

ROOT CAUSES

FRESH PRODUCE PROGRAM



FALL/WINTER

RECIPEBOOK

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Sweet Potato Kale Frittata

Serves: 2-4

Cook Time: 12 minutes

Prep Time: 3 minutes

Total Time: 15 minutes

Ingredients:

- 1 tablespoon oil or butter
- 1 shallot , diced (optional)
- 1 cup finely chopped kale , stems removed
- 1 cup roasted sweet potato cubes
- 5 eggs
- salt and pepper



Instructions:

- Heat oil in nonstick 9-10" frying pan on medium low heat.
- Add shallots and cook for 1 minute.
- Add kale and cook for 4-6 minutes.
- Add sweet potatoes and cook for 1 minute.
- Remove from heat and let cool slightly.
- Whisk eggs thoroughly with salt and pepper.
- Return pan to low heat and add eggs.
- Cook for 3-5 minutes until eggs are cooked around the edges.
- Broil the top of the frittata for 2-3 minutes until top is brown and cooked through.



Shallot can be replaced with yellow or red onion and garlic. One shallot is usually equivalent to 1/3 of an onion and one garlic clove.

Huevos Rancheros-Inspired Scrambled Eggs

Serves: 2

Cook Time: 10 minutes

Prep Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- 4 large eggs, lightly beaten
- 6 small corn tortillas, warmed
- sea salt and freshly ground black pepper
- guacamole (optional)
- black beans and cheese

TOMATO SALSA

- 1 1/4 cups cherry tomatoes, diced
- 1/2 red onion, finely chopped
- small handful fresh cilantro, roughly chopped, plus more for serving
- juice of 1/2 a lime, plus wedges to garnish
- sea salt to taste

Instructions:

- Prepare the tomato salsa by combining all the ingredients together in a bowl. Season with sea salt to taste. Set aside at room temperature until needed.
- Heat a small non-stick pan over medium-high heat and add the eggs. Lower the heat and scramble the eggs slowly until you have a thick but loosely scrambled egg mixture. Remove from the heat immediately and season with sea salt and ground black pepper. Heat black beans.
- Assemble all prepared ingredients in tortillas and enjoy!



When tomatoes are out of season, other vegetables can be made into a slaw for topping with oil and vinegar, for example: shredded zucchini or diced green peppers.



Turnip Breakfast Hash

Serves: 4

Cook Time: 15 minutes

Prep Time: 5 minutes

Total Time: 20 minutes

Ingredients:

- 1 large turnip peeled and diced
- 1/4 onion diced
- 3 slices bacon
- 1 tablespoon butter or oil
- 1/2 teaspoon each of paprika, garlic powder, salt, and pepper
- 1 green onion sliced (optional)
- seasonal herbs (optional)

Instructions:

- Add the oil to a large skillet over medium high heat. Add in the turnips and spices. Cook 5-7 minutes stirring occasionally.
- Add in the onion and cook 3 minutes until it starts to soften. Chop the bacon into small pieces and add to the skillet. Continue to cook another 5-7 minutes until the bacon is crispy.

Top with green onion and herbs before serving.



Assorted herbs can be added to this dish to give a burst of fresh flavor. Some options are: basil, oregano, cilantro, or parsley.



Bell Pepper Egg Rings

Serves: 1

Cook Time: 5 minutes

Prep Time: 5 minutes

Total Time: 10 minutes

Ingredients:

- 2 eggs
- 1 yellow bell pepper
- 1/2 cup shredded kale or spinach (optional)
- salt, to taste
- pepper, to taste
- seasonal herbs (optional)

Instructions:

- Slice a yellow bell pepper on its side to create rings.
- Scramble eggs with spinach or kale.
- Place the 2 rings in a pan and let simmer for a few seconds.
- Add half of egg mixture inside each of the rings.
- Cover the pan and cook 4-5 minutes. (or to desired wellness)
- Top with salt, herbs, and pepper to taste.



Spinach and kale can be added to many dishes to add more nutrition without sacrificing taste.



