of a lemon)
- 1 teaspoon olive oil
- 1 pinch of salt
- 1 pinch of pepper

Non-stick cooking spray



DIRECTIONS

- **Dough:** In a small bowl, have your child combine the dough ingredients. Stir until a dough ball forms. It may seem dry at first, just keep mixing until it comes together.
- Move the dough to a lightly floured cutting board and knead for 1–2 minutes. Shape into a ball and set aside to rest for 10–15 minutes.
- **Garlic butter:** Finely mince the garlic and add to a small sauce pan with butter and Italian seasoning.
- Start to melt slowly on low heat.
- **Tzatziki:** Finely chop the cucumber and dill, add them to a small bowl.
- Add Greek yogurt, a squeeze of lemon, a drizzle of olive oil, a pinch of salt, and a dash of pepper to the bowl of cucumber and dill. Stir well and set aside.
- **Naan:** Once the dough has rested, roll it out into a thin oval (roughly the size of a paper plate). Dust the surface with flour as needed. The shape doesn't have to be perfect, but it should be thin enough to cook evenly.
- Heat an electric griddle to medium–high and spray with nonstick cooking spray. Cook the flatbread for 2–3 minutes per side, until golden brown.
- Brush the warm flatbreads with the garlic butter using a pastry brush.
- Serve with the tzatziki sauce on the side.
- Enjoy!



GREEK BOWLS

INGREDIENTS

Bowls (for 6 servings, 6 bowls):

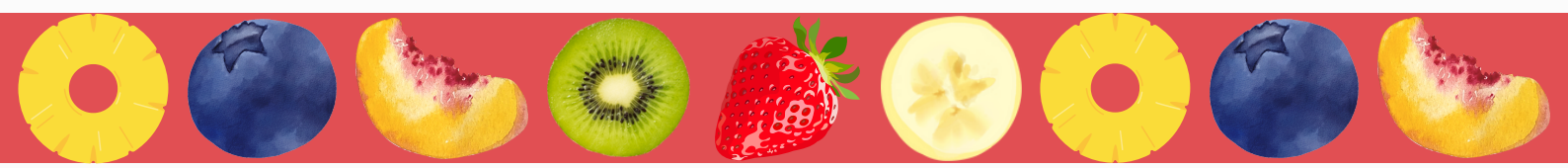
- 1 (2.25 oz) can sliced black olives
- 1 (14 oz) can chickpeas
- 1 pint cherry tomatoes
- 1 head iceberg lettuce
- 1 (8 oz) container of plain hummus
- 1 (12 oz) container crumbled feta cheese



DIRECTIONS

- Open all canned items, drain, and rinse along with the other vegetables.
- Shred the head of lettuce.
- Chop the cherry tomatoes as desired.
- Assemble your bowl starting with lettuce as the base, followed by chickpeas, tomatoes, olives, a scoop of hummus, and a sprinkle of crumbled feta.
- Serve along side Greek flatbreads with Tzatziki sauce.
- Enjoy!

FRUIT PIZZAS



INGREDIENTS

Naan Dough (per serving, 1 pizza):

- ¼ cup all-purpose flour
- ½ tablespoon baking powder
- ⅛ teaspoon salt
- ¼ cup plain whole-milk Greek yogurt

Non-stick cooking spray

Chocolate Whipped Cream (for 6 servings, 6 pizzas):

- ½ pint (1 cup) heavy whipping cream
- ¼ cup powdered sugar
- ½ teaspoon vanilla extract
- 2 tablespoons unsweetened cocoa powder

Fruit Topping (for 6 servings, 6 pizzas):

- 2 ripe bananas
- 2 ripe kiwis
- 1 lb fresh strawberries
- 1 pint fresh blueberries
- 1 (15 oz) can sliced peaches
- 1 (15 oz) can pineapple rings

