

UNT Community Garden Produce Recipes



Table of Contents

Table of Contents.....	2
Kitchen Essentials List	3
Suggested Spices, Seasonings, and Herbs Staples	3
Tips for making produce last longer	3
Foregoing Food Waste Tips.....	4
Recipes for Community Garden Grown Produce.....	4
Arugula.....	4
Broccoli.....	5
Collard Greens.....	5
Cucumber.....	6
Eggplant	7
Fresh Herbs	8
Hot Pepper	8
Kale.....	9
Okra.....	9
Spinach.....	10
Sweet/Bell pepper	11
Swiss Chard	11
Tomato.....	12

Kitchen Essentials List

The recipes listed below require the use of basic kitchen tools. Please know that all or most of the recipes will require these items.

- Kitchen knife and cutting board
- Spatula or tongs (for flipping)
- Small and medium-sized mixing bowls
- A mixing spoon or whisk
- Measuring utensils and cups
- Colander or strainer for pasta
- Parchment paper and/or aluminum foil

Any required larger cooking equipment or appliances will be listed with each recipe.

Suggested Spices, Seasonings, and Herbs Staples

Spice it up! Feel free to substitute spices and herbs in recipes. Be creative, use what you have, or try something new. Here are some spices, herbs and seasonings that we recommend having in your pantry. They are commonly used in the recipes below.

- Salt and black pepper
- Garlic and/or onion powders
- Smoked paprika
- Cumin
- Curry powder
- Chili powder
- Rosemary, thyme, sage and oregano (available as a dried bundle from the Food Pantry)
- Basil (available fresh from the food pantry)
- Flavorful fresh additions, such as fresh garlic, ginger, green onions/scallions, chives, parsley, or lemon juice

Tips for making produce last longer

See individual produce items for specific storage tips.

- Store **berries** in an airtight container in the fridge and do not wash them until you are ready to eat them.
- **Asparagus**, and even some **leafy greens** prefer to be stored like a bouquet in the fridge.

- **Potatoes and onions** should both be kept in cool, dark, and dry places but should be separated from each other.
- For **carrots**, chop the tops off, save the tops for vegetable stock.
- The leafy tops of **carrots** taste like parsley and should be stored along with other herbs like a bouquet of flowers in the fridge. Chop your **carrots** and submerge them in a container of water to keep them crispy for up to a month
- **FREEZE EVERYTHING!**
 - Chop before you freeze
 - Freeze foods on a tray before placing them into a bag so things do not stick together
 - Freeze bags/containers flat
 - Date/label your ingredients/leftovers
 - Chop and freeze items in an ice cube tray for small amounts

Foregoing Food Waste Tips

Below are some tips and tricks for reducing food waste when cooking and purchasing food!

- Look for recipes where you have most or all the ingredients.
- Collaborate on meals with friends or neighbors! It will not only save you money, but it will also allow you to share wonderful food with people in your life.
- Look for substitutes for things you already have or would use for other reasons.
- Look for recipes that are specifically designed to be made using scraps.
- Designate a “use first” bin in your fridge. Follow the ‘first-in, first-out’ method in which you use the newest foods first.
- Resist getting new foods before you have conquered what you already have.
- Ugly food can taste good! Get comfortable with cutting out blemishes or spots of rot.
- Take almost bad food that you wouldn’t eat on its own and incorporate it into a recipe!

Recipes for Community Garden Grown Produce

Arugula

Extend shelf life by chopping and storing in an airtight container with a cloth on top and placing it in fridge; do not wash until it is ready to eat.

1. [Arugula Salad with Olive oil, Lemon, and Parmesan](#)

Required Ingredients:

Arugula, olive oil, lemon juice, fresh Parmigiano-Reggiano cheese

2. [Chicken Wrap with Veggies](#)

Required Ingredients:

Arugula, chicken breasts, olive oil, lemon juice, cream cheese, cheddar cheese (or cheese of

choice), whole-wheat tortillas (or wraps of choice)

Required Cooking Equipment:

Baking/cookie sheet, oven, microwave or stove and skillet (for warming tortillas)

3. [Baked Arugula Frittata](#)

Required Ingredients:

Arugula, eggs, Romano cheese, Parmesan cheese, feta cheese, olive oil (or oil of choice), garlic, seasonings and herbs of choice

Required Cooking Equipment:

Oven-safe skillet, oven

Want to explore more arugula recipes? Try these:

[Pot Herb Soup](#)

[Vegetable Quinoa Casserole](#)

Broccoli

Extend shelf life by storing broccoli like a bouquet in the fridge.