Simple Sweet Potato Pancakes

Serves: 2

Cook Time: 10 minutes

Prep Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- 1 cup of mashed sweet potato
- 2 eggs
- 1 teaspoon butter or oil
- 1/2 teaspoon cinnamon (optional)
- 1/4 teaspoon nutmeg (optional)
- 1 teaspoon shredded fresh ginger (optional)

Instructions:

- Combine sweet potato and eggs. Add any optional desired ingredients. Stir well.
- Grease pan with oil and heat to medium-high. Pour about 1/4 cup of batter into pan and cook 3-4 minutes. Flip and cook another 2-3 minutes.
- Serve hot and enjoy!



These pancakes have a super simple base with just sweet potatoes and eggs, but they can be spiced up with any spices you have on hand. Some ideas are included in the recipe.

Rice and Sweet Potato Kale Salad

Serves: 2

Cook Time: 25 minutes

Prep Time: 20 minutes

Total Time: 45 minutes



Ingredients:

- 1 small sweet potato
- 2 tbsp oil
- 3/4 tsp smoked paprika
- Salt
- Black pepper
- 1 large bunch of kale
- 2 cloves garlic minced
- 3/4 cup rice

Instructions:

- Peel the sweet potato, and cut it into 1cm dice. Toss in 1tbsp of oil, the smoked paprika, and a little salt and pepper. Spread out into a single layer on a baking tray, and roast for around 35 minutes at 375°F, until soft in the middle and slightly crispy on the edges.
- Remove the tough stems from the kale, and cut the leaves into strips. Heat the remaining 1tbsp of oil in a large frying pan, and add the kale and garlic. Cook over medium heat for a few minutes, then add the cooked rice. Cook for a few more minutes.
- When the sweet potatoes are ready, add them to the rice and kale, and mix well. Serve warm.



Roasting vegetables and potatoes is a great way to maximize flavor and minimize active cooking time. Cutting the vegetables into uniform pieces ensures they all cook evenly.

Corn and Black Bean Salad

Serves: 4

Cook Time: 0 minutes

Prep Time: 20 minutes

Total Time: 20 minutes

Ingredients:

- 1 can sweet corn
- 1 can black beans
- 1/2 large red pepper chopped
- 1/2 large green pepper chopped
- Handful assorted little tomatoes chopped
- 2 tablespoons red onion chopped
- 1 tablespoon cilantro chopped
- Juice of 1/2 lime
- 1 tablespoon olive oil
- Salt & pepper to taste

Instructions:

- Drain corn, drain and rinse black beans and add them to a large bowl.
- Chop onions and peppers and add to bowl.
- Chop cilantro and add.
- Toss with the lime juice and olive oil, and season with salt & pepper.
- Serve immediately or chill first.



Lime juice can be substituted with any acid, like lemon juice or a mild vinegar to give the tang that is needed to enhance the other flavors.

Sausage and Pepper Sandwiches

Serves: 4

Cook Time: 30 minutes

Prep Time: 10 minutes

Total Time: 40 minutes

Ingredients:

- 1 tablespoon oil
- 1 can of tomatoes, crushed
- 2 bell peppers, sliced
- 4 servings of protein
- 1/2 red onion, chopped
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 cloves garlic, minced
- 4 sandwich rolls (optional)

Instructions:

- Heat olive oil in a large skillet over medium-high heat.
- Add protein and cook, turning occasionally, until evenly browned and cooked through.
- Add remaining ingredients, stir, and cover.
- Reduce heat to low and cook, covered, 10-15 minutes or until peppers are tender-crisp and sauce has thickened.
- Serve in sandwich rolls OR as is.



A jar of pasta or pizza sauce can be used instead of the tomatoes and spices to create the same flavor and texture.



Zucchini Kale Fried Rice

Serves: 3-4

Cook Time: 15 minutes

Prep Time: 15 minutes

Total Time: 30 minutes



Ingredients:

- 3 large eggs
- 1 Tablespoon oil
- 1/2 of a medium onion, peeled & chopped
- 2 – 3 cloves garlic, peeled & chopped
- 1 carrot, peeled & chopped
- 1 cup chopped zucchini
- 1 bunch kale, chopped
- A splash of soy sauce
- 2 cups cooked rice

Instructions:

- In a small bowl, whisk eggs with salt & pepper. Heat pan over medium heat and add 1/2 of the oil. Scramble the eggs, and set aside.
- Add the rest of the oil and heat over medium heat. Add the onion and garlic and sauté until translucent. Add the carrot and zucchini and sauté a few minutes more.
- Put the kale on top of the veggies and add a splash of soy sauce. Cover the pan until the kale starts to wilt, then stir. Add the rice and stir.
- Remove from heat and add the eggs, chopping them up and stirring them into the rice. Serve hot, with more soy sauce if desired.



