

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

AUGUST 2026



Zucchini Parm Bake

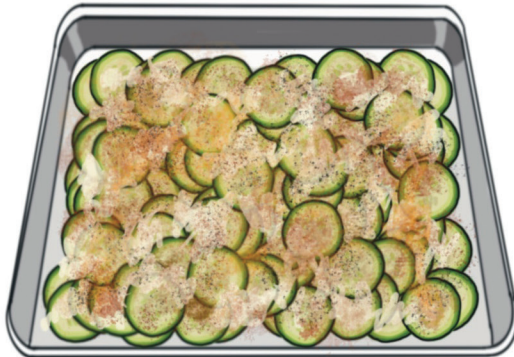
Ingredients:

- 4 medium zucchini, sliced
- 1 cup Parmesan cheese, grated or shredded
- 3 large eggs
- 1 cup breadcrumbs
- 4 cloves garlic, minced
- Salt and pepper to taste



Steps:

1. Preheat the oven to 375°F.
2. Thinly slice the zucchini.
3. Combine sliced zucchini with Parmesan cheese, breadcrumbs, garlic powder, salt, and pepper.
4. Add eggs to the mixture and stir until well combined.
5. Pour the mixture into a 9x13 baking dish and spread evenly.
6. Bake for 30-35 minutes or until the top is golden brown.



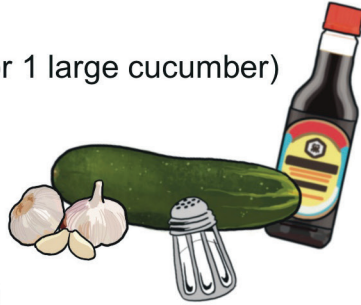
Substitutions:

Other cheese can be used in place of Parmesan. Try using cheddar or mozzarella cheeses.

Asian Cucumber Salad

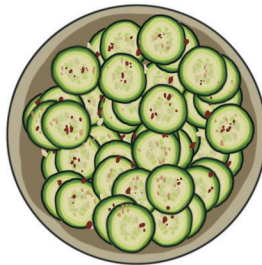
Ingredients:

- 5 Persian cucumbers (or 1 large cucumber)
- 1/2 tsp salt
- 1/2 tbsp sesame oil
- 3/4 tbsp soy sauce
- 1/2-1 tbsp sugar
- 3/4 tbsp rice vinegar
- 1 tbsp chili oil (optional)
- 1/2 tbsp sesame seeds (optional)
- 1/2 tbsp garlic, minced



Steps:

1. Slice cucumbers at an angle, slices can be any thickness.
2. Add sliced cucumbers to a bowl and sprinkle salt.
3. Mix well and refrigerate for at least 20 minutes to draw out the water.
4. Drain the water and give the cucumbers a quick 10 seconds rinse before returning back to the bowl.
5. Add sesame oil, soy sauce, sugar, rice vinegar, chili oil, sesame seeds, and garlic.



Substitutions:

- Replace *rice vinegar* with *apple cidar vinegar*.
- Alternatives for *sesame oil* are: *canola*, *vegetable*, *corn*, *avocado*, or *grape seed oil*.

Zucchini Bread

Ingredients:

- 1 cup grated zucchini
- 1 cup flour
- 2 eggs
- 1/2 cup applesauce
- 1/4 cup honey



Steps:

1. Combine eggs, applesauce, and honey.
2. Fold in grated zucchini.
3. Add flour to mixture.
4. Pour into greased loaf pan.
5. Bake at 350° for 40-45 minutes.



Variations:

Try adding 1/3 cup of chocolate chips or chopped nuts to mixture before baking.

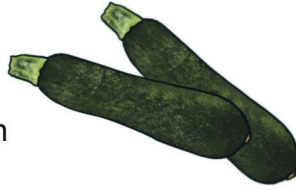
Substitutions:

Use olive oil in place of applesauce.
Replace honey with maple syrup.

