

# FARMER'S MARKET

FAVORITES



# FARMERS MARKET FAVORITES

The farmers market is the best place to find fresh, local ingredients. But, this cookbook is all about bringing fresh, farmers market ingredients together with the freshest ingredient in your grocery store’s center aisle: Randall Beans.

Farmers Market Favorites is the ultimate summertime cookbook, combining fresh ingredients with hearty Randall Beans to make healthy and delicious salads. These recipes are great to serve at backyard barbecues and make eating healthy easier and more enjoyable!

## TABLE OF CONTENTS

Three Bean Caprese Salad.....	2
Spring Bean Salad .....	3
Pinto Bean and Tuna Salad.....	4
Old Fashioned Three Bean Salad.....	5
Mixed Bean & Corn Farmer’s Salad.....	6
Pinto Bean Salad with Avocado Dressing.....	7
Grilled Balsamic Three Bean Salad .....	8
Mexican Bean Salad .....	9
Mediterranean White Bean Salad.....	10
Vegetable White Bean Hash with Lemon Tahini Sauce .....	11
Summer’s Bounty Grilled Mixed Bean Salad.....	12
Zesty White Bean Salad.....	13
Citrus Avocado Bean Salad.....	14

# THREE BEAN CAPRESE SALAD

## INGREDIENTS

### For the Salad

- ½ lb. green beans chopped into 2-inch pieces (about 2 cups)
- 1 14-oz. jar Randall Beans Kidney Beans drained and rinsed
- 1 14-oz. jar Randall Beans Great Northern Beans drained and rinsed
- 1 pint of grape or cherry tomatoes, halved
- ½ lb. fresh mozzarella balls (about 1 rounded cup), or fresh mozzarella chopped into ½-inch pieces
- ½ cup basil pesto sauce (store-bought, or use recipe below)
- Juice of ½ lemon (about 1 Tbsp.)
- Salt & pepper, to taste
- Fresh basil leaves for garnish

### For the Pesto

- 1 cup fresh basil leaves (from 1 large bunch)
- ¼ cup olive oil
- ¼ cup freshly grated Parmesan cheese
- ¼ cup toasted pine nuts
- 1 garlic clove
- Zest of 1 lemon
- Juice of ½ lemon (about 1 Tbsp.)
- ¼ tsp. kosher salt, or to taste
- Freshly ground black pepper, to taste

## DIRECTIONS

For the Pesto: Combine all the ingredients in a small food processor, and pulse for a few seconds until well combined. Taste and see if more salt or lemon juice is needed.

For the Salad: Cook the chopped green beans in the microwave for 2-3 minutes, or until cooked to your liking. Rinse under cold water to stop the cooking and retain their bright green color.

In a large bowl, combine the cooked green beans, Kidney Beans, Great Northern Beans, halved tomatoes, and fresh mozzarella. Add 1/2 cup pesto sauce and the lemon juice. Stir well. Season with salt and pepper if desired and stir again. Garnish with fresh basil.

Serve immediately or keep refrigerated until ready to serve. Any leftover salad should be placed in the refrigerator in a container with a tight fitting lid and eaten within 2 days.

# SPRING BEAN SALAD

## INGREDIENTS

- 2 cups eggplant diced
- ¾ cups Vidalia or sweet onion, minced
- 1 cup zucchini diced
- 1 cup plum tomatoes seeded and diced
- 1 Tbsp. herbs de Provence
- 4 Tbsp. water
- 2 tsp. tarragon wine vinegar
- 6 cloves garlic smashed
- ½ cup olives, fruity green olive or Nicoise minced
- 1 ½ tsp. mustard, coarse ground
- 1 24-oz. jar Randall Great Northern Beans drained
- 1 Tbsp. fresh thyme leaves only
- fresh ground pepper, to taste
- 2 Tbsp. olive oil

## DIRECTIONS

Combine olives, tomatoes, mustard, onions, beans, zucchini, and vinegar in a large mixing bowl.