The stiff stems of kale can be removed before chopping to give a better texture and flavor to dishes like this.

Black Bean Burger

Serves: 4

Cook Time: 40 minutes

Prep Time: 5 minutes

Total Time: 45 minutes

Ingredients:

- 1/2 cup uncooked brown rice
- 1 (15 ounce) can black beans, drained and rinsed
- 1 small onion, chopped (white or yellow)
- 1 garlic clove, minced
- 1 cup frozen corn
- 1 teaspoon salt
- cayenne pepper (to taste)
- 1/3 teaspoon chili powder
- 1 egg
- 1/3 cup breadcrumbs
- 1 teaspoon oil

Instructions:

- Cook rice according to package directions. In a pot, heat oil over medium heat and saute the onion and garlic about 5 minutes, until the onion is translucent.
- Add the corn and spices and cook until the corn is defrosted, another 5 minutes.
- Mash the drained beans.
- Add the rice, corn, and onion; combine, mashing it with your fork as you go.
- Add the egg and mix in well.
- Add the breadcrumbs.
- Form into patties by patting the desired amount of mixture into a flat round.
- Cook about 2 minutes on each side.



To enhance this “burger”, extra spices like garlic, paprika, and onion powder can help to give smokier grilled flavors.



Easy Dinner Skillet

Serves: 4

Cook Time: 15 minutes

Prep Time: 15 minutes

Total Time: 30 minutes



Ingredients:

- 1 pound ground protein
- Salt and pepper to taste
- ½ small yellow onion, thinly sliced
- 2 cups zucchini, chopped
- 1/2 cup ketchup
- 4 eggs
- 2 cups chopped greens (kale or spinach)
- 2 cloves garlic, minced
- 2 tablespoons chopped cilantro

Instructions:

- Heat a cast iron/oven-friendly pan over medium heat.
- Cook the protein with salt and pepper, breaking up with a spoon, until almost browned
- Stir in the vegetables and cook until the protein is browned and the vegetables have started to soften. Stir in ketchup.
- Make four wells in the mixture for the eggs. Crack in the eggs and transfer the pan to the oven with the broiler on.
- Broil until the eggs are cooked to your liking, about 2 minutes.
- Top with cilantro and serve.



To limit the fat content in meals that call for ground beef, other ground meats can be substituted, like ground chicken or turkey.

Classic Borscht (Beet Soup)

Serves: 8

Cook Time: 40 minutes

Prep Time: 30 minutes

Total Time: 70 minutes



Ingredients:

- 3 medium beets peeled and grated
- 4 Tbsp olive oil
- 8 cups chicken or vegetable broth
- 2 cups water
- 3 medium yukon potatoes peeled and sliced into bite-sized pieces
- 2 carrots, thinly sliced
- 2 celery ribs, finely chopped
- 1 small red bell pepper, finely chopped
- 1 medium onion, finely chopped
- 4 Tbsp ketchup or 3 Tbsp tomato sauce

Instructions:

- Heat a large soup pot over medium/high heat and add 2 Tbsp olive oil. Add grated beets and sauté 10 minutes.
- Add 8 cups broth and 2 cups water. Add sliced potatoes and sliced carrots then cook for 10-15 minutes.
- While potatoes are cooking, place a large skillet over medium/high heat and add 2 Tbsp oil. Add chopped onion, celery and bell pepper. Saute stirring occasionally until softened and lightly golden.
- Add 4 Tbsp Ketchup, then transfer to the soup pot.
- Add any additional aromatics or protein and simmer for 2-3 minutes, then serve.



Any vegetables or herbs can be added to this dish. Cooked protein can also be added at the end, white beans, tofu, and chicken are all great options.