DIRECTIONS

- **Dough:** In a small bowl, have your child combine the dough ingredients. Stir until a dough ball forms. It may seem dry at first, just keep mixing until it comes together.
- Move the dough to a lightly floured cutting board and knead for 1–2 minutes. Shape into a ball and set aside to rest for 10–15 minutes.
- **Whipped cream:** In a large bowl, combine whipped cream ingredients. Use an electric mixer starting on low, then increasing to high, until stiff peaks form. Set aside in the refrigerator.
- **Fruit topping:** Cut the fruit as desired. Set aside.
- **Naan:** Once the dough has rested, roll it out into a thin oval (roughly the size of a paper plate). Dust the surface with flour as needed. The shape doesn't have to be perfect, but it should be thin enough to cook evenly.
- Heat an electric griddle to medium–high and spray with nonstick cooking spray. Cook the flatbread for 2–3 minutes per side, until golden brown.
- **Decorate:** Once cooled, spread your chocolate whipped cream over the flatbread and decorate with fruit of your choice.
- Enjoy!



VEGGIE CHILI WITH CORNBREAD



INGREDIENTS

Vegetarian Chili (for 6 servings):

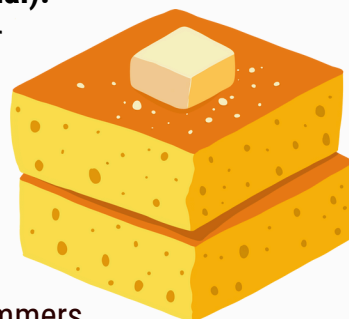
- 1 ½ tablespoons olive oil
- ½ red onion, chopped
- ½ red bell pepper, chopped
- 1 zucchini, chopped
- 1 celery stalk, chopped
- ¼ teaspoon salt
- 2 cloves of garlic, minced
- ½ tablespoon chili powder
- ½ teaspoon ground cumin
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can black beans
- ½ (15 oz) can pinto beans
- 1 cup vegetable broth
- 1 tablespoon chopped cilantro
- ½ teaspoon lime juice

Cornbread (per serving, 2 muffins):

- ½ tablespoon unsalted butter, melted
- 1 tablespoon whole milk
- 1 tablespoon liquid egg whites
- ½ tablespoon sour cream
- 1 tablespoon yellow cornmeal
- 1 tablespoon all-purpose flour
- ½ tablespoon granulated sugar
- ⅛ teaspoon baking powder
- 1 pinch of baking soda
- 1 pinch of salt

Topping (per serving, optional):

- 1 tablespoon unsalted butter
- 1 drizzle of honey

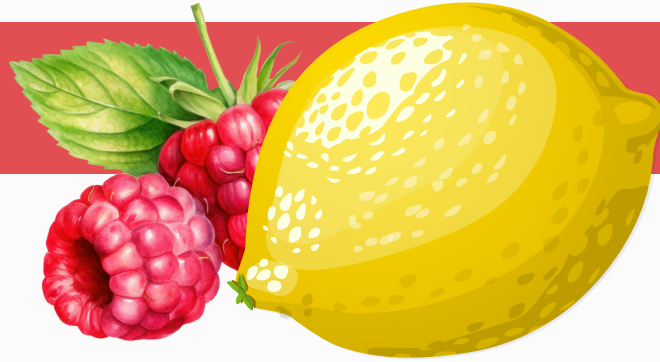


DIRECTIONS

- **Chili:** Heat a large pot over medium heat with a drizzle of olive oil until it shimmers.
- Mince the onions, dice peppers, celery, and zucchini, then add them to the pot with about ¼ tsp salt. Stir occasionally until soft, 7–10 minutes. Stir in garlic, chili powder, and cumin, and cook for another minute.
- Add diced tomatoes with their juices, drained black beans, pinto beans, and vegetable broth. Stir well, bring to a gentle simmer, and cook uncovered for about 30 minutes, stirring occasionally.
- **Cornbread:** In a large bowl, combine melted butter, milk, egg white, and sour cream. In another, mix cornmeal, flour, sugar, baking powder, baking soda, and salt. Gradually stir dry ingredients into the wet until combined.
- Spoon the batter into muffin liners, filling each about $\frac{2}{3}$ full, and bake in a cupcake maker for 8 minutes. Let cool for 5 minutes before removing.
- **Chili:** Finish by stirring in cilantro, lime juice, and salt to taste.
- Serve with cornbread muffins, topped with a slice of butter and an optional drizzle of honey.
- Enjoy!



