

**the anacostia farmers market**

**NO-COOK  
COOKBOOK**

# the anacostia farmers market no-cook cookbook

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## the no-cook philosophy:

Think you can't cook? Think again. If you can open cans, chop vegetables and stir, you have all the skills you need to no-cook. Yes! It is possible to cook without any pans or pots, oven or stove. Welcome to the world of no-cooking, where eating raw foods (which is best for your body) is delicious, nutritious, quick, easy and affordable!

Most of the fruits and vegetables used in this cook-book are in season, which means you are eating the freshest available! The local farmers will thank you for supporting your community and your tastebuds will thank the farmers for harvesting such tasty produce!

In the summer of 2007, I hosted no-cook demonstrations at the Anacostia Farmers Market. It has been a creative challenge to create recipes using what's available at the market. Most of the recipes are salads and while the dressing unites the ingredients together, the quality of the vegetables speak for themselves. All of the recipes in this book have been tried, tested and while all are kid-approved, some are especially so and thus marked. I hope you enjoy nature's summer offerings in these recipes as much as I've enjoyed making them! Happy No-cooking & Eating!

## a cook's note:

Dear fellow food lover,

For me, one of the greatest joys of cooking is the happy unlimited amount of varieties any recipe can behold. Meaning, the dish you create on one night can instantly become a new dish by adding new ingredients on a different night. Use your tastebuds as your judge!

The amounts of spices that are written in each recipe is a good base to start out with, but, if you like things spicier, by all means add more of what you like! On the other hand, if you prefer a more subtle flavor, half the amount of pepper, garlic, etcetera and taste your dressings as you prepare them. If you need more flavor, keep adding the spices, a bit at a time. Add a pinch of this here, a pinch of that there and taste, until you reach what YOU think is delicious!

These recipes were created seasonally so most the vegetables should be available to you at the local farmers markets during the months noted on the following page. Put on your apron, roll up your imaginary sleeves (this is summer time in DC, afterall!), have fun & start chopping!

## Recipes by month:

### June:

Spinach & Strawberry Salad with Honey Dressing  
Cauliflower, Garbanzo Bean & Feta Salad  
Beet & Carrot Slaw  
Summer Tuna Salad  
Greek Summer Salad  
Tangy Squash Salad  
Summer Salsa

### July:

Bean Bean Bean Salad  
Basil Pesto  
Black Bean Dip  
Hummus  
Black Bean & Veggie Wraps  
Chick Pea & Tomato Salad

### August:

No-mayo Coleslaw  
Dill & Cucumber Tuna Salad  
Corn & Veggie Salad  
Leftover Pasta Pasta Salad  
Guacamole & Tomato Pita Pockets

## Starting out: in the pantry

There are a handful of items that you'll see repeated in almost all of the recipes. It is important to have these items stocked to create savory no-cook dishes.

They include:

- fresh garlic
- extra virgin olive oil
- honey
- fresh lemon juice
- fresh lime juice
- red wine, apple cider and balsamic vinegars
- dijon mustard
- cilantro
- parsley
- Mrs. Dash
- cumin
- fresh cracked black pepper

Kitchen tools:

- bowls
- measuring spoons
- measuring cups
- grater
- fork
- knife
- cutting board
- can opener
- serving spoon
- garlic press

# Spinach & Strawberry Salad with Honey Dressing

5-6 cups fresh spinach, torn into bite-size pieces  
1 cup strawberries sliced  
1 tablespoon sesame seeds toasted OR  
1/4 c chopped pecans or sliced almonds  
1 small red onion, thinly sliced

\*If spinach is not available, you may substitute lettuce, kale and collards.\*

## Honey Mustard Dressing:

3 tablespoons extra virgin olive oil  
2 tablespoons apple cider vinegar  
1 tablespoon honey  
2 teaspoons dijon mustard  
salt & pepper to taste

Combine spinach, strawberries, nuts, and onion in a salad bowl. In a smaller bowl or measuring cup, combine the dressing ingredients and whisk together. Pour the dressing over the salad and lightly mix. Serve immediately.

