

RECIPE BOOKLET



FREE PRODUCE & PROTEIN

MATHER MARKET BASKET

FRESHNESS, DELIVERED

Enjoy these chef-inspired recipes!

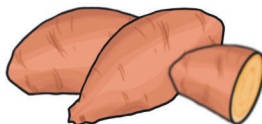
SEPTEMBER 2026



Sweet Potato and Turnip Bake

Ingredients:

- 2 large (or 3 medium) sweet potatoes
- 2-3 medium turnips
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tbsp fresh thyme, chopped
- Salt and pepper, to taste
- 2 tbsp butter, cubed



Steps:

1. Preheat oven to 425.
2. Thinly slice the sweet potatoes and turnips and place them in a bowl.
3. Toss with olive oil and seasonings and place in a circular pattern in a cast iron skillet or baking dish.
4. Cover with foil and bake for 30 minutes, or until vegetables are tender.
5. Remove foil and add the cubes of butter around the roasted vegetables. Cook for 5-10 more minutes or until top is slightly crispy.
6. Let it cool for a few minutes and top with more fresh thyme if desired.



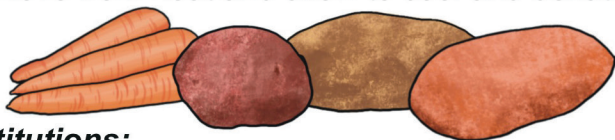
Root Veggie Frittata

Ingredients:

- 1 medium sweet potato
- 4 medium-large carrots
- 2 parsnips
- 1/2 cup fresh (or 2 tbsp dried) parsley, chopped
- 1-2 tbsp olive oil
- 8 large eggs
- 2 garlic cloves, minced
- 3 tsp fresh (or 1 tsp dried) thyme, chopped
- 1/3 cup goat cheese, crumbled
- Salt and pepper, to taste

Steps:

1. Peel and chop sweet potato, carrots, and parsnips into bite-sized pieces. Roughly chop herbs and set aside.
2. Heat a skillet over medium. Add cooking oil and sauté sweet potatoes for 10 mins.
3. Add other veggies, continuing to cook for 5 mins, stirring occasionally.
4. Whisk eggs, herbs, and seasonings in a large bowl.
5. Evenly distribute the vegetables in the skillet, add egg mixture, cover it, and cook for about 8-10 minutes, or until the frittata has puffed up.
6. Remove from heat and allow to cool and deflate.



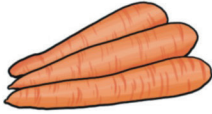
Substitutions:

Replace goat cheese with other cheeses like crumbled feta, shredded cheddar, or shredded pepperjack.
Try adding cooked meat, like crumbled sausage or crispy bacon pieces to the frittata.
Experiment with other veggies like broccoli, bell peppers, and onions.

Easy Glazed Carrots

Ingredients:

- 1 lb carrots, peeled and sliced
- 1 tbsp oil
- 1 tbsp butter
- 2 tbsp dark brown sugar
- Salt to taste



Steps:

1. Preheat a large skillet over high heat for 3-4 minutes.
2. Add oil and heat for 30-60 seconds.
3. Add the carrots and arrange in a single layer as much as possible (the parts touching the pan will brown).
4. Cook uncovered, without stirring, until they start to brown, 3-5 minutes.
5. Add the butter, brown sugar and salt (and other seasonings, if using). Once the butter has melted, stir well.
6. Reduce heat to medium-low, cover, and cook until tender and glossy, about 8-10 minutes. If the pan gets dry before the carrots are done, add a splash of water.
7. When done, sprinkle with the fresh herbs, if using.



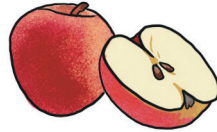
Substitutions:

Replace brown sugar with honey or maple syrup. Try adding other spices like a pinch of cinnamon, 1/8 tsp red pepper flakes, or 1-2 tsp thyme, parsley, or chives.

Homemade Applesauce

Ingredients:

- 8 cups apples, chopped (about 2 lbs)
- 1 cup water
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg (optional)



Steps:

Crockpot Version:

1. Add water, chopped apples, and spices to the crockpot. Stir to combine.
2. Cover crockpot and set to low for 6-8 hours or high for 4-5 hours.
3. When the applesauce is finished cooking, you can mash the apples with a fork, potato masher, or a blender.

Stovetop Version:

1. Add water, chopped apples, and spices to the sauce pan. Stir to combine.
2. Bring pot to a boil, reduce heat and simmer for 30 minutes, stirring occasionally.
3. When the applesauce is finished cooking, you can mash the apples with a fork, potato masher, or a blender.



Allow applesauce to cool completely and store in glass container for up to a week.

Easy Homemade Sauces

Buffalo Sauce:

- 1/2 cup hot sauce
- 1/4 cup butter
- 1 tbsp vinegar
- 2 garlic cloves, minced and sautéed

Teriyaki Sauce:

- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 tbsp honey
- 1 tsp ginger
- 2 garlic cloves, minced and sautéed

Barbecue Sauce:

- 1 cup ketchup
- 1/4 cup brown sugar
- 2 tbsp vinegar
- 1 tsp paprika

Alfredo Sauce:

- 1 cup heavy cream
- 1/2 cup Parmesan
- 2 tbsp butter
- 2 garlic cloves, minced and sautéed

Marinara Sauce:

- 2 cups crushed tomatoes
- 1/4 cup onions, chopped and sautéed
- 2 garlic cloves, minced and sautéed
- 1 tsp Italian seasoning

Sauces will keep in fridge for up to one week.

Try experimenting with sauce recipes by adding your favorite spices and herbs!

Storing Produce

Keeping Produce Fresher for Longer



Tomatoes

Store at room temperature



Garlic

Store in a dry, well ventilated place



Carrots/Celery

Store in water to keep crisp



Onions

Store in a cool, dry place, away from potatoes



Apples

Store in fridge drawer, away from other fruits



Avocado

Store on counter to ripen, store in fridge to pause ripening



Herbs

Store in cup of water on counter or in fridge



Leafy Greens

Store washed, dried, and with paper towels



Broccoli/Cabbage/Cauliflower

Store in fridge, wrapped in plastic or in a plastic bag



Berries

Store unwashed, in a single layer, in fridge

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