LEMON RASPBERRY CUPCAKES



INGREDIENTS

Cupcakes (for 6 servings, 12 cupcakes):

- 1 ½ cups all-purpose flour
- 1 ¼ teaspoons baking powder
- ½ teaspoon salt
- 4 tablespoons unsalted butter, softened
- ¾ cups granulated sugar
- 2 eggs
- 1 ½ teaspoons vanilla extract
- ½ cup whole milk
- ⅓ cup lemon juice
- Zest of 2 lemons

Raspberry Jam Filling (per serving, 2 cupcakes):

- 1/4 cup raspberries, frozen
- 1 teaspoon chia seeds
- 1 teaspoon granulated sugar

Frosting (for 6 servings, 12 cupcakes):

- 2 sticks unsalted butter, softened
- 2-2 ½ cups powdered sugar
- ¼ cup heavy whipping cream, room temperature
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt

Non-stick cooking spray

DIRECTIONS

- **Cupcakes:** In a large bowl, cream the butter and sugar with an electric mixer until light and fluffy, about 2–3 minutes. Then add eggs, vanilla, and milk.
- In another bowl, combine the flour, baking powder, and salt. Gradually mix the dry ingredients into the wet, until fully combined.
- Zest the lemons into a small bowl, then add the zest to the batter. Cut the lemons in half, squeeze out ⅔ cup of juice, and stir it into the batter until smooth.
- Preheat a cupcake machine, spray with nonstick spray, and bake the cupcakes until a toothpick inserted in the center comes out clean. Let them cool completely.
- **Jam:** Mash the raspberries with a fork, stir in the chia seeds and sugar. Set aside to thicken.
- **Frosting:** In a large bowl, beat the butter until light and creamy, about 2–3 minutes. Add the cream, vanilla, and salt, then gradually mix in the powdered sugar, one cup at a time.
- **Fill cupcakes:** Once cooled, cut a small hole in the center of each cupcake, about an inch deep, and fill with the chia jam.
- Spoon the frosting into a ziplock bag, snip off one corner, and pipe it onto the cupcakes.
- Enjoy!



FETTUCCINE WITH TOMATO SAUCE

INGREDIENTS

Fresh Tomato Sauce (per serving):

½ clove of garlic
10 cherry tomatoes
2 large basil leaves
2 tablespoons olive oil
¼ teaspoon salt
1 pinch of black pepper

Fettuccine (per serving):

½ cup + 2 tablespoons all-purpose flour
½ teaspoon salt
1 teaspoon olive oil
1 egg



DIRECTIONS

- **Pasta:** In a large bowl, mix flour and salt with a fork, then make a well in the center.
- Crack an egg into a separate small bowl, then pour it into the well and add 1 tsp olive oil.
- Use a fork to scramble the egg, then gradually mix in the flour until it forms a lumpy, sticky dough.
- Turn the dough out onto a floured surface and knead for about 10 minutes until it's smooth and springy.
- Place the dough in a ziplock bag and let it rest for about 30 minutes.
- **Sauce:** Quarter the cherry tomatoes, mince the garlic, and thinly slice the basil. Add to a bowl with a pinch of salt, a crack of pepper, and a drizzle of olive oil. Use your hands to crush the tomatoes slightly and mix everything together. Set aside.
- **Pasta:** Sprinkle flour on a cutting board and use a rolling pin to roll the dough out into a long, thin sheet, lifting it every few rolls to keep it from sticking.
- Use a knife to cut the dough into long, thin noodles.
- Bring a pot of water to boil and cook the noodles for 3–4 minutes until tender.
- Serve your pasta topped with the fresh tomato sauce, and add parmesan if desired.
- Enjoy!



