

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

MAY 2026



Garlic Brussels Sprouts and Potatoes

Ingredients:

- 1 lb. baby potatoes (or baking potatoes), chopped into bite-sized pieces
- 1 lb. brussels sprouts, halved
- 1 medium onion, thinly sliced
- 3 garlic cloves, minced
- 2 tbsp. olive oil
- 1 tsp. smoked paprika
- Fresh thyme
- Salt and black pepper to taste
- 1 tbsp. lemon juice (optional)



Steps:

1. Preheat oven to 425°F.
2. In a large bowl, combine chopped potatoes, brussels sprouts, sliced onion, and minced garlic.
3. Drizzle with olive oil and toss with paprika, thyme, salt, and pepper until evenly coated.
4. Spread the vegetables on the baking sheet in a single layer and add a couple sprigs of thyme on top.
5. Roast for 25–30 minutes, flipping halfway through, until potatoes are tender and the brussels sprouts are golden and crispy on the edges.
6. Remove from oven, drizzle with lemon juice if using.



Try adding sliced sausage or chicken to the baking sheet before cooking.

Strawberry Cucumber Salad

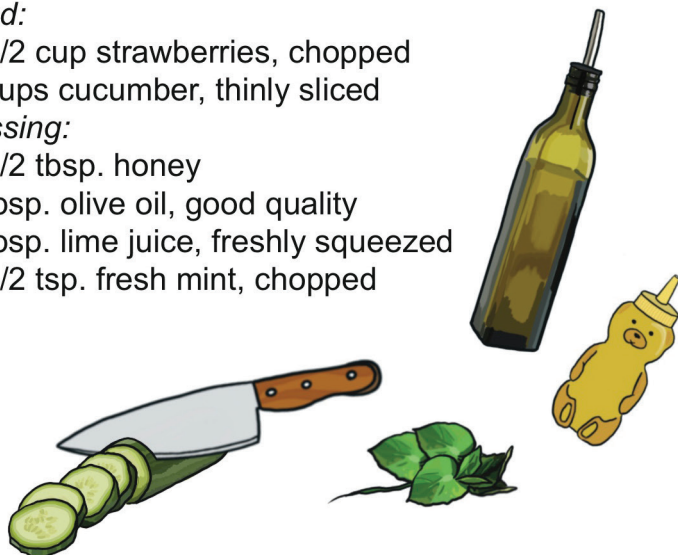
Ingredients:

Salad:

- 1 1/2 cup strawberries, chopped
- 2 cups cucumber, thinly sliced

Dressing:

- 1 1/2 tbsp. honey
- 1 tbsp. olive oil, good quality
- 1 tbsp. lime juice, freshly squeezed
- 1 1/2 tsp. fresh mint, chopped



Steps:

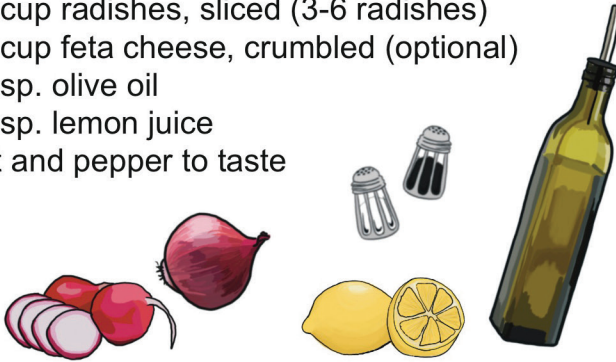
1. To make the dressing, combine honey, olive oil, lime juice, and mint in a small bowl. Mix well.
2. In a large bowl, add cucumbers and strawberries, drizzle with desired amount of dressing. Serve the salad with the remaining dressing on the side or keep it in the fridge for later.



Pea and Mint Salad

Ingredients:

- 2 cups fresh peas (or thawed frozen peas)
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup red onion, diced
- 1/4 cup radishes, sliced (3-6 radishes)
- 1/4 cup feta cheese, crumbled (optional)
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- Salt and pepper to taste



Steps:

If using fresh peas, blanch them in boiling water for 2-3 minutes, then transfer to ice water to cool. If using frozen peas, simply thaw them.

1. In a large bowl, combine the peas, chopped mint, and red onion.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Drizzle with desired amount of dressing and toss gently to combine. Serve immediately.
4. Optional: top with feta cheese.



Basic Roasted Brussels Sprouts

Ingredients:

- 24 brussels sprouts
- 2 tbsp. olive oil
- 4 garlic cloves, minced
- Salt and pepper, to taste



Steps:

1. Preheat oven to 400°F.
2. Cut brussels sprouts in half lengthwise.
3. Spread the brussels sprouts in a single layer on the baking sheet.
4. Drizzle with olive oil and sprinkle with salt, pepper, and garlic. Toss to coat the brussels sprouts evenly.
5. Roast for 12-15 minutes or until tender.
6. Remove from the oven and serve hot.

Try adding parmesan cheese before serving.



For other marinade options, see our Marinades recipe sheet

Marinades

Mix marinade ingredients together before adding brussels sprouts (or other veggies).

Balsamic Marinade

- 2 tbsp. olive oil
- 1/4 cup balsamic vinegar
- 2 tbsp. honey
- 1 tsp. Dijon mustard
- 1/2 tsp. garlic powder
- Salt and pepper to taste

Honey Garlic Marinade

- 1 tbsp. unsalted butter
- 4 cloves garlic, minced
- 1/4 cup honey
- 1/4 cup low-sodium soy sauce
- 1 tbsp. apple cider vinegar
- Salt and pepper to taste

Maple Bacon Marinade

- 6 strips of bacon, uncooked and chopped
- 4 minced garlic cloves
- 3 tbsp. olive oil
- 3 tbsp. maple syrup
- Salt and pepper to taste

Apple Honey Marinade

- 2 apples, chopped
- 3 tbsp. olive oil
- 2 tbsp. honey
- 3 cloves garlic, minced
- 1 tbsp. Fresh thyme (or 1 tsp. dried thyme)
- Salt and pepper to taste

Mint Benefits and Uses

Mint has a relaxing scent. It can benefit the digestive tract and aid in pain management.



Health Benefits:

- Enhances memory
- Increases alertness
- Calms upset stomach
- Reduces stress
- Eases headache pain
- Boosts energy
- Soothes cold symptoms

Caution:

Not recommended for children under 5 years of age.

Teas and Infusions:

- 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 - $\frac{1}{4}$ - $\frac{1}{2}$ cup dried herbs or 2 cups fresh herbs

(Store in fridge or dark cool space up to 2 days)

Storing Fresh Mint:

Place unused mint 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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