Heat the olive oil in a skillet until shimmering. Add the smashed garlic cloves and cook until golden on each side then remove, reserving oil for eggplant. Mince browned garlic and add to ingredients in the mixing bowl.

Add eggplant cubes and herbs de Provence to the skillet with oil. Brown the eggplant cubes until they start to stick. Add water and cook until the eggplant is opaque, about 2 minutes.

Toss the warm eggplant with the remaining ingredients and chill until ready to serve.

# PINTO BEAN AND TUNA SALAD

## INGREDIENTS

- 1 cup Randall Beans Pinto Beans, lightly drained
- 2 cans chunk light tuna, drained and flaked
- 2 stalks celery minced
- ½ carrot, shredded
- ¾ cup kale, finely chopped
- 3 scallions finely chopped
- 1 Tbsp. fresh thyme leaves removed from stems
- ¼ tsp. dried marjoram
- ¼ tsp. dried oregano
- 1 Tbsp. lemon juice
- ¼ cup olive oil
- 4 cups greens divided
- salt and pepper to taste

## DIRECTIONS

Combine the pinto beans, tuna, celery, carrot, kale, and scallions in a bowl.

In a separate small bowl, combine the thyme, marjoram, oregano and lemon juice.

Slowly whisk in the olive oil to create a dressing.

Season with salt and pepper to taste.

Gently fold the dressing into the pinto bean and tuna mixture. Serve over power greens.

# OLD FASHIONED THREE BEAN SALAD

## INGREDIENTS

### For the Salad

- 1 48-oz. jar Randall Beans Pinto Beans drained and rinsed
- 1 lb. green beans chopped into 2-inch pieces
- 1 1 lb. can wax beans, drained and rinsed
- 1 medium green bell pepper sliced into thin strips
- 1 medium red bell pepper sliced into thin strips
- 1 large sweet salad onion halved and thinly sliced
- 1 Tbsp. chopped fresh parsley

### For the Dressing

- ½ cup cider vinegar
- ½ cup sugar
- ½ cup vegetable oil
- 1 ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. celery seed

## DIRECTIONS

Gently toss together all the beans. Toss in the peppers, onion and parsley.

In a small non-reactive pot, heat together the vinegar and sugar, stirring, until sugar is completely dissolved. Allow to cool completely.

In a small bowl whisk all the dressing ingredients together. Pour the dressing over the bean mixture, gently tossing to mix well. Cover and refrigerate overnight. Toss before serving.

Serve on a crisp lettuce leaf.

# MIXED BEAN & CORN FARMER'S SALAD

## INGREDIENTS

- 1 24-oz. jar Randall Beans Mixed Beans drained and rinsed
- 2-3 fresh tomatoes seeded and chopped
- 2-3 ears of sweet corn cooked and cut off the cob
- 1 Tbsp. fresh basil
- 1 jar of bottled Italian dressing or your favorite vinaigrette. We like a light olive oil and citrus juice combination
- 1-2 cloves fresh garlic minced
- Salt and pepper, to taste

## DIRECTIONS

Mix everything together in a bowl and serve alongside your favorite summer dish.

# PINTO BEAN SALAD WITH AVOCADO DRESSING

## INGREDIENTS

### For the Salad

- 1 14-oz. jar Randall Beans Pinto Beans drained and rinsed
- ½ tsp. Cajun spice (Taco seasoning works great too!)
- 1 Tbsp. olive oil
- 4 large handfuls spinach
- 1 cup grape tomatoes cut in half
- ½ avocado, diced
- 1 medium cucumber thinly sliced
- ½ small red onion, thinly sliced
- 4 oz queso fresco (or feta), chopped or crumbled

### For the Dressing

- ½ avocado
- 2 Tbsp. plain low-fat yogurt
- ¼ cup water
- Juice of ½ lime
- 1 small garlic clove
- 1 scallion roughly chopped
- Salt (about ¼ tsp.) and pepper to taste

## DIRECTIONS

In a medium skillet, heat 1 tablespoon olive oil. Add the pinto beans and Cajun spice and cook for 3-4 minutes over high heat, stirring constantly. The beans will crisp up and start popping. Remove from heat and allow to cool as you prepare the rest of the salad.