Stuffed Zucchini

Serves: 4

Cook Time: 40 minutes

Prep Time: 20 minutes

Total Time: 60 minutes

Ingredients:

- 4 zucchini, halved lengthwise
- 1 tablespoon butter or oil
- 1 onion, chopped
- 1 red bell pepper, finely chopped
- 3 cloves garlic, finely chopped
- 1/2 teaspoon dried oregano
- 1/4 cup grated cheese

Instructions:

- Preheat oven to 375°. Scoop out pulp from zucchini halves; set aside. Arrange zucchini halves on baking sheet.
- Spread butter or oil skillet over medium-high heat and cook onion, stirring occasionally, 5 minutes, or until tender. Add red pepper, zucchini pulp, garlic and oregano. Cook, stirring frequently, 1 minute. Let stand to cool slightly.
- Evenly spoon vegetable mixture into zucchini halves. Top with cheese. Bake 30 minutes or until zucchini are tender.



Black beans can be mashed slightly and added to the stuffing mixture before cooking to provide more protein, along with a cooked ground meat or meat substitute.



Roasted Ratatouille with Pasta

Serves: 4

Cook Time: 90 minutes

Prep Time: 15 minutes

Total Time: 105 minutes

Ingredients:

- 1/4 cup olive oil
- 2 zucchini, cut into 1-inch quarters
- 1 eggplant, cut into 1-inch quarters
- 1 large onion, chopped
- 1 red bell pepper, cut into 1-inch quarters
- 1 pint grape tomatoes, halved
- 4 cloves garlic, finely chopped
- Salt and pepper
- 8 ounces pasta
- 1 tablespoon Italian herbs (basil, thyme, parsley, or oregano)

Instructions:

- Preheat the oven to 350 degrees . In a deep baking dish, drizzle oil over the zucchini, eggplant, onion, bell pepper, tomatoes, and garlic; season with salt, herbs, and pepper and toss to coat.
- Cover tightly with foil ad roast for 45 minutes. Uncover, stir, and roast for another 45 minutes.
- About 10 minutes before the veggies are done, bring a large pot of salted water to a boil. Cook the pasta according to package instructions.



This is an easy dish to season with whatever is on hand, it tastes great with any herbs that are typically used in Italian cooking.



Italian Stuffed Peppers

Serves: 3-6

Cook Time: 60 minutes

Prep Time: 20 minutes

Total Time: 80 minutes

Ingredients:

- 1 pound ground protein
- 1 1/2 cups cooked rice
- 1 egg
- salt and pepper
- garlic powder
- 3 medium size bell peppers
- 1 jar pasta sauce



Shallot can be replaced with yellow or red onion and garlic. One shallot is usually equivalent to 1/3 of an onion and one garlic clove.

Instructions:

- In a large bowl, mix together the cooked rice and the raw protein.
- Add the egg, salt, pepper, and garlic powder to your taste, and mix very well.
- Half the peppers vertically. Take off the stem and remove the seeds.
- Fill the halves with the mixture. Spread sauce on baking pan and put peppers on top.
- Spoon sauce over the stuffed top of each pepper and pour the remaining sauce around the peppers.
- Sprinkle the top with seasonings.
- Bake at 350°F until peppers are tender, about 1 hour.
- Spoon the sauce over the peppers a few times while they are cooking.

Braised Cabbage

Serves: 4

Cook Time: 120 minutes

Prep Time: 15 minutes

Total Time: 135 minutes

Ingredients:

- 1 medium head of cabbage, cut into wedges
- 1 large yellow onion, cut to thin wedges
- 1 large carrot, chopped to round pieces
- 1/4 cup stock or water
- 1/4 cup olive oil
- 1/8 tsp chili flakes
- sea salt

Instructions:

- Heat the oven to 325F or 165C.
- Arrange the cabbage wedges in a baking pan and scatter onion and carrot on top.
- Pour the stock into the baking pan.
- Sprinkle with olive oil, salt, pepper, and chili flakes.
- Cover and bake for about 1.5 hours or till the cabbage is very tender.
- Take off the cover and bake for another 15 minutes for the cabbage to get crispy and brown.



This cabbage can be seasoned to fit whatever main dish it is served with. Other root vegetables can be added to the stock, like beets or turnips.