CINNAMON ROLLS



INGREDIENTS

Cinnamon Roll Dough (per serving, 3 rolls):

- ¼ cup of all-purpose flour
- ½ teaspoon baking powder
- 1 pinch of salt
- 3 tablespoon + 1 teaspoon Greek yogurt

Filling (per serving, 3 rolls):

- 1 ½ tablespoons granulated sugar
- 1 ½ tablespoons unsalted butter, melted
- 1 ¼ teaspoons cinnamon

Glaze (per serving, 3 rolls):

- 2 tablespoons cream cheese, softened
- 1 tablespoon unsalted butter, melted
- ¼ teaspoon vanilla extract
- ¼ cup powdered sugar

Non-stick cooking spray

DIRECTIONS

- **Dough:** In a large bowl, mix together flour, baking powder, and salt. Add yogurt and stir until a shaggy dough forms.
- Turn the dough out onto a lightly floured surface and knead for about 2 minutes until smooth. Place it in a bowl to rest.
- **Filling:** Melt the butter over low heat. In a small bowl, combine sugar, 1 ½ tbsp melted butter, and cinnamon to make the filling. Set aside.
- **Dough:** Lightly flour a surface and roll the dough into a long rectangle. Spread the cinnamon-sugar mixture evenly across the surface.
- Roll the dough into a spiral and cut it into three equal pieces.
- Preheat a cupcake maker and spray each well with non-stick spray. Bake the rolls for about 11 minutes.
- **Glaze:** In a bowl, combine 1 tbsp melted butter, vanilla, powdered sugar, and softened cream cheese. Mix until smooth and creamy.
- Let the cinnamon rolls cool for about 5 minutes after baking, then top with the cream cheese glaze.
- Enjoy



BREAKFAST TACOS WITH HOMEMADE TORTILLAS

INGREDIENTS

Tortillas (per serving, 2 tacos):

⅓ cup all-purpose flour
1 ½ teaspoons olive oil
2 tablespoon water
1 pinch of salt

Black Bean & Egg Filling (for 6 servings, 12 tacos):

6 eggs
½ (15 oz) can black beans
½ cup shredded cheddar cheese
¼ teaspoon salt

Pico de Gallo (per serving, 2 tacos):

1 Roma tomato
⅓ yellow onion
1 sprig fresh cilantro
⅓ jalapeno pepper
¼ lime
1 pinch of garlic powder
1 pinch of salt



DIRECTIONS

- **Tortillas:** In a small bowl, measure out flour, salt, olive oil, and water.
- Mix ingredients until a shaggy dough forms, then turn out onto a floured surface.
- Gently knead the dough into a smooth ball, about 2–3 minutes, then set aside to rest uncovered for 10–15 minutes.
- **Pico de Gallo:** Chop the ingredients into small pieces, place in a bowl, and add a squeeze of lime juice and a pinch of salt. Stir to combine and set aside.
- **Tortillas:** Divide the dough into two pieces. On a floured surface, roll one piece into a thin circle.
- Heat a griddle to medium. Drizzle with olive oil, then cook each tortilla for ~ 2 minutes per side until golden brown and slightly puffy.
- **Filling:** Crack the eggs into a large bowl, and whisk.
- Heat a frying pan with olive oil over low–medium heat, pour in the eggs, and stir with a spatula. Add shredded cheese, salt, and black beans, cook until the eggs are scrambled and softly set.
- Serve the egg mixture with the fresh tortillas and top with pico de gallo.
- Enjoy!