# Cauliflower, Garbanzo Bean & Feta Salad

- 1 small head of cauliflower, trimmed, cut into small florets (about 3 cups)
- 1 (15-ounce) can garbanzo beans, drained
- 1 tablespoon chopped fresh chives
- 2 teaspoons chopped fresh parsley
- 1/2 cup crumbled feta cheese

## Dressing:

- 2 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoon red wine vinegar
- 2 1/2 teaspoons finely grated lemon zest
- 1 1/2 tablespoon honey
- salt & pepper to taste

Whisk oil, lemon juice, vinegar, lemon peel, salt, and pepper in small bowl.

Combine cauliflower, beans, chives, parsley and feta cheese in medium bowl; stir. Add dressing and toss to coat. Season salad with salt and pepper.

# Beet & Carrot Slaw

A bunch of beets (usually 4 or 5), grated  
5 medium sized carrots, grated

## Dressing:

2 tablespoons extra virgin olive oil  
2 tablespoons apple cider vinegar  
1 1/2 tablespoon honey  
salt & pepper to taste

Combine the grated beets and carrots in a medium bowl. In a small bowl whisk together the dressing. Pour the dressing over the beets and carrots. Mix and serve.

# Summer Tuna Salad

- 2 tablespoons lemon juice
- Lemon zest from 1/2 a lemon
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste
- 1 pound radishes, thinly sliced
- 1 yellow squash, chopped
- 1 cucumber, chopped
- 1 tomato, chopped
- 12 sugar snap peas, finely chopped
- 3 garlic scapes, chopped
- Two 6-ounce cans tuna, drained

Whisk together the lemon juice, lemon zest, olive oil, and spices in a large bowl. Add the veggies and tuna to bowl, mix everything together. Serve immediately.

# Greek Summer Salad

2 medium sized cucumbers, chopped  
2 tomatoes, red or orange, chopped  
1/2 red onion, chopped  
3/4 cup crumbled feta cheese  
1/2 cup kalamata olives, pitted and chopped  
3 cloves of garlic, finely chopped or minced

## Dressing:

1/4 cup fresh squeezed lemon juice  
2 tablespoons extra virgin olive oil  
2 teaspoons Mrs. Dash  
2 tablespoons fresh chopped parsley  
fresh cracked pepper, to taste.

Place all the chopped ingredients and feta cheese in a medium bowl. Place all the dressing ingredients into a small bowl and whisk together. Pour the dressing over the vegetables, mix and serve.



# Tangy Squash Salad

- 2 yellow squash, chopped
- 2 zucchini, chopped
- 1/2 red onion, finely chopped
- 2 tablespoons chopped parsley
- 1/2 cup grated Parmesan cheese
- 1/2 cup grated Romano cheese
- 3 cloves of garlic, finely chopped or minced

## Dressing:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon honey
- 1 teaspoon dijon mustard
- salt & pepper, to taste

Whisk together the dressing in a medium bowl. Place the chopped vegetables in same bowl, mix and let sit for 10 minutes. Stir in the parsley and grated cheeses. Ready to serve immediately!

# Summer Salsa

- 5 medium to large sized tomatoes, diced
- 1 small cucumber, finely chopped
- 1 small onion, finely chopped
- 2 peaches, pitted and chopped
- 2 tablespoons, fresh cilantro, chopped (add more to taste)
- 2 bell peppers, yellow and green, chopped
- 1/2 serrano pepper, finely chopped (when handling hot peppers, you may want to use gloves.)
- 1/2 jalapeno pepper, finely chopped (for a milder salsa, use less hot peppers.)

## Dressing:

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 3 tablespoons lime juice
- 1 teaspoon lime zest
- 1/2 tablespoon honey
- 2 teaspoons cumin
- 1/2 teaspoon paprika
- salt and pepper, to taste

In a large bowl, combine all the chopped salsa ingredients and stir. In a smaller bowl, whisk together the ingredients for the dressing and pour over the vegetables. Blend together, let sit for 10 minutes and serve.

# Bean Bean Bean Salad

- 1 (15-oz) can black beans, drained and rinsed
- 1 (15-oz) can garbanzo beans, drained and rinsed
- 1 (15-oz) can kidney beans, drained and rinsed
- 1/2 cup red onion, chopped
- 1 cup celery, thinly chopped
- 1/2 cup fresh green beans, chopped
- 1 cup cucumber, seeded and chopped
- 1/2 cup yellow squash, chopped
- 1/2 cup zucchini, chopped

## Dressing:

- 3 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- 1/4 cup chopped fresh cilantro
- 1 tablespoon minced or finely chopped garlic
- 1 tablespoon honey
- salt & pepper, to taste

In a large bowl, combine the beans and chopped vegetables, stir. In a small bowl, whisk together all the dressing ingredients and pour over salad. Mix well, let sit for 10 minutes and serve.

