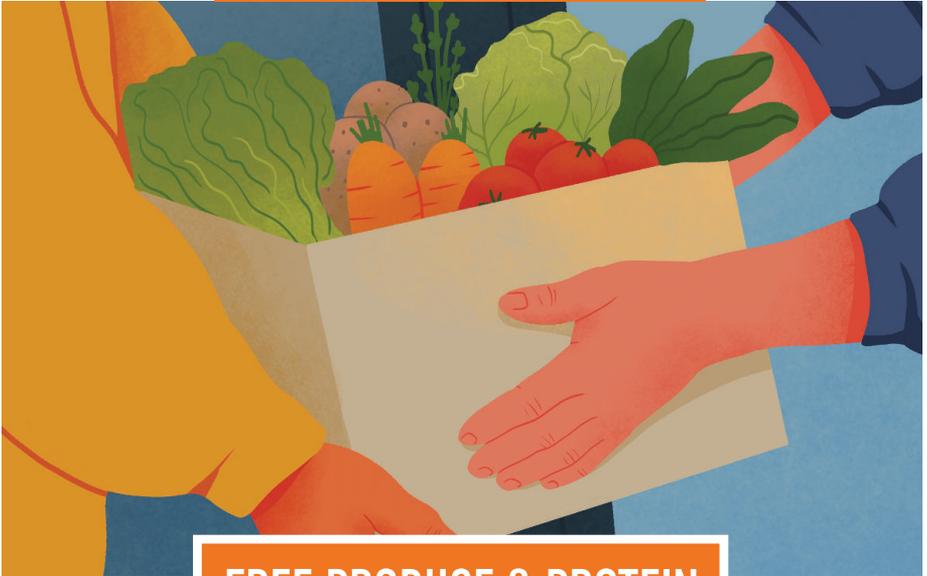


## RECIPE BOOKLET



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MARCH 2026

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## Cook Quinoa:

### **Basic Quinoa Recipe:**

- 1 cup quinoa, rinsed
- 2 cups water



### **Steps:**

1. Combine the quinoa and water in a saucepan.
2. Bring to a boil, cover, reduce the heat, and simmer for 15 minutes.
3. Remove from the heat and let it sit, covered, for about 10 more minutes.
4. Fluff with a fork.

*If you have a rice cooker, you can cook quinoa exactly like you cook rice.*

## Cook Potatoes:

### **Different ways to cook potatoes:**

*For baking or microwaving: poke holes in potato before baking and peel after cooking.*

*For steaming or boiling: peel and cut up potato before cooking.*

- Bake at 400°F for 45-60 minutes
- Microwave on high for 5-8 minutes
- Steam for 20-25 minutes
- Boil for 15-20 minutes



## Sweet Potato Rolls

### **Ingredients:**

- 1 cup sweet potatoes (about 2 medium potatoes, peeled and cooked)
- 1 cup self-rising flour



### **Steps:**

1. Preheat the oven to 400°F.
2. Place 1 cup of cooked sweet potatoes into a large bowl and mash well.
3. Add 1 cup of self-rising flour and mix until roughly combined.
4. Turn the dough onto a lightly floured surface and knead for 1 minute, until you have a smooth ball.
5. Divide the dough into 6 equal pieces and roll each piece into a ball and place on a baking sheet.
6. Bake for 15-20 minutes.

## Sweet Potato Pancakes

### **Ingredients:**

- 1 medium sweet potato (peeled and cooked)
- 2 large eggs
- Optional: pinch of cinnamon, pinch of nutmeg, ¼ tsp vanilla extract, pinch of salt



### **Steps:**

1. Place cooked sweet potatoes into a large bowl and mash well.
2. Add eggs, and mix well (if using spices, add now).
3. Heat a skillet on medium, add a touch of butter or oil.
4. Pour pancake-sized scoop of batter on to hot skillet.
5. Cook 3-4 minutes on each side, or until golden brown or cooked through.

*Add maple syrup for a sweet pancake or eat with eggs and veggies for a more savory pancake.*

# Broccoli Stir-Fry with Chickpeas and Quinoa

## Ingredients:

- 2 cups fresh broccoli florets
- 1 can (15 oz.) chickpeas, drained and rinsed
- 3 cloves garlic, minced
- 2 tbsp. low-sodium soy sauce (optional)
- 2 tbsp. olive oil
- 1 tbsp. freshly squeezed lemon juice



## Steps:

1. Wash the broccoli and cut it into bite-sized florets.
2. Rinse and drain the chickpeas.
3. In a large skillet, heat olive oil over medium-high heat.
4. Add minced garlic and cook until fragrant (about 30 seconds).
5. Toss in broccoli and sauté for about three minutes until bright green but crisp. Add chickpeas and stir for an additional two minutes.
6. Drizzle in soy sauce and lemon juice, stirring for another minute until heated through.
7. Enjoy as is or add to quinoa/rice.



*Try substituting teriyaki sauce or Worcestershire sauce for soy sauce.*

## Quinoa Benefits and Uses

**Quinoa** is a small round grain originating in South America that has now become a staple grain in many parts of the world. It is packed with protein, fiber, and many other nutrients.



### **Health Benefits:**

- Nutrient dense (protein, fiber, B1, B2, B6, magnesium, folate, iron, phosphorus)
- Boosts digestive health (high fiber)
- Curbs hunger (a complete protein)
- Cuts risk of colon cancer (high fiber)
- Lowers risk of diabetes (magnesium)

**Quinoa** is a healthy alternative to white rice and pasta and is gluten-free. It is also a healthy protein replacement for meat.

### **Try adding cooked quinoa to:**

- A fresh green salad
- Roasted vegetables
- Vegetable stir-fry (added to or in place of rice)
- Black beans for taco filling
- Soups like minestrone, chili, or lentil
- Yogurt with berries and chia seeds
- Meatloaf or meatballs

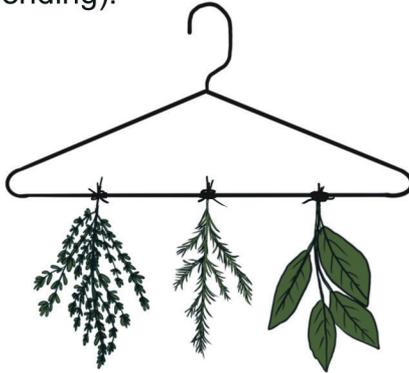
*Instead of using rice, try adding cooked quinoa to your favorite rice dishes.*



## Drying and Preserving Fresh Herbs

### *Tips for Drying Herbs:*

- Dry in a well-ventilated area, away from dust.
- Create bundles and hang to dry, stems up.
- You'll know when it's dry when you can easily snap off a piece (no bending).



### *Tips for Storing Dried Herbs:*

- Store in airtight containers.
- Store in dark/cool space.
- Dried herbs typically last 1-3 years (if stored well – heat, humidity, sunlight, air all have negative effects on your herbs, they all break down the essential oils).



## Other Ways to Preserve Fresh Herbs

- **Freezing in water or oil** - Chop herbs and remove stems. Add herbs to ice cube tray. Cover herbs with water or oil. Freeze completely.
- **Sugar preservation** - Option 1) layer sugar and herbs in jar, layer til jar is full. Option 2) add herbs and sugar to food processor and blend.
- **Salt preservation** - Add herbs and salt to food processor and blend.
- **Butter preservation** - Soften butter. Finely chop herbs. Mix chopped herbs with softened butter.
- **Honey preservation** - Place herbs in jar. Cover herbs with honey. Let mixture infuse for about 6 weeks.
- **Oil preservation** - Place herbs in jar. Cover herbs with high quality oil. Submerge herbs completely. Let mixture infuse for a few days. Strain oil to remove any solids.
- **Vinegar preservation** - Place herbs in jar. Cover herbs with vinegar (white wine vinegar or apple cider vinegar). Let mixture infuse for a couple weeks. Strain to remove solids.



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