

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

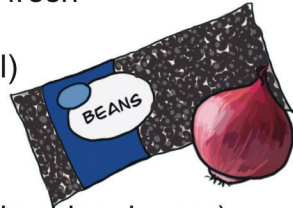
JULY 2026



Southwestern Bean Salad

Ingredients:

- 2 cups tomatoes, diced
- 2 avocados, diced
- $\frac{1}{3}$ cup red onion, diced
- 2 cups black beans, rinsed and drained
- 2 cups black eyed peas, rinsed and drained
- $1\frac{1}{2}$ cups corn kernels, frozen or fresh
- 1 bell pepper, diced
- 1 jalapeño, finely diced (optional)
- Fresh cilantro, chopped



Dressing:

- 2 tbsp. red wine vinegar (or apple cider vinegar)
- 1 tsp. granulated sugar
- $\frac{1}{3}$ cup olive oil
- 2 tbsp. fresh lime juice
- Salt and pepper to taste
- $\frac{1}{4}$ tsp. garlic powder



Steps:

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeño, and cilantro in a large bowl.
2. In a separate bowl, mix olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir.
4. Keep refrigerated.

Try adding shredded roasted chicken, strips of steak, or cooked quinoa to salad.

Experiment with cheeses; crumbled cotija, shredded queso fresco, or shredded cheddar.

Stuffed Tomatoes

Ingredients:

- 3 large tomatoes
- 1/2 medium onion, chopped
- 2 cups cooked rice (or quinoa)
- 4 tbsp fresh herbs, chopped (basil, parsley, or oregano)
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 cup cheese (mozzarella, feta, or cheddar)

Steps:

1. Preheat your oven to 400°F.
2. Slice the tops off the tomatoes and gently scrape out the seeds and pulp using a spoon. Brush the insides lightly with olive oil.
3. In a large bowl, combine the cooked rice, onions, chopped herbs, olive oil, salt, and pepper. Spoon mixture into the hollowed tomatoes, stuffing them to the top and place in baking dish.
4. Bake for 20 minutes until the tomatoes soften. Add cheese and bake for another 5 minutes.



Try adding vegetables like chopped broccoli or meats like shredded chicken or ground beef.

Substitute cilantro and taco seasoning for basil, parsley, and oregano.

Easy Homemade Salsa

Ingredients:

- 3 cups tomatoes, chopped
- 1/2 medium onion, chopped
- 1 green onion, chopped
- 2-3 cloves of garlic, minced
- 2 jalapeños, diced (optional)
- Fresh cilantro, chopped
- Half a lime, juiced
- Pinch of cumin (optional)
- Pinch of sugar
- Salt to taste



Steps:

1. Add all ingredients for a chunky salsa. For a smoother salsa, add to blender or food processor.
2. Chill salsa for 1-2 hours or overnight to let flavors marinate.



Try adding salsa to scrambled eggs, omelet, avocado toast, or baked potato.

Easy Overnight Oats

Ingredients:

- 1/2 cup old fashioned oats
- 1/2 cup milk (or Greek yogurt)
- 2 tsp. honey (or maple syrup)
- Optional extras (like berries, or jam)

Steps:

1. Put the rolled oats into your container.
2. Add the milk, honey, and extras.
3. Seal the container and place in the refrigerator overnight, or for at least 4-5 hours so that the oats absorb all of the liquid.

You can eat this cold right out of the fridge or you can heat it up in the microwave for 1-2 minutes and enjoy hot.



Try adding fruit like banana slices, berries, chopped apples, chopped mango, or shredded coconut.

Experiment with adding peanut butter, jam, Nutella, cinnamon, crushed nuts, chia seeds, chocolate chips, vanilla extract, or raisins.

Easy Fruit Scones

Ingredients:

- 3 heaping tbsp. self-rising flour
(or 3 tbsp. All-purpose flour and 1/2 tsp. baking powder)
- 2 tbsp Greek yogurt
- 1 tbsp honey (or maple syrup)
- 1 small handful of berries

Steps:

1. Preheat oven to 350°
2. Mix all ingredients to form a dough ball and place on baking pan.
3. Bake for 20-25 minutes.

Recipe makes one scone.



Try experimenting with different fruits combinations!

- *Blueberries and lemon zest*
- *Strawberries and raspberries*
- *Chopped apple and cinnamon*
- *Strawberries and kiwis*
- *Raspberries, blackberries, and blueberries*

For a quick icing, add 1 tbsp of powdered sugar and lemon juice, and drizzle on top.

Refrigerator Jam

Ingredients:

- 3 cups fresh berries, chopped
- $\frac{3}{4}$ cup sugar
- 2 tbsp. lemon juice



Steps:

1. Combine the fruit, sugar, and lemon juice in a saucepan and bring to a boil, stirring frequently.
2. Reduce the heat and simmer until thickened, stirring occasionally, about 10 to 15 minutes. The jam will thicken a little more once cooled.
3. Remove the pan from the heat and skim the foam off the top. This will help keep your jam clear rather than cloudy or streaky.
4. Cool slightly and pour into jars, leaving a little space at the top of the jar. Allow the jam to cool at room temperature.
5. Once cooled, refrigerate the jam for 24 hours. If you are freezing the jam, put it in the freezer after it has been in the refrigerator for 24 hours.



Jam should last in the refrigerator for 2 to 3 weeks and in the freezer for up to 1 year.

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