Prepare the dressing in a small food processor: Add all the ingredients and process until smooth.

Arrange the salad: On a large platter (or 2 large dinner plates), arrange the spinach, topped with rows of Spiced Pinto Beans, halved grape tomatoes, cucumber slices, onion slices, cubes of queso fresco, and chopped avocado. Top with Avocado dressing.

# GRILLED BALSAMIC THREE BEAN SALAD

## INGREDIENTS

- ⅓ cup balsamic vinegar
- ⅔ cup olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 2 Tbsp. lemon juice
- 2 Tbsp. honey
- 1 lb. fresh green beans
- ½ small red onion, sliced thin
- 1 14-oz. jar Randall Beans Kidney Beans rinsed and drained
- 1 14-oz. jar Randall Beans Garbanzo Beans rinsed and drained
- 2 Tbsp. chopped fresh parsley

## DIRECTIONS

Whisk together the balsamic vinegar, olive oil, salt, black pepper, lemon juice, and honey in a small bowl.

In a large bowl, toss 4 tablespoons of the dressing with the green beans and red onions. Make a foil boat for the kidney and garbanzo beans. Toss the beans with 4 tablespoons of the dressing. Close the foil boat and place on the grill for 15 minutes.

Place the green beans and onions in a grill basket and grill for 10 minutes, stirring occasionally.

Mix the green beans, onions, kidney beans and garbanzo beans together and top with the parsley to serve.

# MEXICAN BEAN SALAD

## INGREDIENTS

### For the Dressing

- ½ cup chopped cilantro
- 1 tsp. cumin
- 1 Tbsp. Aleppo or Chili powder
- 1 tsp. salt
- 1 tsp. pepper
- ¼ cup canola oil
- ½ cup red wine vinegar
- 2 limes juiced

### For the Salad

- 1 14-oz. jar Randall Beans Black Beans rinsed and drained
- 1 14-oz. jar Randall Beans Mixed Beans rinsed and drained
- 1 14-oz. jar Randall Beans Great Northern Beans rinsed and drained
- 16 oz. fresh corn cooked and cut off the cobb
- 1 cup red onion finely chopped
- ½ cup red pepper chopped
- ½ cup green pepper chopped
- 2 jalapenos seeded and chopped
- 4 green onions sliced

## DIRECTIONS

In an empty Randall Beans jar or mason jar, mix all dressing ingredients and shake. Set aside.

Using a large bowl, add all veggies and beans. Toss with a spoon.

Slowly pour dressing over mixture and stir. Cover and let marinade for 20-30 minutes.

# MEDITERRANEAN WHITE BEAN SALAD

## INGREDIENTS

- 1 24-oz. jar Randall Beans Great Northern Beans drained and rinsed
- 1 English (seedless) cucumber, cut into chunks
- 1 cup cherry or grape tomatoes quartered
- 3 Tbsp. extra virgin olive oil
- 3 Tbsp. balsamic vinegar
- 2 garlic cloves minced
- 1 tsp. dried basil
- 1 pinch crushed red pepper flakes
- Salt and pepper, to taste
- Grated Parmesan cheese, for garnish

## DIRECTIONS

Slowly whisk olive oil into the balsamic vinegar, stirring constantly.

Add garlic, crushed red pepper flakes and basil. Tip: lightly crush the red pepper flakes and basil in your hand to release the oils in the herbs.

Toss the beans and the vegetables lightly to coat.

Taste to adjust seasoning. Garnish with Parmesan cheese.

The flavor of the salad will improve overnight as the beans marinate, and this dish is equally delicious room temperature or cold.

