Farmer's Market Sampler
Serves 4. Total time 40 minutes.

Fresh, local foods during the peak growing season are so flavorful that they need minimal preparation. Follow up this light meal with fresh watermelon slices or other seasonal fruit.

**Fresh Tomato-Cucumber Salad with Vidalia Onions**

- 2 ripe tomatoes, cut into wedges
- 1 cucumber, sliced lengthwise and then crosswise diagonally into ½” slices
- ⅛ Vidalia onion, thinly sliced

2 T. balsamic vinegar
2 tsp. extra virgin olive oil
¼ tsp. salt
Freshly ground black pepper to taste

Combine all ingredients in a large bowl, gently toss. Chill for 20 minutes.

Nutrition Information (per 1/4 recipe, about 2/3 cup):
48 cal, 1 g protein, 3 g fat, <1 g sat. fat, 0 g trans fat, 6 g carb, 1 g fiber, 0 mg chol, 77 mg sodium.

1 serving equals: 1.5 vegetables

**Fresh Cranberry Beans**

- 2 cups fresh, shelled cranberry beans
- ⅛ tsp. salt
- Freshly ground black pepper to taste

2 T. fresh chopped parsley
2 tsp. extra virgin olive oil
Juice of one lemon (~2-3 T.)

Fill a medium saucepan with water, cover, and bring to a boil. Add beans and simmer 12-15 minutes until tender (fresh beans cook much quicker than dried). Drain and toss with salt, pepper, parsley, olive oil, and lemon juice. Serve warm or cold.

Nutrition Information (per 1/4 recipe, ½ cup):
141 cal, 8 g protein, 3 g fat, <1 g sat. fat, 0 g trans fat, 21 g carb, 9 g fiber, 0 mg chol, 146 mg sodium.

1 serving equals: 1 protein/dairy

**Oven-Fried Okra**

This Southern favorite has been lightened up while retaining an exceptionally crispy cornmeal coating.

- Nonstick cooking spray
- ½ cup low-fat buttermilk
- 1 egg
- 1 pound okra (~3 cups), stems trimmed, pods sliced into ½” pieces

1-⅓ cups whole grain cornmeal
½ tsp. salt
Freshly ground black pepper to taste
4 T. light Ranch dressing

Preheat oven to 425° F. Spray a large baking sheet with nonstick cooking spray. In a large bowl, whisk together buttermilk and egg. Add okra and let stand 5 minutes. In another large bowl, combine cornmeal, salt, and pepper. Transfer okra to cornmeal mixture using a fork or slotted spoon, toss to coat evenly. Spread okra on baking sheet and spray with nonstick cooking spray to help tops brown. Bake 30 minutes until golden, stirring halfway.

Nutrition Information (per 1/4 recipe, about 2/3 cup):
207 cal, 8 g protein, 6 g fat, 1 g sat. fat, 0 g trans fat, 34 g carb, 6 g fiber, 69 mg chol, 359 mg sodium.

1 serving equals: 1.5 vegetables, 1 whole grain

Total Meal Nutrition Information (per 1/4 each recipe):
396 cal, 17 g protein, 12 g fat, 2 g sat. fat, 0 g trans fat, 61 g carb, 16 g fiber, 69 mg chol, 582 mg sodium.

1 serving equals: 3 vegetables, 1 whole grain, 1 protein/dairy, 1 fat

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Farmer’s Market Sampler

Shopping List

Produce Section
- 2 ripe tomatoes
- 1 cucumber
- ¼ Vidalia onion (see tip #1)
- 2 cups fresh, shelled cranberry beans (see tip #2)
- 1 pound okra (~3 cups) (see tip #3)
- 2 T. fresh chopped parsley
- Juice of one lemon (~2-3 T.)

Dry Goods Section
- 1-½ cups whole grain cornmeal (see tip #4)
- 4 T. light Ranch dressing
- 2 T. balsamic vinegar
- 4 tsp. extra virgin olive oil
- Nonstick cooking spray

Dairy Section
- ½ cup low-fat buttermilk
- 1 egg

Smart Shopper Tip #1:
Vidalia onions are named after Vidalia, Georgia where they are widely grown during the summer. They are slightly sweet and juicy. Feel free to substitute red onion if you can’t find them.

Smart Shopper Tip #2:
Look for fresh cranberry beans in your local farmer’s market. They look similar to green beans except they are cream colored with beautiful speckles of red. They may also be called October beans or another local nickname. Cranberry beans need to be shelled before cooking and the colors will fade once cooked.

If you can’t find them, substitute frozen shelled edamame or your favorite fresh shelled bean.

Smart Shopper Tip #3:
Okra is a green pod with an oblong shape and tapered end. Choose unblemished, smaller pods that are less than 4 inches long because they are more tender and less fibrous.

When sliced, okra will release a slightly gummy liquid that is used to help thicken stews, such as gumbo.

Smart Shopper Tip #4:
Many local farmer’s markets carry freshly ground whole grain cornmeal. Your local grocery store may also carry a brand of whole grain cornmeal, such as Arrowhead Mills.