1. [How to Steam Broccoli Perfectly Every Time \(with recipe\)](#)

Required Ingredients:

Broccoli, Water

Required Cooking Equipment:

Steamer basket

2. [Roasted Broccoli](#)

Required Ingredients:

Broccoli, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Baking/cookie sheet, oven

3. [Easy Broccoli Salad](#)

Broccoli, red onion, dried cranberries, sunflower seeds, bacon bits, mayonnaise, apple cider vinegar, sugar

Want to explore more broccoli recipes? Try these:

[Broccoli Slaw](#)

[Easy Roasted Vegetables](#)

Collard Greens

Extend shelf life by chopping and storing in an airtight container with a cloth on top and placing it in

fridge; do not wash until it is ready to eat.

1. [Sautéed Collard Greens](#)

Required Ingredients:

Collard greens, olive oil (or oil of choice), garlic, mirin or apple cider vinegar, seasonings of choice

Required Cooking Equipment:

Skillet/sauté pan, stove

2. [Collard Greens and Kale](#)

Required Ingredients:

Collard greens, kale, olive oil (or oil of choice), garlic, lemon juice, hot sauce (optional), seasonings of choice

Required Cooking Equipment:

Skillet/sauté pan, stove

3. [Lemony Collard Greens Pasta](#)

Required Ingredients:

Collard greens, olive oil (or oil of choice), garlic, lemon juice, parmesan cheese, pine nuts, spaghetti or pasta of choice, seasonings and herbs of choice

Required Cooking Equipment:

Skillet/sauté pan, medium pot (or desired past cooking vessel), stove

Want to explore more collard green recipes? Try these:

[Simple Garlic Sautéed Collard Greens](#)

[Instant Pot Collard Greens \(Vegan\)](#)

Cucumber

Extend shelf life by placing the cucumbers in a sealed container with a cloth napkin to prevent sliminess.

1. [Easy Cucumber Salad](#)

Required Ingredients:

Cucumbers, onion, white vinegar, sugar, fresh dill

Required Cooking Equipment:

Saucepan, stove

2. [Cool Cucumber Salsa](#)

Required Ingredients:

Cucumbers, tomatoes, green bell pepper (or substitute color of choice), jalapeno, onion, garlic, lime juice, fresh parsley, fresh cilantro, fresh dill

Optional additions: serve with tortilla chips

3. [Quick Refrigerator Pickles](#)

Required Ingredients:

Cucumbers, onion or green onion, white vinegar, sugar, other vegetables of choice (optional)

Required Cooking Equipment:

Refrigerator

Want to explore more cucumber recipes? Try these:

[Raw Salsa Verde with Cucumber and Mint](#)

[Confetti Cucumber Salsa](#)

Eggplant

Extend shelf life by wrapping it in a cloth and placing it in an unsealed container for proper air circulation, then place in fridge.

1. [Sauteed Eggplant](#)

Required Ingredients:

Eggplant, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Sauté Pan, Stove

2. [Baba Ganoush](#)

Required Ingredients:

Eggplants, fresh garlic, lemon juice or a fresh lemon to squeeze, tahini, olive oil, seasonings and herbs

Required Cooking Equipment:

Baking/cookie sheet, Oven, Mesh strainer

3. [Roasted Summer Vegetable Pasta](#)

Required Ingredients:

Spaghetti (or substitute with pasta of choice), eggplant, onion, yellow bell pepper (or substitute for color of choice), fresh garlic, cherry tomatoes, olive oil, grated Parmesan cheese (optional for serving), seasonings and herbs

Required Cooking Equipment:

Saucepan (or desired pasta cooking vessel), Baking/cookie sheet, Oven and stovetop

Want to explore more eggplant recipes? Try these:

[Eggplant Parmesan](#)

[Roasted Eggplant with Miso and Sesame Seeds](#)

Fresh Herbs

Extend shelf life by freezing them until needed, this can be done in ice trays to be used in small quantities.

