

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

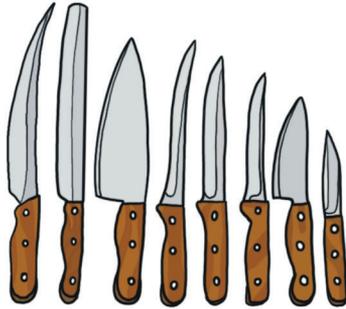
# MATHER MARKET BASKET

## FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!



# Basic Knife Cuts



Whole



Peeled



Julienned



Sliced



Diced



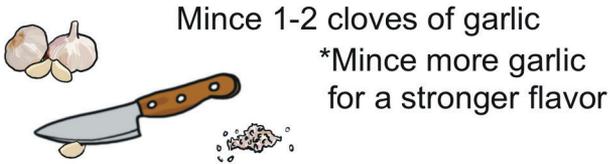
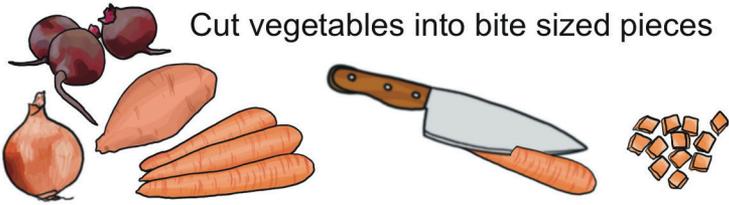
Chopped



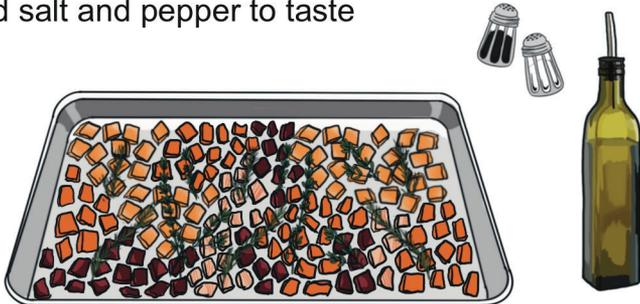
Minced

Try these out in a salad of collard greens, carrots, apples  
or a chicken/turkey/ham salad

## Basic Roasted Vegetables



- Spread cut vegetables on greased baking sheet
- Drizzle vegetable pieces with oil
- Sprinkle minced garlic on top
- Add fresh (or dried) rosemary and thyme
- Add salt and pepper to taste



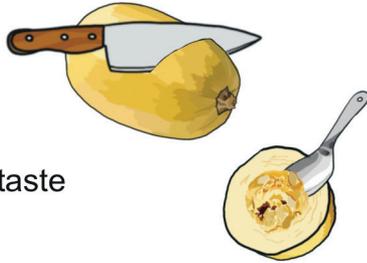
Bake at 400 for 30-40 minutes or until tender.

*Try adding other vegetables like: zucchini, mushrooms, broccoli, brussel sprouts, or potatoes.*

# Roasted Spaghetti Squash

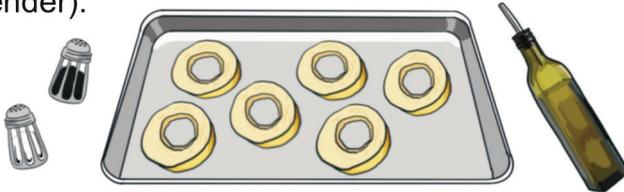
## Ingredients:

- 1 small spaghetti squash
- 1 tablespoon olive oil
- Salt and pepper
- Other herbs or spices to taste

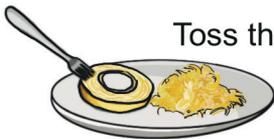


## Steps:

1. Preheat oven to 400°F
2. Carefully slice spaghetti squash into rings and use a spoon to scrape out the seeds.
3. Place the squash rings on the baking sheet.
4. Drizzle 2 teaspoons of olive oil across spaghetti squash to coat evenly.
5. Lightly season with salt, pepper, and other herbs or spices to taste.
6. Bake for 20-30 minutes (until lightly browned and fork-tender).



7. Remove squash from the oven and use a fork to lightly scrape the inside of the squash to make “noodles”



Toss the spaghetti squash noodles with your favorite sauce, protein, or veggies!

## Suggestions for filling:

- Chicken Parm – See next page!
- Ground beef, diced veggies, corn, and taco seasoning
- Baby spinach, mozzarella, and alfredo sauce
- Meatballs, sliced peppers, and sliced onions

## Chicken Parm Squash Sauce

### **Ingredients:**

- 1 tablespoon olive oil
- 1 small yellow onion, finely chopped
- 10-15 cherry tomatoes, halved
- 2-3 large garlic cloves, minced
- Salt and pepper
- 2 large chicken breasts, cooked and chopped\*
- 1 cup fresh baby spinach, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons parmesan, grated
- 1/2 cup shredded mozzarella (optional)



### **Cook the filling:**

1. When your spaghetti squash has about 15 minutes left to bake, heat a large sauté pan with 1 tablespoon of olive oil over medium.
2. Add chopped onions and halved cherry tomatoes. Sauté for 3-4 minutes until soft and caramelized.
3. Add minced garlic, salt, and pepper. Cook for 1 minute, until fragrant. Crush tomatoes while mixing to create a chunky sauce mixture.
4. Add cooked chicken, spinach, basil, parmesan cheese, and mozzarella (optional). Stir well and reduce to a simmer until the squash is ready.
5. Add mixture to spaghetti squash “noodles” and garnish with extra basil and a sprinkle of parmesan.

*\*Chicken breasts can be covered in oil, salt, and pepper and baked in the oven alongside spaghetti squash (400°F for 20-30 minutes)*



## Stock (Chicken, Turkey, or Vegetable)

### **Ingredients:**

- 4 to 6 quarts leftover ingredients or scraps:
  - Chicken or turkey bones  
(You can omit this for a vegetarian version)
  - Vegetable scraps  
(including onion, celery and carrot ends, and peels)
- 4 to 6 quarts water

### **Steps:**

1. Add your ingredients to a large pot.
2. Fill the pot with water to cover the scraps.
3. Start on the stovetop over medium heat for about 15 minutes to bring it up to a simmer. Then lower the heat and simmer, don't boil, for about 4 hours. Do not cover.
4. Allow stock to cool at least 30 minutes before straining, and put into jars or other freezer containers.



*Measuring Tip:* The exact amounts don't matter – you can add all the scraps you have saved, and fill your pot with water.

*Freezing Tip:* Only fill jars  $\frac{3}{4}$  full to allow for expansion as they freeze. Filling jars too full can cause them to crack! Cool jars completely, overnight in the fridge, before transferring to the freezer.  
To use after freezing, thaw overnight in the fridge.

## Basil Benefits and Uses

*Basil* is one of the most commonly used herbs. It is used for garnishes and seasoning in many cultures around the world and offers many benefits to our mind and body.



### **Health benefits:**

- Fights stress
- Natural anti-inflammatory
- Promotes healthy digestion
- Improves skin health
- Packed with nutritional benefits

### **Infused water:**

Almost any fruit can be added with basil to infuse water. To infuse your water, add a few basil leaves (and fruit pieces) directly to your glass/pitcher of water/lemonade.

### **Fruits that pair well with basil:**

Apples, berries (blackberry, blueberry), cucumbers, grapefruit, melons, peaches, pineapple, pomegranate seeds, try experimenting with different combinations (or try making fruit and basil ice cubes)

### **Storing fresh basil:**

Place unused basil in a cup of water and store in fridge or leave on kitchen window sill or in a spot with natural light



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