



Fresh Fork Market is proud to work with Vitamix on this collaborative workshop, featuring recipes using local, seasonal ingredients prepared in the powerful and versatile Vitamix machine.

The focus of this event is to demonstrate how to use the Vitamix machine to take many of the local ingredients that you receive from Fresh Fork Market and use them in new and creative ways to make delicious and healthy meals for you and your family. The Vitamix machine is so versatile, you can prepare delicious foods from your FFM share in a matter of minutes, bringing the very best of Ohio to your table.

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Emerald Smoothie

Submitted by: Vitamix

Dietary Interest: vegetarian, gluten-free, low cholesterol, low fat, low sodium, no added sugar, vegan

Yield:

4 c (960 ml)

Ingredients

- 4 ounces (113 g) low fat vanilla yogurt or vanilla soy milk
- 2 cups (310 g) fresh, ripe pineapple, with core (or a 2-inch thick slice)
- 1 celery stalk (7-inch stalk, 37 g, 1.3 oz), halved or about 1/3 cup chopped
- 2 cups (60 g) spinach leaves, gently packed
- 2 cups (480 ml) ice cubes
- Sweetener to taste if pineapple is a bit tart

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 1 minute or until desired consistency is reached. Serve immediately.

Notes:

Zucchini Pasta with Pomodoro Sauce

Submitted by: Chef Cherie Soria



Dietary Interest: raw foods, gluten-free, low cholesterol, low fat, no added sugar, vegan, vegetarian

Yield:

3 servings

Ingredients

- 6 (1.2 kg) zucchini, about 2 1/2 pounds
- 3 (370 g) Roma tomatoes, 13 ounces, seeded and chopped, divided use
- 1/4 cup (60 g) sun-dried tomato powder
- 1 1/2 Tablespoons finely minced onion
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon minced fresh basil leaves
- 1 1/2 teaspoons minced, fresh oregano
- 1 (3 g) garlic clove, crushed
- 1/4 teaspoon salt
- Pinch of freshly ground black pepper
- Pinch of cayenne

Directions

1. Transform the zucchini into noodles using a spiral slicer.
2. Place 1 1/2 Roma tomatoes and rest of ingredients into the Vitamix container and secure lid.
3. Select Variable 8.
4. Slowly turn machine on and off, scraping down sides of container between pulses, until a paste is formed.
5. Remove lid, add remaining tomatoes, and secure lid.
6. Select Variable 5.
7. Slowly turn machine on and off 1 to 3 times until a chunky texture is achieved.
8. Allow the sauce to sit for 10 minutes to thicken before you serve it.
9. Serve the Zucchini pasta on individual plates with a generous scoop of Pomodoro Sauce on top.
10. Stored in a sealed glass jar in the refrigerator, leftover Pomodoro sauce will keep for up to 3 days.

Sun-Dried tomatoes must be very dry in order to turn them into powder. Moist or even slightly moist tomatoes will not work. Using the Dry Grains container, process the dried tomatoes and grind them to a fine powder. Pomodoro sauce is a fresh tomato sauce that is chunkier than the typically thick, rich marinara that simmered all day on Grandma's stove. We suggest putting it over spiralized zucchini, but any kind of squash or root vegetables will do. Turnips, rainbow beets, celery root, or rutabaga all make great angel hair pasta for pomodoro.

Notes:

Jalapeño Corn Bread



Submitted by: Vitamix

Dietary Interest: vegetarian

Yield:

12 squares or muffins

Ingredients

- To make wheat flour and corn meal: 2 cup (384 g) hard winter wheat berries
- 2 cups (200 g) popcorn kernels
- 1 cup (120 g) whole wheat flour
- 1 cup (122 g) corn meal
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup (240 ml) milk
- 3 Tablespoons (45 ml) vegetable oil
- 2 Tablespoons (30 ml) honey
- 1 red jalapeño, seeded
- 1 green jalapeño, seeded