MIXED BERRY SHORTCAKE

INGREDIENTS

Shortcake Batter (for 6 servings, 12 cakes):

- 1 ¼ cups all-purpose flour
- 1 ¼ teaspoons baking powder
- ½ teaspoon salt
- 1 stick unsalted butter, softened
- ¾ cups granulated sugar
- 2 eggs
- 1 ½ teaspoons vanilla extract
- ½ cup whole milk

Whipped Cream (for 6 servings, 12 cakes):

- ½ pint (1 cup) heavy whipping cream
- ¼ cup powdered sugar
- ½ teaspoon vanilla extract

Mixed Berry Filling (per serving, 2 cakes):

- ¼ cup frozen mixed berries

Non-stick cooking spray



DIRECTIONS

- **Shortcake:** In a large bowl, measure out and cream together the butter and sugar with an electric mixer until light and fluffy.
- Crack the eggs into a separate bowl, then add them to the butter and sugar mixture, followed by the vanilla. Mix until just combined.
- Add the flour, baking powder, salt, and half of the milk. Mix until combined, then add the remaining milk and mix until smooth.
- Preheat a cupcake machine, spray with non-stick spray, and bake for about 5 minutes. Set cupcakes aside to cool.
- **Whipped cream:** In a large bowl, beat the whipped cream ingredients with a hand-held mixer, starting on low and gradually increasing to high until stiff peaks form. Be careful not to over mix.
- **Berry filling:** Mash the frozen berries in a small bowl with a fork until it has a jam-like consistency.
- **Assemble:** Once the cupcakes have cooled, cut them in half. Place one half into the bottom of a clear cup, top it with whipped cream and mashed berries, then cover with the other half of the cupcake.
- Enjoy!

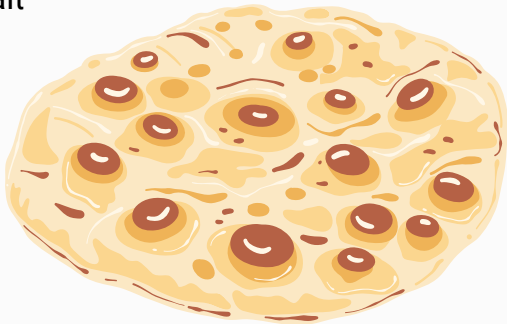


POTATO FLATBREADS

INGREDIENTS

Flatbread Dough (per serving, 2 flatbreads):

- ½ cup all-purpose flour
- 2 whole canned potatoes, drained
- 1 teaspoon baking powder
- 1 pinch of salt



Filling (per serving, 2 flatbreads):

- ½ cup shredded mozzarella cheese (¼ cup per flatbread)

Topping (for 6 servings, 12 flatbreads):

- 1 stick unsalted butter, melted
- ½ tablespoon dried parsley

Non-stick cooking spray



DIRECTIONS

- **Flatbread:** Mash the potatoes in a bowl until smooth and as lump-free as possible.
- Add the dry ingredients to the mashed potatoes and stir until combined.
- Use your hands to knead the mixture until it forms a thick, stretchy, pizza-dough-like consistency. If the dough is too sticky, sprinkle in a little more flour. If it's too dry, add water 1 tsp at a time.
- Lightly dust a cutting board with flour to prevent sticking. Divide the dough into 2 balls, then roll each out to about ⅛-inch thickness (roughly the size of a paper plate).
- **Filling:** Place ¼ cup of mozzarella in the center of each circle, then fold the edges of the dough inward to seal the cheese inside.
- Gently flatten the dough with a rolling pin until it's about ½-inch thick.
- Heat an electric griddle over medium-high heat, spray with non-stick spray, and cook the flatbreads for 2–3 minutes per side, or until golden brown. Thicker flatbreads may take a bit longer.
- **Topping:** Melt the butter and stir in the parsley.
- Once a flatbread is done, use a pastry brush to top it with the butter-parsley mixture.
- Enjoy!

