

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired tips!



RENEW TODAY.

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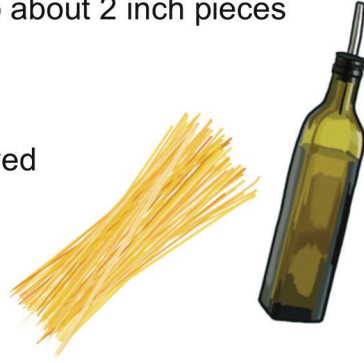
APRIL 2026

 *Mather*
be **n**extraordinary™

Pasta Primavera with Asparagus

Ingredients:

- 8 oz pasta
- 1 bunch asparagus, cut into about 2 inch pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon, zested and juiced
- 1 cup cherry tomatoes, halved
- Parmesan cheese
- Salt and pepper to taste
- Fresh basil for garnish



Steps:

1. Cook the pasta according to package instructions until al dente. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat.
3. Add garlic and sauté until fragrant, about 30 seconds.
4. Add asparagus and cook for about 3-4 minutes.
5. Stir in tomatoes and cook for an additional 2 minutes.



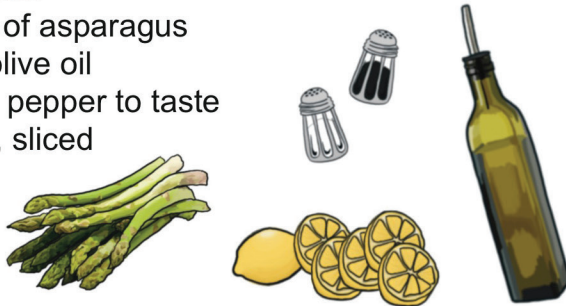
6. Add the cooked pasta to the skillet along with lemon zest and juice.
7. Season with salt and pepper, and sprinkle with Parmesan cheese.
8. Garnish with fresh basil before serving.

Try adding meat like chicken strips, shrimp, or salmon to pasta.

Basic Roasted Asparagus

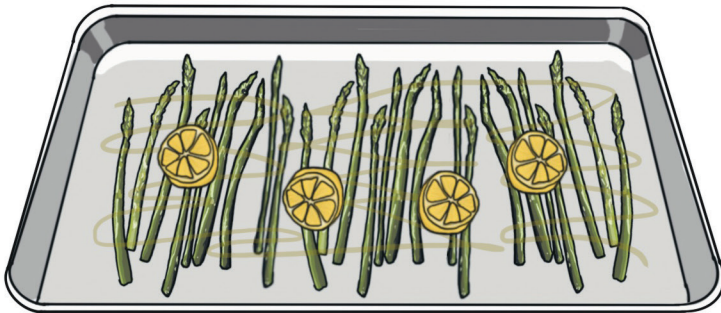
Ingredients:

- 1 bunch of asparagus
- 2 tbsp. olive oil
- Salt and pepper to taste
- 1 lemon, sliced



Steps:

1. Preheat your oven to 425°F.
2. Snap off the woody ends of the asparagus.
3. Spread the asparagus in a single layer on the baking sheet.
4. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat the asparagus evenly.
5. Lay sliced lemons on top of asparagus.
6. Roast for 12-15 minutes or until tender.
7. Remove from the oven and serve hot.



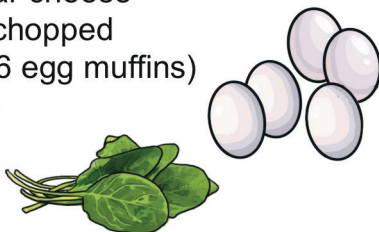
Optional: sprinkle with parmesan cheese before serving.

Try adding other chopped vegetables to baking sheet to roast with asparagus. Some good options would be: mushrooms, potatoes, carrots, beets, squash, and broccoli.

Egg and Spinach Breakfast Muffins

Ingredients:

- 1 cups shredded cheddar cheese
- 2 cups spinach leaves, chopped
- 6 large eggs (will make 6 egg muffins)
- Salt and pepper to taste



Steps:

1. Preheat oven to 350°F.
2. Crack one egg into each muffin cup, and beat with a fork until blended.
3. On the stove, heat a frying pan over medium heat. Add the spinach and cook for about 3 minutes or until the spinach has wilted. Let cooked spinach cool for about five minutes.
4. Add shredded cheese, salt, pepper, and cooked spinach to each cup and stir until combined.
5. Bake for about 15 minutes, or until the muffins are firm and cooked through. Cool for about 5 minutes.
6. To remove the muffins from the pan, use a knife around the edges of each muffin to loosen them.



Try adding other ingredients to egg mixture before cooking. Some good options might be: sautéed onions and mushrooms, bacon crumbles, chopped ham, shredded chicken, broccoli pieces, chopped bell peppers, fresh basil or other herbs, feta or other cheeses.

Egg muffins freeze well, so make and freeze for an easy breakfast on the go!

Basic Pesto and Substitutions

Ingredients:

- 1 cup basil, chopped
- 1 clove garlic, minced
- 1/4 cup olive oil
- 1/4 cup pine nuts, chopped
- optional: Parmesan to taste

Steps:

1. Mix ingredients until combined.
2. *Optional: Blend in mixer for a finer pesto sauce.*

Substitutions

Green and herb options:

- Spinach
- Basil and spinach
- Arugula and thyme
- Sage
- Carrot tops
- Beet greens
- Mustard greens

Seed and nut options:

- Walnuts
- Almonds
- Sunflower seeds
- Pumpkin seeds
- Cashews

Dessert pesto:

- 1 cup mint, chopped
- 1/4 cup honey
- 1 tbsp. Coconut oil
- 1/4 cup almonds, chopped



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 windowsill or in a spot with natural light



Ways to Regrow Veggies

Green Onions, Lemongrass, Leeks, Fennel



Place ends
in water.
Change water
every few days.



Growth begins
in about a week.
Harvest when
needed.

Celery, Romaine Lettuce, Bok Choy



Submerge roots
under water
(about 1/2 - 1 inch)
leaving tops above
water line.



Spray with water
twice a week.
Change water
every few days.
New growth in
about a week.



Plant in soil
with new growth
sticking out.

Carrots, Beets, Potatoes



Submerge cutting,
sliced side down,
(about 1/2 - 1 inch)
leaving top above
water line.



Change water
every few days.
New growth in
about a week.



Plant in soil
with new growth
sticking out.



*For more information about regrowing
veggies, check out our kitchen scrap
gardening series on YouTube
<http://tinyurl.com/matherkitchengarden>*

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Renew today at www.mather.com/basket

We hope you're enjoying your Mather Market Baskets! You can continue to receive them monthly for the last six months of 2026 if you renew today. Sign up now to receive free and fresh produce and protein of your choice along with Mather touches like chef-inspired recipe ideas, once per month from July through December.

Supplies are limited, so we encourage you to sign up right away if you're interested!



**SCAN THE CODE
TO LEARN MORE
AND REGISTER.**

This program is a first-come, first-served offer, so please sign up as soon as possible. The official deadline is May 22, but it will close as soon as it reaches capacity.

QUESTIONS? Please contact Top Box Foods at
(312) 520.1490 or mather@topboxfoods.com.

*Mather Market Basket is a collaboration with Top Box Foods,
a community-based organization that provides access to healthy foods.*