Directions

1. To make wheat flour and corn meal, place 2 cups of wheat berries into the dry blade Vitamix container and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 30 seconds. Measure out 1 cup.
5. Repeat above steps with 2 cups of popcorn kernels. Store leftover wheat flour and cornmeal in a sealed container.
6. Preheat oven to 400°F (200°C). Spray an 8-inch x 8-inch baking pan or muffin tins with cooking spray.
7. Combine 1 cup wheat flour, 1 cup cornmeal, baking powder and salt in a large bowl and mix well.
8. Place eggs, milk, oil, and honey into the Dry Grains Container and secure lid.
9. Select Variable 1.
10. Turn machine on and slowly increase speed to Variable 7.
11. Blend for 10 seconds.
12. Reduce speed to Variable 3 and remove the lid plug.
13. Add jalapeños through the lid opening. Blend for 10-15 seconds.
14. Pour wet ingredients into the dry ingredients and mix together by hand.
15. Pour batter into prepared pan or muffin tin. Let sit for 5 minutes.
16. Bake for 15-18 minutes.

Flour must always be at room temperature to make bread, so if coming from freezer or refrigerator, spread on sheet trays to bring to room temp.

Notes:



Applesauce (Raw)

Submitted by: Vitamix

Dietary Interest: vegetarian, low cholesterol, low fat, low sodium, no added sugar, raw foods, vegan

Yield:

2 c (488 g)

Ingredients

- 4 (680 g) apples, seeded, cut into large pieces, with or without peel
- 2 Tablespoons (30 ml) lemon juice

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 3 for chunky or Variable 5 for a puréed consistency.
4. Blend for 10-20 seconds or until apples are chunky or puréed, using the tamper to press the apples into the blades.

Notes:

Warm Apple Cider

Submitted by: Carolyne Starling



Dietary Interest: vegetarian, low cholesterol, low fat, low sodium, vegan
Yield: Approx 3 cups (24 fl oz) Apple Cider

Ingredients

- 2 cups cold water
- 6 large red delicious apples, seeded and cut into large pieces
- ¼ cup sugar
- 1 tsp cinnamon
- Cheese cloth and strainer or filtration bag

Directions

1. Place water and apples into the Vitamix container and secure lid.
2. Turn machine on starting on Variable 1 and slowly increase speed to Variable 10, then to High.
3. Use the tamper to push apples into the blades until puréed.
4. Transfer purée over a strainer lined with cheesecloth set atop a bowl and press with spatula until juice is extracted. (Or place puree in a filtration bag and drain into bowl.) Yield approx. 3 cups apple juice.
5. Pour apple juice, sugar, and cinnamon into Vitamix.
6. Turn machine on and slowly increase speed to Variable 10, then to High.
7. Blend for 5 minutes or until desired temperature is achieved. Serve immediately.

Notes:



Baked Winter Squash Soup

Inspiration for Adapted Recipe from: The New Basics Cookbook by Julee Rosso & Sheila Lukins

Dietary Interest: vegetarian, low cholesterol, low fat, low sodium

Yield: 6 portions

The magic of this soup comes from baking all your vegetables first to release a rich depth of flavor. This is a splendid puree.

1 acorn squash

1 butternut squash

4 tbsp butter

4 tbsp dark brown sugar

1.5 carrots peeled and halved

½ onion, thinly sliced

4 cups vegetable stock

3/8 teaspoon ground mace

3/8 teaspoon ground ginger

Pinch of cayenne pepper

Salt, to taste

Directions

1. Pre heat the oven to 350 degrees F.
2. Cut the two squash in half lengthwise. Scoop out and discard the seeds.
3. Place the squash halves, skin side down, in a shallow roasting pan. Place 1 tbsp of the butter and 1 tsb of the brown sugar in the cavity of each squash half. Arrange the carrot and onion slices around the squash. Pour 1 cup of the stock in the pan, cover it tightly with aluminum foil, and bake for 2 hours.

4. Add the remaining 3 cups of vegetable stock, and the mace, ginger, cayenne, and salt into the Vitamix.

5. Remove the pan from the oven, and allow the vegetables to cool slightly. Scoop the squash pulp out of the skins and place in the Vitamix. Next, add the carrot and onion slices into the Vitamix.

6. Turn machine on and slowly increase speed to Variable 10, then to high.

7. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.