1. [Chimichurri sauce](#)

Required Ingredients:

Fresh cilantro, fresh parsley, fresh oregano, garlic, red onion, fresh red chili (such as Serano, red jalapeno, or Fresno), olive oil, lime juice, red wine vinegar, seasonings and spices of choice

Required Cooking Equipment:

Food processor or substitute using a blender or hand blender

2. [Pesto](#)

Required Ingredients:

Fresh basil, olive oil, pine nuts, garlic, fresh Parmigiano-Reggiano cheese, seasoning to taste

Required Cooking Equipment:

Food processor or substitute using a blender or hand blender

3. [Herb Pasta](#)

Required Ingredients:

Fresh basil, fresh parsley, fresh thyme, fresh chives, garlic, olive oil, pine nuts (or substitute with nut of choice), fresh Parmigiano-Reggiano cheese, seasonings and spices to taste

*See note in recipe for substituting dry herbs for fresh herbs

Required Cooking Equipment:

Skillet/sauté pan, saucepan or vessel of choice for cooking pasta, stove

Hot Pepper

Extend shelf life by leaving loose in the fridge.

1. [Vegetarian Burrito Bowl](#)

Required Ingredients:

Olive oil, black beans, jalapeño, red onion, bell pepper, brown rice, fresh corn, cottage cheese (or cheese of choice), cilantro, salsa, tomato, corn tortilla chips

Required Cooking Equipment:

Large skillet, stove

2. [Quick Pickled Peppers](#)

Required Ingredients:

Jalapeño, bell pepper, white or apple cider vinegar, honey or sugar of choice, garlic

Required Cooking Equipment:

Saucepan, stove, large mason jar, disposable or rubber gloves

3. [15-Minute Homemade Hot Sauce](#)

Required Ingredients:

Jalapeño or hot pepper of choice, apple cider vinegar, garlic

Required Cooking Equipment:

Saucepan, stove, mason jar or other air-tight container, disposable or rubber gloves, blender (immersion blender could be substituted)

Want to explore more hot pepper recipes? Try these:

[Hot Pepper Relish](#)

[Beef and Pepper Stir-Fry](#)

Kale

Extend shelf life by chopping and storing in an airtight container with a cloth on top and placing it in fridge; do not wash until it is ready to eat.

1. [Sautéed Kale](#)

Required Ingredients:

Kale, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Sauté Pan, stove

2. [Baked Kale Chips](#)

Required Ingredients:

Kale, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Baking/cookie sheet, oven, optional salad spinner

3. [Easy Kale Salad with Fresh Lemon Dressing](#)

Required Ingredients:

Kale, olive oil (or alternative oil of choice), seasonings of choice, broccoli, almonds, carrots, red onion, sunflower seeds, dried cranberries, shredded or crumbled cheese (optional), lemon juice, red wine vinegar, dijon mustard, honey or sugar

*Optional mason jar for making dressing

Want to explore more kale recipes? Try these:

[Oven-Roasted Kale](#)

[5 Ways to Prepare Kale](#)

Okra

Extend shelf life by making sure it is completely dry before storing it in a paper bag and placing it in the fridge door or the crisper drawer.

1. [Fried Okra](#)

Required Ingredients:

Okra, cornmeal, egg, vegetable oil, seasonings of choice

Required Cooking Equipment:

Large skillet, stove

2. [Easy Baked Okra](#)

Required Ingredients:

Okra, olive oil (or substitute oil of choice), seasonings of choice

Required Cooking Equipment:

Baking/cookie sheet, oven

3. [Okra with Tomatoes](#)

Required Ingredients:

Okra, onion, cherry tomatoes, garlic, olive oil (or substitute oil of choice), apple cider vinegar, seasonings of choice

Required Cooking Equipment:

Skillet/sauté pan, stove

Want to explore more okra recipes? Try these:

[Meatless Bamia](#)

[Simple Sautéed Okra with Garlic](#)

[Pickled Okra](#)

Spinach

Extend shelf life by *chopping and storing in an airtight container with a cloth on top and placing it in fridge; do not wash until it is ready to eat.*

1. [Sautéed Spinach](#)

Required Ingredients:

Spinach, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Sauté pan, stove

2. [Roasted Potatoes and Spinach](#)

Required Ingredients:

Spinach, small red-skinned potatoes, butter (or alternative oil of choice), grainy mustard, seasonings of choice

Required Cooking Equipment:

Baking/cookie sheet, oven

3. [Strawberry Spinach Salad](#)

Required Ingredients:

Spinach, strawberries, red onion, feta cheese, almonds, olive oil (or alternative oil of choice), balsamic vinegar, poppy seeds, sugar

*Optional mason jar for making dressing

Want to explore more spinach recipes? Try these:

[Spinach Frittata with Goat Cheese](#)
[Baked Spinach Chips](#)

Sweet/Bell pepper

Extend shelf life by leaving loose in the fridge.

1. [Zesty Mini Bell Pepper Salad](#)

Required Ingredients:

Mini bell peppers (or substitute regular size), red or sweet onion, fresh dill, white vinegar or lemon juice, olive oil, seasonings of choice

2. [Pepper and Onion Scramble](#)

Required Ingredients:

Bell peppers, red onion, olive oil (or oil of choice), eggs, cotija cheese (or cheese of choice), cilantro, hot sauce (optional)

Required Cooking Equipment:

Large skillet, stove

3. [Roasted Bell Peppers with Olive Oil](#)

Required Ingredients:

Bell peppers, olive oil (or alternative oil of choice), seasonings of choice

Required Cooking Equipment:

Baking/cookie sheet, oven

Want to explore more pepper recipes? Try these:

[Vegetarian Stuffed Pepper Casserole](#)

[Chicken-Bell Pepper Tacos](#)

Swiss Chard

Extend Shelf life by wrapping it in a damp cloth and placing it in an unsealed container for proper air circulation, then place in fridge crisper drawer.

1. [Easy Sautéed Mixed Greens](#)

Required Ingredients:

Swiss chard and/or kale, spinach, olive oil (or oil of choice), garlic, onion, seasonings of choice

Required Cooking Equipment:

Skillet/sauté pan, stove

2. [Simple Sautéed Swiss Chard](#)

Required Ingredients:

Swiss chard, olive oil (or oil of choice), garlic, onion, balsamic vinegar (optional), seasonings and herbs of choice

Required Cooking Equipment:

Skillet/sauté pan, stove

3. [Rainbow Chard Salad](#)

Required Ingredients:

Rainbow chard, granny smith apple, shallot, sunflower seeds, feta cheese (or other crumbly cheese of choice), olive oil (or oil of choice), lemon juice, champagne vinegar (or substitute wine vinegar), seasonings of choice

Want to explore more Swiss chard recipes? Try these:

[Swiss Chard Taco Wraps with Cumin-Lime Sauce](#)

[Swiss Chard Salad with Lemon, Parmesan & Bread Crumbs](#)

Tomato

Extend shelf life by keeping the tomatoes on the counter until they are super ripe, then you can move them to the fridge.

1. [Tomato Salad](#)

Required Ingredients:

Cherry tomatoes, other variety of tomatoes, red onion, fresh basil, balsamic vinegar, olive oil, seasonings of choice

Optional additions:

English cucumber, mozzarella cheese, avocado

2. [Fresh Tomato Sauce](#)

Required Ingredients:

Tomatoes, olive oil, shallots, garlic, tomato paste, balsamic vinegar, seasonings of choice

Required Cooking Equipment:

Medium-sized pot, stove, box grater

3. [The Best Fresh Tomato Salsa](#)

Required Ingredients:

Tomatoes, onion, cilantro, bell peppers, jalapenos, lime juice, seasonings of choice

Want to explore more tomato recipes? Try these:

[Classic Pico de Gallo](#)

[Egyptian Meat and Okra Stew](#)