# Basil Pesto

4 cups packed fresh basil leaves, large stems removed  
1/4 cup walnuts or pine nuts, finely chopped  
1/2 cup freshly grated parmesan cheese  
2 large garlic cloves, minced  
1/2 cup extra virgin olive oil  
salt & fresh cracked pepper, to taste

Finely (finely!) chop the basil leaves and the walnuts. Place the basil and walnuts in a bowl. Add olive oil, garlic, salt, pepper and cheese. Mix thoroughly. Pesto will keep in the refrigerator for at least 2 weeks. Pesto is great with pasta, roasted veggies, and as a sandwich spread. It's also tasty as a dipping sauce with bread!

\*\*If you'd like, you can use a food processor to blend all the ingredients together which will make a smoother pesto.\*\*

# Black Bean Dip

2 15-ounce cans black beans, rinsed and drained well,  
liquid reserved

1/4 cup extra virgin olive oil

3 garlic cloves, minced

3 tablespoons fresh lime juice

3 tablespoon fresh lemon juice

1/4 cup packed fresh cilantro

2 teaspoons cumin

1/2 teaspoon cayenne, or to taste

1/2 large green bell pepper, finely chopped

1/2 medium onion, finely chopped

2 tomatoes, finely chopped

1 ear of corn, kernels sliced from the cob

salt & freshly ground black pepper to taste

In a food processor or blender, blend beans, garlic, lime and lemon juices, cilantro, spices, and olive oil until smooth, adding the reserved bean water as needed to get desired consistency. Stir in the chopped pepper, onion, tomatoes and corn. Best served chilled, can be made 2 days in advance. Serve dip with tortilla chips or an assortment fresh veggie strips. \*\*If you like a spicier bean dip, finely chop a teaspoon of hot peppers and add to mixture!\*\*

# HUMMUS

2 15-oz cans chickpeas, drained, liquid reserved  
1/2 cup tahini (sesame paste), can be found in natural food stores next to the peanut butter  
1/4 cup extra virgin olive oil  
4 cloves garlic  
1 tablespoon ground cumin  
1/2 teaspoon paprika  
1/4 cup fresh lemon juice, plus more as needed  
salt & freshly ground black pepper, to taste  
fresh parsley, to taste

Put everything except the parsley in a food processor and begin to puree. Add the chickpea liquid as needed to get a smooth and even consistency that is not too thick and not too runny. Taste and adjust the seasoning, adding more lemon juice, cumin, garlic, salt, or pepper as you like. Garnish with chopped parsley.

Serve with cut up fresh vegetables, such as carrots, cucumbers, peppers, tomatoes and squash. You may also serve with pita and tortilla chips.

# Black Bean & Veggie Wraps

1 15 ounce can black beans, rinsed and drained  
1 teaspoon paprika  
1 teaspoon cumin  
2 cloves garlic, minced  
1 teaspoon Mrs. Dash  
fresh cracked pepper, to taste  
1/4 cup fresh cilantro, chopped  
1 tablespoon extra virgin olive oil  
2 tablespoons fresh squeezed lemon juice  
2 medium sized tomatoes, thinly sliced  
1/2 red onion, thinly sliced  
1 green pepper, thinly sliced  
Handful of shredded cheddar cheese  
Salsa, to taste  
Whole wheat tortilla wraps

In a medium bowl, mash beans with spices, cilantro, extra virgin olive oil and lemon juice. On a wrap, place 2 spoonfuls of bean mixture in the center of the wrap. Assemble with layers of the thinly sliced vegetables and top with shredded cheese and salsa. Fold the wrap and enjoy! A fun recipe for the whole family!