Zucchini Oatmeal Cookies

Ingredients:

- 1 cup instant oats
- 3/4 cup flour
- 1½ tsp baking powder
- 1½ tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 2 tbsp coconut oil or unsalted butter, melted
- 1 large egg, room temperature
- 1 tsp vanilla extract
- 1/2 cup pure maple syrup
- 1 cup freshly grated zucchini, patted dry



Steps:

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, nutmeg, and salt.
2. In a separate bowl, whisk together the coconut oil or butter, egg, and vanilla until thoroughly combined. Stir in the maple syrup.
3. Add in the oat mixture, and stir until just incorporated. Fold in the zucchini. Chill the cookie dough for 30 minutes.
4. Using a spoon and spatula, drop the cookie dough into 15 rounded scoops onto the prepared sheet and flatten using a spatula.
5. Bake at 325°F for 11-14 minutes.



Cucumber Salsa

Ingredients:

- 2 cups cucumbers, diced
- 3 cups tomatoes, diced
- 3/4 cup onion, diced
- 1 - 2 diced jalapeño peppers to taste (optional)
- 3/4 tsp sea salt or to taste
- 1/3 cup finely diced cilantro
- 4 tablespoons lime juice (2 limes)



Steps:

1. Place diced cucumbers and tomatoes in a fine-mesh strainer set over a bowl. Sprinkle 1/2 teaspoon salt and mix well. Set aside for 30 minutes to allow the excess water to drain off.
2. In a large bowl, combine the drained tomatoes and cucumbers, onion, peppers, cilantro, and lime juice.
3. Serve right away or refrigerate for at least 30 minutes to allow the flavors to combine.

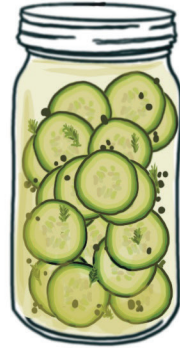


Try spooning it over grilled salmon or chicken, serving it as a topping for fish or shrimp tacos, or scooping it up with tortilla chips and toasted pita.

Refrigerator Pickles

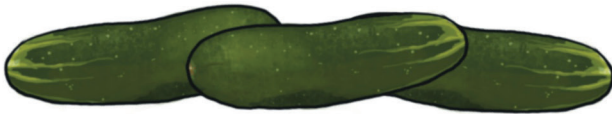
Ingredients:

- 4 cucumbers, sliced
- 1 cup water
- 1 cup white vinegar
- 1/4 cup sugar
- 1 tbsp salt
- 2 garlic cloves, crushed
- 1/4 cup fresh dill
- 1 tbsp whole black peppercorns



Steps:

1. Slice cucumbers into desired shape.
2. To make the brine, combine water, white vinegar, sugar, and salt in a medium saucepan and heat until dissolved.
3. Layer sliced cucumbers, garlic, dill, and peppercorns in a jar.
4. Pour the cooled brine over the cucumber mixture, making sure everything is submerged.
5. Seal the jar and chill in the fridge for a few hours or overnight for best flavor.



Recipe Variations:

- *Spicy Dill Pickles*: Add sliced jalapeños or a few crushed red pepper flakes to the brine.
- *Sweet and Tangy Bread-and-Butter Pickles*: Increase the sugar and add a few slices of onion.
- *Herby Pickles*: Experiment by adding fresh herbs like basil or thyme along with the dill.
- *Curry Pickles*: Add curry powder or cumin to the brine.
- *Asian-Inspired Pickles*: Substitute rice vinegar and add a splash of soy sauce and sesame seeds.

FREE RECIPES & COOKING TIPS

BROWSE MORE RECIPES AT
WWW.MATHER.COM/MMB

Try recipes from the program and connect with others from the comfort of home! Join on Zoom the last Monday of each month from 4:00 to 5:00 p.m. Talk nutrition and cooking tips with an expert facilitator.

ALL ARE WELCOME!



Scan the code to learn more.
Or call (888) 600.2560 for questions.