Notes:

Potato Cheddar Breakfast Bake

Submitted by: Vitamix



Dietary Interest: no added sugar, gluten-free

Yield:

9 servings

Ingredients

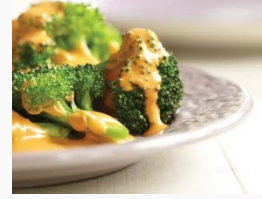
- 3 (519 g) medium russet potatoes, cubed into 1 1/2-inch (4 cm) chunks
- 2 cups (480 ml) egg substitute or 8 eggs
- 2 cups (480 ml) milk
- 1/2 teaspoon salt
- 8 ounces (227 g) cheddar cheese, cut into cubes
- 1/4 cup (40 g) chopped green pepper
- 1/4 cup (40 g) chopped onion
- 1 1/2 cups (210 g) diced ham

Directions

1. Preheat oven to 350°F (180°C). Spray a 9-inch x 9-inch (23 cm x 23 cm) baking pan with cooking spray.
2. Place potatoes into the Vitamix container and fill to the 6 cup (1.4 l) level.
3. Add water to the 8 cup (1.9 l) level and secure lid.
4. Select Variable 5 or 6. (Slower speed produces a coarser chop.)
5. Turn on for about 10 seconds, using the tamper if necessary.
6. Drain well, reserve.
7. Place egg substitute, milk, salt, and cheese into the Vitamix container in the order listed and secure lid.
8. Select Variable 1.
9. Turn machine on and slowly increase speed to Variable 10, then to High.
10. Blend for 20 seconds.
11. Reduce speed to Variable 3 and remove the lid plug.
12. Add peppers, onion, potatoes, and ham through the lid-plug opening.
13. Blend for 10-15 seconds.
14. Pour into prepared pan.
15. Bake covered with aluminum foil for 40-45 minutes.
16. Uncover and bake another 30-35 minutes until firm and lightly browned.

Notes:

Not-So Cheese Sauce



Submitted by: Vitamix

Dietary Interest: gluten-free, low cholesterol, no added sugar, vegan, vegetarian

Yield:

2 c (480 ml)

Ingredients

- 1 cup (240 ml) water
- 2 Tablespoons (30 ml) lemon juice
- 1/4 cup (50 g) canned pimentos, drained
- 2/3 cup (70 g) whole raw almonds
- 1 1/4 teaspoons onion powder
- 1/4 cup (30 g) nutritional yeast
- 2 teaspoons Kosher salt

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Blend for 3 minutes or until heavy steam escapes from the vented lid.

This vegan "cheese" sauce is perfect as a nacho dip or served over macaroni.

Notes:

Pesto Sauce

Submitted by: Vitamix

Dietary Interest: vegetarian, gluten-free, low cholesterol, low sodium, no added sugar

Yield:

1 1/2 c (360 ml)

Ingredients

- 1/2 cup (120 ml) olive oil
- 1/2 cup (50 g) grated Parmesan cheese
- 3 medium garlic cloves, peeled
- 2 cups (80 g) fresh basil leaves
- 3 Tablespoons (25 g) pine nuts
- Salt and ground black pepper, to taste

Directions

1. Place all ingredients, except salt and pepper, into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 7.
4. Blend for 1 minute, using the tamper to press the ingredients into the blades.

Recipe yields enough sauce to coat one pound of pasta.

Notes:



Tomato Strawberry Freeze

Submitted by: Vitamix

Dietary Interest: vegetarian, low cholesterol, gluten free, low fat, low sodium

Yield:

4 c

Ingredients

- 1 cup (180 g) chopped plum tomatoes
- 1/4 cup (60 ml) milk
- 1/3 cup (67 g) sugar or other sweetener
- 1 pound (454 g) frozen unsweetened strawberries

Directions

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and slowly increase speed to Variable 10, then to High.
4. Use the tamper to press ingredients into the blades.
5. In about 30-60 seconds, the sound of the motor will change and four mounds should form.
6. Stop machine. Do not over mix or melting will occur. Serve immediately.

If mixture has the consistency of a milkshake, firm it up by slowly adding a cup of frozen ice cubes. Process until smooth. For a non-dairy alternative, substitute soy milk for skim milk.

Notes:

Additional Notes:

Vitamix Product Information:
