

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

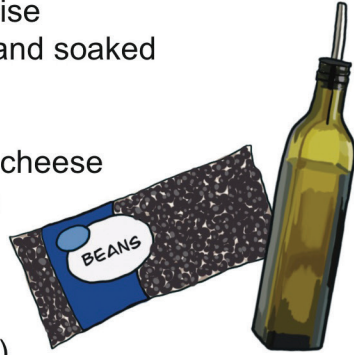
JUNE 2026



Black Bean and Corn Stuffed Eggplant

Ingredients:

- 1 eggplant, halved lengthwise
- 1 cup black beans, rinsed and soaked
- 1/2 cup corn kernels
- 1/2 cup diced tomato
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped red onion
- 1 tsp. chili powder
- 2 tbsp. olive oil
- Salt and pepper to taste
- 1 avocado, sliced (optional)
- Lime wedges



Steps:

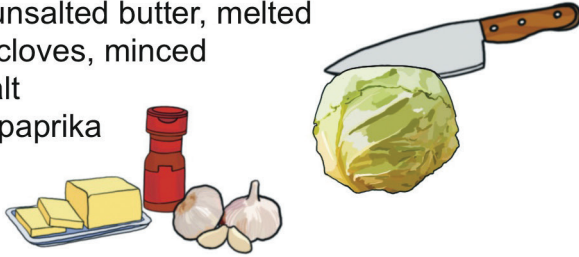
1. Preheat oven to 400°F.
2. Drizzle eggplant with oil, roast for 15 minutes.
3. Sautéed onion; add beans, corn, tomato, and chili powder. Simmer for 5 minutes.
4. Add sauté vegetables to eggplant halves, top with cheddar, bake for 20 minutes.
5. Serve with avocado and lime.



Roasted Cabbage

Ingredients:

- 1 cabbage, chopped or shredded
- 4 tbsp. unsalted butter, melted
- 2 garlic cloves, minced
- 1 tsp. salt
- 1/2 tsp. paprika



Steps:

1. Preheat the oven to 400°F.
2. Add garlic, salt, paprika, and melted butter to cut cabbage and spread across baking sheet.
3. Roast the cabbage in the oven for 20 minutes.
4. *Optional:* add some cooked protein like sausage or roasted chicken to the cabbage in the last 5 minutes to make it a one pan meal.



Try roasting with other vegetables like carrots, potatoes, onions, brussels sprouts, broccoli, or kale.

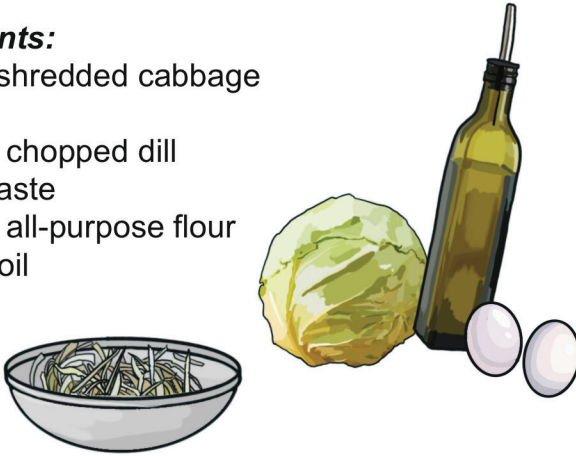
Experiment with other spices and herbs like cumin, red pepper, rosemary, thyme, or dill.

Add some apple cider vinegar or lemon juice for a more tangy flavor.

Savory Cabbage Pancakes

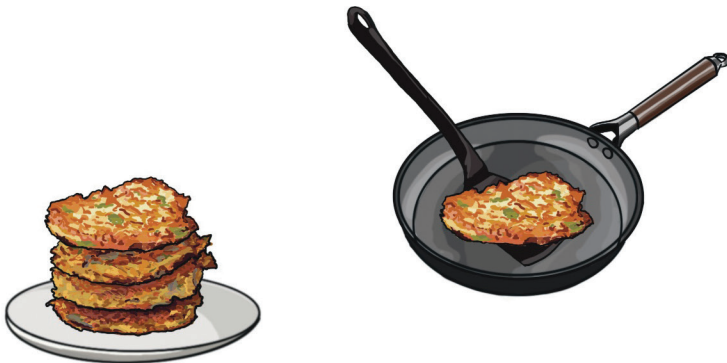
Ingredients:

- 3 cups shredded cabbage
- 2 eggs
- 1/8 cup chopped dill
- salt to taste
- 1/4 cup all-purpose flour
- 1 tbsp. oil



Steps:

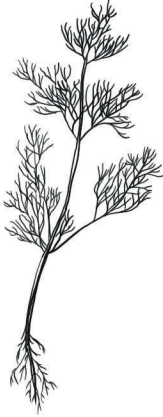
1. Mix the eggs, salt, and chopped dill with cabbage.
2. Add the flour and blend it evenly with the cabbage mixture.
3. Warm the oil in a non-stick pan on medium heat and spread the cabbage batter into the skillet, pressing it down to about 3/4 to 1 inch thickness.
4. Cover and cook for 5 to 7 minutes, then flip using a plate and cook the other side for another 5 to 7 minutes until golden and cooked through.



Try experimenting with different herbs like parsley and lemon or scallions.

Dill Benefits and Uses

Dill is native to the Mediterranean and has been used for centuries as both food and medicine.



Health Benefits:

- Loaded with antioxidants
- Packed with calcium, iron, vitamin A, and vitamin C
- May help reduce menstrual cramps
- Helps lower cholesterol

Dill pairs well with eggs, potatoes, yogurt, salmon, and lemon

Easy ranch dressing with dill:

- 3/4 cup whole milk plain yogurt
- 2 tbsp. Lemon juice
- 2 tbsp. Fresh dill, minced
- 1 clove garlic, minced
- salt and pepper to taste

Add to a fresh salad or use as a dip for veggies

Storing Fresh Dill:

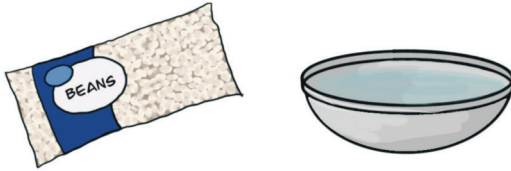
Place unused dill in a cup of water and store in fridge or leave on kitchen window sill or in a spot with natural light.



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.

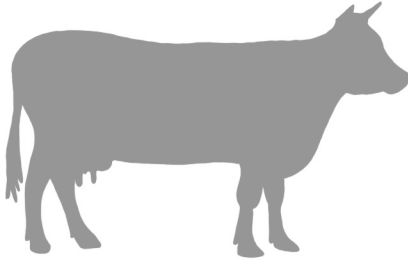


Exceptions:

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

Finding the Perfect Temperature

Using a meat thermometer, these are the temperatures you should look for to make sure each type of meat below is cooked perfectly.



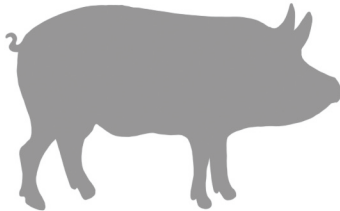
Beef:

Rare - 120°F

Medium - 140°F

Well done - 155°F

Ground beef - 160°F

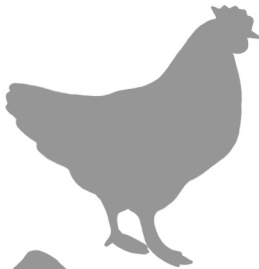


Pork:

White meat - 145°F

Dark meat - 160°F

Ground pork - 160°F



Chicken:

White meat - 160°F

Dark meat - 165°F

Ground chicken - 165°F



Turkey:

White meat - 160°F

Dark meat - 165°F

Ground turkey - 165°F



Seafood:

Fish - 145°F

Shrimp - cook until
flesh is white and
opaque

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