



Davidson Farmers Market Presents:

Lil' Chef Recipe

Growing Kid's Club

Homemade Honey Lemonade with Fresh Mint

INGREDIENTS:

- 1 cup honey, raw honey recommended
- 1 1/2 cups freshly squeezed lemon juice, seeds removed
- 2 lemons, sliced into thin rounds
- 8 cups water
- 1/2 cup loosely packed mint leaves

DIRECTIONS:

Heat 1 cup of water on the stovetop over high heat until steaming. Remove from heat and add honey, stir until dissolved. Allow to chill in the refrigerator.

Add to pitcher chilled honey mixture, remaining water, fresh lemon juice, and lemon slices, stir to combine. Refrigerate until ready to serve. Add ice to individual glasses, if desired. Serve with fresh mint leaves. Enjoy!

Recipe by SkinnyMs.



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ROSEMARY & PARMESAN CRUSTED ASPARAGUS

INGREDIENTS:

1 bunch of asparagus	1 egg
1 cup bread crumbs	1/2 cup flour
1 tablespoon fresh rosemary, finely chopped	1 lemon, juiced
2 tablespoons parmesan, finely grated	2 tablespoons butter, melted
	oil
	ice

DIRECTIONS:

Fill a bowl with ice water and set aside. Bring a medium pot of water to boil and cook asparagus, 3 minutes for thin spears, 5 minutes for large spears. Immediately place asparagus in ice water. Combine breadcrumbs, rosemary and parmesan and spread on a large plate. Whisk egg and place in a large bowl or sided pan. Spread flour on a plate and create a prep station so you have the flour plate, egg bowl and breadcrumb plate in a row. Pour enough vegetable oil in a large frying pan so it completely covers the bottom. Place over medium heat. Take the first asparagus spear and coat 4-5 inches of the stalk with flour (it may take a few rolls). Next dip it in the egg mixture, then coat it in bread crumbs. Repeat with all asparagus spears. Place the asparagus in the hot oil and cook for about 3 minutes on each side, or until each side is golden. Melt about butter in a small bowl. Squeeze the juice of 1 lemon and add to the bowl. Serve asparagus with lemon butter dipping sauce.

Recipe by Kelly Carámbula



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Grilled Pesto Veggie Quesadilla

INGREDIENTS:

2 cups packed basil leaves
2 cloves garlic
1/4 cup pine nuts
2/3 cup Pompeian Olive Oil Blend
1/4 cup Parmesan cheese
salt and pepper to taste
4 8 inch tortillas
1 medium zucchini, sliced
1 medium yellow squash, sliced
8 oz mushrooms, sliced
1/3 cup Pompeian Olive oil blend
salt and pepper
3 oz. goat cheese

DIRECTIONS:

Combine all the pesto ingredients in a food processor and blend until combined. Set aside. Preheat grill. In a bowl combine together the zucchini, squash, mushrooms and olive oil. Toss to coat, season with salt and pepper. Place veggies in a single layer on the grill over medium heat for 6-8 minutes per side. Removing mushrooms only after a few minutes. Continue to grill zucchini and squash until they begin to soften. Remove. Spread a generous tablespoon of pesto over each of quesadilla. Layer vegetables over pesto and top with crumbled goat cheese. Grill quesadillas until cheese has melted, about 2 minutes per side. Serve immediately.

Recipe by Lemonsforlulu