# VEGETABLE WHITE BEAN HASH WITH LEMON TAHINI SAUCE

## INGREDIENTS

### For the Vegetable Hash

- 2 medium carrots peeled and chopped into 1/4-inch cubes
- 2 medium turnips peeled and chopped into 1/4-inch cubes
- 2 Tbsp. vegetable oil
- 1 lb. asparagus, ends removed, chopped into 1-inch pieces
- 1 yellow onion diced
- 2 garlic cloves minced
- Salt & pepper to taste (¼ – ½ tsp. is a good start)
- 1 14-oz. jar of Randall Beans Great Northern Beans drained and rinsed
- 2 Tbsp. parsley leaves finely chopped

### For the Tahini Sauce

- ¼ cup tahini
- Juice of ½ lemon (about 1 Tbsp. lemon juice)
- 1 Tbsp. olive oil
- 2 Tbsp. water
- ⅛ tsp. salt
- ⅛ tsp. black pepper
- ⅛ tsp. garlic powder

## DIRECTIONS

Heat the vegetable oil in a large skillet. Add the chopped carrots and turnips and cook over medium-high heat for 5 minutes, stirring often.

Add the chopped asparagus, diced yellow onion, and minced garlic. Season with salt and pepper and cover with a lid. Continue to cook over medium-high heat for 10 minutes, stirring approximately every 2 minutes. If the vegetables start to brown, turn down the heat.

Add the Great Northern Beans, and continue cooking for about 5 minutes, or until the vegetables are done to your preference. Remove from heat and stir in chopped parsley. Serve with tahini sauce.

Prepare the tahini sauce: In a medium-sized bowl, combine all the ingredients and gently stir together. If desired, add more salt or pepper to taste, or stir in more water about 1 teaspoon at a time to reach the desired consistency.

# SUMMER'S BOUNTY GRILLED MIXED BEAN SALAD

## INGREDIENTS

- 1 48-oz. jar Randall Beans Mixed Beans drained and rinsed
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 ears of corn, grilled and cut off the cob
- 3 tomatoes, sliced ½ inch thick
- 1 zucchini, sliced ¼ inch thick
- 8-10 large basil leaves
- 1 Tbsp. lemon juice

## DIRECTIONS

Take two large sheets of foil and prepare a foil packet for the beans. Drizzle with olive oil, salt, and black pepper and mix together. Seal the packet and use a toothpick to poke a dozen holes into the packet so that the smoke from the grill can get to the beans. Set on the grill for 20 minutes or until warmed through.

Grill the corn about ten minutes or until it gets the color you want on it. Grill the tomatoes and zucchini for a few minutes on each side.

Remove the beans from the foil packet and place into a large bowl. Cut the corn off the cob, slice the zucchini and tomatoes into smaller pieces and add them to the beans. Chop the basil and add it to the salad along with the lemon juice and stir until incorporated.

# ZESTY WHITE BEAN SALAD

## INGREDIENTS

- ¼ cup extra-virgin olive oil
- 1 lemon (½ tsp. grated lemon zest, 1 Tbsp. lemon juice)
- ½ tsp. honey
- ¼ tsp. garlic powder
- 1 Tbsp. fresh chives chopped
- ¼ tsp. salt, to taste
- ½ cup chopped red onion
- 1 14-oz. jar Randall Beans Great Northern Beans drained and rinsed
- 1 cup peas
- 1 cup fresh spinach roughly chopped

## DIRECTIONS

Whisk together olive oil, lemon zest, lemon juice, honey, garlic powder, chives, and salt in a medium bowl.

Add red onion, beans, peas, and spinach to the bowl and mix gently.

Cover and refrigerate at least one hour, then serve.

Store leftovers in an airtight container.

# CITRUS AVOCADO BEAN SALAD

## INGREDIENTS

- 2 Small oranges (use small mandarin oranges for a slight flavor variation)
- 1 avocado chopped
- 1 14-oz. jar Randall Beans Great Northern Beans rinsed and drained
- ½ Large Cucumber, chopped
- 4 – 6 sprigs of parsley, chopped
- 1 – 2 Tbsp. of White Balsamic Vinegar

## DIRECTIONS

Separate the orange into slices and then cut each segment in half.

Dice the avocado, cucumber, and parsley.

Mix all the ingredients including the beans in a bowl and add 1 Tbsp. vinegar. Taste the salad before adding the second tablespoon.