

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

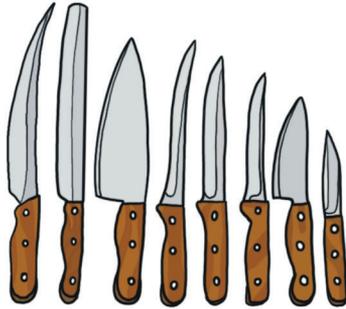
FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

FEBRUARY 2026



Basic Knife Cuts



Whole



Peeled



Julienned



Sliced



Diced



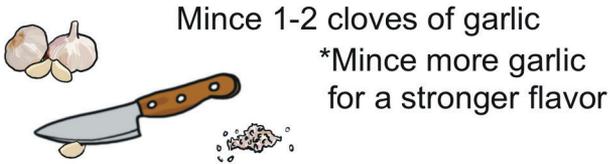
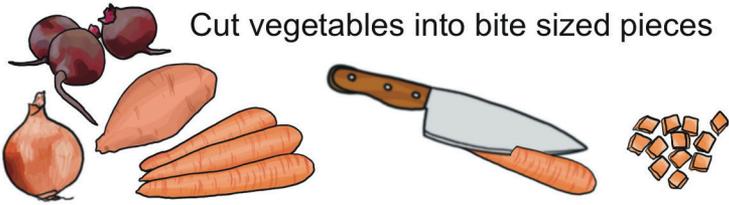
Chopped



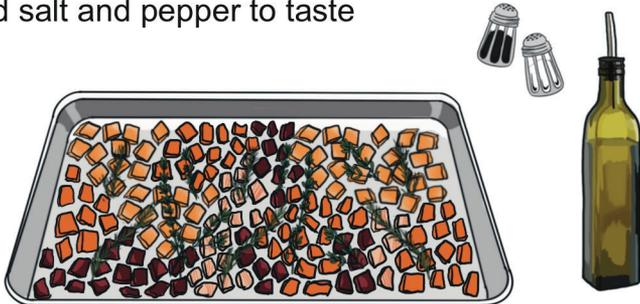
Minced

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



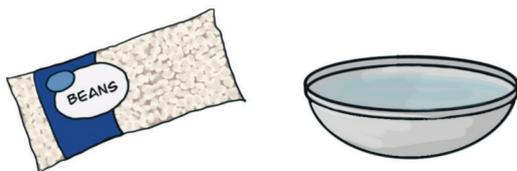
Bake at 400 for 30-40 minutes or until tender.

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

Prepping and Cooking Dried Beans

Prep Dried Beans:

- Soak your beans before you cook them. To do this, place the dried beans in a large bowl and add water to cover them by 2 to 3 inches.
- Discard any beans that float. Make sure to pick out any debris, or shriveled or discolored beans.
- Leave the beans to soak for at least 8 hours, or overnight. In the morning, drain and rinse the soaked beans.



Cook Dried Beans:

- To cook your beans, transfer the soaked beans to a large pot and cover them with 2 inches of water. *(If you're using unsoaked beans, rinse them in a fine mesh strainer before you add them to the pot. Bring the water to a gentle boil, reduce the heat, and simmer for 30 minutes, discarding any foam that rises to the surface. Unsoaked beans take longer to cook.)*
- Bring to a boil then reduce to a simmer.
- Add seasonings & cook until beans are tender, adding more water if they begin to look dry. The cooking time could be anywhere from 30 minutes to 2 hours or more, depending on the size and freshness of your beans.
- When the beans are tender, season to taste and remove them from the heat.



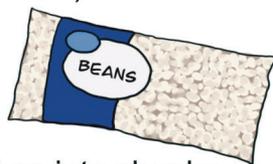
Exceptions:

Lentils and split peas. Both cook quickly and don't require soaking.

Kale and White Bean Soup

Ingredients:

- ¼ cup olive oil
- 1 medium yellow onion, diced
- 1 medium carrot, diced
- 2 celery stalks, diced
- 2 garlic cloves, chopped
- 1 tablespoon rosemary, chopped
- 1 teaspoon thyme, chopped
- Salt to taste
- Black pepper to taste
- 4½ cups cooked white beans, drained and rinsed
- 4 cups vegetable broth (or chicken broth)
- 6 cups kale, diced
- 2 tablespoons lemon juice



Steps:

1. Remove large stems from kale. Chop into chunks and wash.
2. Heat the olive oil in a large pot over medium heat. Add the onion, carrot, celery, garlic, rosemary, salt, thyme, and pepper. Cook for 8 minutes, stirring occasionally.
3. Add the beans and broth. Simmer for 20 minutes.
4. Add the kale and lemon juice. Cook, stirring, until the kale is wilted, about 5 minutes.



Try adding meats like roasted chicken or sausage, or garnish with Parmesan cheese or red pepper flakes.

Kale Chips

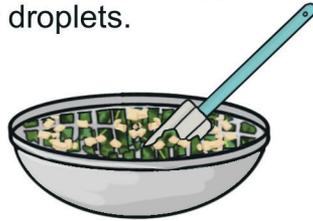
Ingredients:

- 1 bunch fresh kale, diced
- 2-3 cloves garlic, minced
- salt to taste
- 1-2 teaspoons olive oil
- 2 tablespoons parmesan cheese

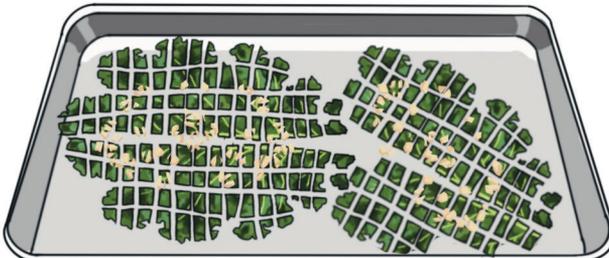


Steps:

1. Remove large stems from kale. Chop into chunks and wash. Dry really well. This will make all the difference in allowing the kale to bake up crispy, instead of "steaming" because of water droplets.



2. Place kale in a large bowl. Toss with olive oil, salt, and garlic.
3. Lay flat on a large baking sheet. Don't overcrowd the baking sheet.
4. Bake at 300 degrees for 10 minutes, then rotate the pan and bake for an additional 10-15 minutes or until crisp. Allow to cool for a few minutes on the baking sheet, then sprinkle with parmesan cheese.
5. Serve warm or store in an airtight container to save.



Rosemary is native to the Mediterranean and has been used in traditional medicine for thousands of years to improve memory, soothe digestive problems, boost the immune system and relieve aches and pains, on top of all that, it's packed with antioxidants.



Health Benefits:

- Can help improve memory
- Boost liver functioning
- Helps lower cortisol
- Reduces stress
- Improves gallbladder function
- Can aid in pain management

Rosemary is typically used in cooking but is also a great, caffeine-free, healthy tea.

Teas and Infusions:

Go-to method, quick and easy:

- Take dried or fresh leaves
- Put in cup
- Pour hot water over it
- Steep for a few moments

Quantity:

Cup - 1 tsp dried herbs or 2 tsps fresh herbs

Pot - $\frac{1}{4}$ - $\frac{1}{2}$ c dried herbs or 2 c fresh herbs

(Store in fridge or dark cool space no more than a day or 2)

Storing Fresh Rosemary:

Place unused rosemary 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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