Kale and Sweet Potato Chips

Serves: 4

Cook Time: 30 minutes

Prep Time: 15 minutes

Total Time: 45 minutes

Ingredients:

- 1 sweet potato
- 2 tablespoons olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bunch of kale leaves



Instructions:

- Position an oven rack in the center of the oven, and preheat the oven to 350°F.
- Slice the potato into 1/8-inch-thick slices.
- Put in a bowl and add half of olive oil. Toss well. Arrange in a single layer (without overlapping) on baking sheets.
- Bake for 12 minutes. Turn over and bake for 6 more. Season with salt and pepper.
- Remove kale stems. Cut leaves into 2- to 3-inch pieces. Put in a bowl, and drizzle with remaining olive oil. Toss well. Arrange the kale in a single layer on baking sheets.
- Bake the kale until crisp and slightly dark on the edges, 10 to 12 minutes. Season with the remaining salt and pepper.



This recipe is presented with both kale and sweet potato, but other options for “chipifying” are carrots, turnips, beets, and obviously regular potatoes.

Turnip Fries

Serves: 4

Cook Time: 25 minutes

Prep Time: 10 minutes

Total Time: 35 minutes

Ingredients:

- 4 large turnips, washed, stems removed
- 1/3 cup olive oil or coconut oil
- Finely ground sea salt
- Any optional creative seasonings!



Instructions:

- Preheat your oven to 425F degrees.
- Cut turnips into French fry shapes.
- In a large bowl, toss turnips with oil of your choice.
- Sprinkle with salt (and seasoning of your choice).
- Line a baking sheet with tin foil or a non stick baking mat.
- Lay turnips in single layers on the baking sheet.
- Roast for 20-25 minutes for thick cut fries, rotate the pan halfway through cooking and “turn” the fries so they cook evenly.
- Enjoy!



These “fries” can be made with any amount of turnips and can be cut into any thickness. However, a thinner fry will take less time to cook.

Omurice

Serves: 4

Cook Time: 30 minutes

Prep Time: 15 minutes

Total Time: 45 minutes



Ingredients:

- 6-8 eggs
- 1 ½ -2 broccoli crowns, quarter sized
- 1 onion, diced
- 1/3 bag of frozen peas or ½ can of peas
- 2 ½ cups uncooked rice
- At least 5 tablespoons vegetable oil
- 1-2 large cloves of garlic, minced (optional)
- Ketchup to taste
- Salt to taste
- Black pepper to taste (optional)
- Gochujang paste or sriracha (optional)



Feel free to add/replace veggies or change amounts depending on what you like! I like having a lot of eggs and a lot of veggies.

Instructions:

- Cook rice and refrigerate for ~ 12 hours.
Cut vegetables and set aside. Beat eggs with dash of salt
- In a large pan, add tablespoon oil and stir-fry garlic on medium-high heat Add onions and cook 1 minute. Add remaining veggies and add teaspoon salt. Cook through and set aside.
- In pan, add tablespoon of oil and stir-fry rice on medium-low heat. Add ketchup and mix through. Add veggies and set rice mixture aside.
- In clean pan, add 2 teaspoons oil on high heat. Add quarter of egg mixture and pepper. Slide the omelet onto plate after cooking through. Repeat four times.
- Scoop fried rice onto half of omelet and fold other half over.

Beet and Potato Salad

Serves: 2-4

Cook Time: 28 minutes

Prep Time: 17 minutes

Total Time: 45 minutes



Ingredients:

- 2 pounds beets
- ½ pound potatoes
- 4 tbsp olive oil
- 1 tsp salt
- black pepper
- 2 tbsp apple cider vinegar
- 2 tbsp whole-grain mustard
- 1 shallot
- sliced hard-boiled eggs and/or diced celery (optional)

Instructions:

- Preheat oven to 400°F
- Place peeled and sliced beets and chopped potatoes, and 1 cup water in a baking dish, drizzling with 2 tbsp oil and seasoning with ½ tsp salt and some pepper. Roast until beets and potatoes are tender when pierced with a knife, 45 – 55 min. Set aside to cool for 15 min.
- Toss roasted beets and potatoes in a large bowl.
- Whisk together apple cider vinegar, mustard, shallot, and remaining 2 tbsp oil, remaining ½ tsp salt, and some pepper in a small bowl. Add eggs and/or celery.
- Pour dressing over beet and potato mixture and toss to combine and serve!



Shallot can be replaced with yellow or red onion and garlic. One shallot is usually equivalent to 1/3 of an onion and one garlic clove.