Plate it up!

Kentucky Proud

AUGUST Recipe of the Day Calendar

Place a check in the box by the recipes you try and like.

AT THE FARMERS' MARKET

BLACKBERRIES
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CANTALOUPE
CORN
CUCUMBERS
EGGPLANT
FRESH HERBS
GREEN BEANS
JALAPEÑO PEPPERS
NEW POTATOES
OKRA
ONIONS
PEACHES
PEPPERS
RASPBERRIES
SUMMER SQUASH
SWEET POTATOES
TOMATOES
WATERMELON
ZUCCHINI

1

Tomato Zuchinni Herb Bake
2

3

Cabbage Jambalaya
4

Corn and Sweet Potato Confetti Salad
5

6

Beefy Stuffed Peppers
7

8

Sautéed Asian Green Beans
9

10

Cabbage Noodle Casserole
11

12

Baked Broccoli Frittata
13

14

Brussels Sprouts with Ham
15

16

Italian Turkey Sausage with Peppers
17

18

Cabbage Rolls
19

20

Jalapeño Poppers
21

22

23
Watermelon Tomato Salad
Glazed Cantaloupe Bread
30

24
Morning Carrot Muffins
Blackberry & Cucumber Salad
31

25

26

Grilled Pepper and Portabella Mushroom Sandwich
27

28

Scalloped Okra and Corn
29

College of Agriculture, Food and Environment

Family and Consumer Sciences Extension

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Recipe Links and Demo Videos

	Recipe	Link
1	Blackberry Coffee Cake	http://bit.ly/PIUKP_blackberrycake
2	Tomato Zucchini Herb Bake	https://bit.ly/PIUKP_HerbBake
3	Farmers Market Squash Sauté	https://bit.ly/PIUKP_SquashSaute
4	Cabbage Jambalaya	https://bit.ly/PIUKP_CabbageJambalaya
5	Corn and Sweet Potato Confetti Salad	https://bit.ly/PIUKP_ConfettiSalad
6	Cheesy Squash Medley	https://bit.ly/PIUKP_SquashMedley
7	Beefy Stuffed Peppers	http://bit.ly/PIUKP_BeefyPeppers
8	Gluten Free Peach Blueberry Muffins	http://bit.ly/PIUKP_GFmuffins
9	Sautéed Asian Green Beans	https://bit.ly/PIUKP_AsianGreenBeans
10	Summer Corn and Couscous Salad	http://bit.ly/PIUKP_couscous
11	Cabbage Noodle Casserole	https://bit.ly/PIUKP_CabbageNoodle
12	Blackberry Lemon Upside Down Cake	http://bit.ly/PIUKP_blackberylemon
13	Baked Broccoli Frittata	http://bit.ly/PIUKP_frittata
14	Honey Raisin Muffins	https://bit.ly/PIUKP_HoneyMuffins
15	Brussels Sprouts with Ham	https://bit.ly/PIUKP_BSproutsHam
16	Fresh Corn with Jalapeño Peppers	https://bit.ly/PIUKP_CornJalapeno
17	Italian Turkey Sausage with Peppers	https://bit.ly/PIUKP_SausagePeppers
18	Big Blue Muffins	https://bit.ly/PIUKP_SquashRibbons
19	Cabbage Rolls	https://bit.ly/PIUKP_BLUEpotato
20	Eggplant Parmesan Rollatini	http://bit.ly/PIUKP_eggplant5
21	Jalapeño Poppers	https://bit.ly/PIUKP_JalapeñoPoppers
22	Easy Cheesy Eggplant	http://bit.ly/PIUKP_eggplant2
23	Watermelon Tomato Salad	http://bit.ly/PIUKP_MissKYSalad
24	Morning Carrot Muffins	https://bit.ly/PIUKP_MorningCarrotMuffins
25	Farmer's Market Skillet Bake	https://bit.ly/PIUKP_SkilletBake
26	Very Berry Salsa	http://bit.ly/PIUKP_veryberry
27	Grilled Pepper and Portabella Sandwich	https://bit.ly/PIUKP_GrilledMushroom
28	Tex Mex Quinoa Salad	https://bit.ly/PIUKP_TexMexQuinoa
29	Scalloped Okra and Corn	http://bit.ly/PIUKP_cornokra
30	Glazed Canatloupe Bread	https://bit.ly/PIUKP_CantaloupeBread
31	Blackberry and Cucumber Salad	https://bit.ly/PIUKP_BlackerryCucumber

Tell us more:
Follow this link to answer a brief survey about this calendar,
https://bit.ly/PIUKP_augsurvey
or scan the QR code below with your smart device.

Plate it up! Kentucky Proud YouTube Channel bit.ly/PIUKP-videos

Plate it up! Kentucky Proud Website bit.ly/PIUKP-recipes

Plate it up! Kentucky Proud Facebook Page @plateitupKYproud

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http://plateitup.ca.uky.edu

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