# Chickpea & Tomato Salad

2 15-ounce cans chick peas, also known as garbanzo beans, rinsed and drained

3 medium sized tomatoes, heirloom variety if possible, chopped

1 cucumber, chopped \*if skin is tough, peel\*

1 zucchini, chopped

1/2 red onion, chopped

2 tablespoons fresh mint, chopped

\*optional: 2 tablespoons fresh basil, chopped

## Dressing:

2 garlic cloves, minced

2 tablespoons fresh lemon juice

2 tablespoons balsamic vinegar

3 tablespoons extra virgin olive oil

1 tablespoon honey

1 tablespoon dijon mustard

fresh cracked pepper & salt to taste

Combine all the salad ingredients in a medium bowl.

In a small bowl, whisk together the ingredients for the dressing. Pour dressing into salad, mix well and serve.

# No-mayo Coleslaw

1 medium cabbage (about 1 1/4 pounds), thinly sliced  
1/2 large red onion, thinly sliced  
1 large green bell pepper, thinly sliced  
3 carrots, grated  
1/4 cup cilantro, chopped

## Dressing:

1 teaspoon celery seeds  
2 garlic cloves, minced  
1/4 cup fresh lemon juice  
3 tablespoons extra virgin olive oil  
1 tablespoon honey  
2 tablespoons apple cider vinegar  
1 tablespoon dijon mustard  
fresh cracked pepper & salt to taste

Combine cabbage, onion, green pepper, carrots and cilantro in large bowl. Add dressing; toss to coat. Cover; refrigerate until cold, tossing occasionally, at least 2 hours. Can be made 1 day ahead.

# Dill & Cucumber Tuna Salad

- 2 6 1/8-ounce cans water-packed tuna, drained
- 1 cucumber, peeled, seeded, finely diced
- 2 small green onions, thinly sliced
- 2 tablespoons fresh dill, chopped
- 2 celery stalks, finely chopped
- \*optional: 2 tablespoons dill relish

## Dressing:

- 1/4 cup fresh lemon juice
- 1 tablespoon, lemon zest
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 2 tablespoons Mrs. Dash seasoning
- fresh cracked pepper & salt to taste

Combine all ingredients in bowl. Mix well. Season generously with pepper, serve.

# Corn & Veggie Salad

- 8 ears of corn
- 1 tomato, chopped
- 1 zucchini, chopped
- 1 cucumber, peeled and chopped
- 1 red onion, chopped
- 1 bell pepper, chopped

## Dressing:

- 2 garlic cloves, minced
- 1 tablespoon italian seasoning (dried basil, oregano, thyme)
- 4 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon honey
- fresh cracked pepper & salt to taste

Husk the corn and slice the kernels from the cob. In a large bowl, mix together the corn, tomato, zucchini, cucumber, onion, and bell pepper. Pour dressing over vegetables and toss to coat. Refrigerate until chilled, at least 1 hour. Feast!

# Leftover Pasta Pasta Salad

Since this is leftover pasta pasta salad, the amount of vegetables you chop is based on how much pasta you have to available. Use however many vegetables you want!

leftover pasta--penne or rotini noodles preferred  
2-4 tomatoes, chopped  
2-3 zucchini, chopped  
3-4 cucumber, peeled and chopped  
1-2 red or white onion, chopped  
2-3 bell pepper, chopped  
feta cheese, crumbled

## Dressing:

2 garlic cloves, minced  
1/2 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
2 tablespoons fresh squeezed lemon juice  
1 tablespoon honey  
1 tablespoon Mrs. Dash seasoning  
fresh cracked pepper & salt to taste

Combine all the vegetables, pasta and cheese in a large bowl. Pour dressing over vegetables and toss to coat. Season as needed. Serve!

# Guacamole & Tomato Pita Pockets

3-4 ripe avocados (you can tell they are ripe when they give to the touch)

2 tablespoons finely chopped cilantro

1/4 cup finely chopped red onion

1/4 cup fresh lime juice (or more if you'd like!)

salt & pepper, to taste

2 tomatoes, sliced

whole wheat pita pockets

\*optional: if you like, add shredded cheddar cheese in your pita pocket.\*

Slice the avocados in half and scoop out the flesh with a spoon. Set the pits aside. Using a fork, mash the avocados in a bowl and add the cilantro, red onion, lime juice, salt and pepper. Mix together until well blended. Place one pit into the bowl and this will prevent the guacamole from turning brown. Spread the guacamole in the pita, place however many tomato slices you desire and eat!

Guacamole can also be served with tortilla chips, or topped onto burritos, fajitas and quesadillas.

