



Lunch | PEAK SEASON: Winter

Roasted Beet, Turnip & Greens Power Bowl with Lemon-Mint Sauce

Earthy roasted beets & turnips paired with tender greens and wild rice brought together with a cooling lemon-mint sauce. This colorful bowl is hearty, nourishing & full of flavor.

Nutritional Info

(per single , yields 4 servings)

Calories: 390

Carbs: 45g

Fiber: 10g

Protein: 12g

Fat: 15g

Sugars: 9g

Sodium: 320mg

Ingredients

Power Bowl

- 2 medium beets, peeled and cubed
- 2 medium turnips, cubed
- 1 bunch of turnip greens, chopped
- 1 bunch kale, stems removed and chopped
- 3 green onions, sliced
- 1 cup wild rice
- 2 tbsp olive oil
- Salt and pepper to taste

Lemon-Mint Sauce

- ½ cup of plain yogurt
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp fresh mint, finely chopped
- Optional: pinch of garlic powder

Instructions

1. Preheat oven to 400 degrees.
2. Prepare wild rice- for more flavor use veggie broth (note- wild rice does take longer than white rice due to it's high fiber content)
3. Toss beets and turnips with olive oil, salt and pepper. Place evenly on baking sheet and roast for 25-30 minutes, stirring halfway, until tender and lightly caramelized.
4. In a large pan, saute kale and turnip greens with a splash of olive oil for 3-5 minutes until wilted and bright green.
5. In a small bowl, whisk together yogurt, lemon juice, olive oil, mint and garlic powder.
6. Divide rice into bowls, top with roasted veggies, greens and green onions. Drizzle with lemon- mint sauce and enjoy!

Additional Info

- Pair with a lean protein to make a complete meal, chicken, beans or lentils.
- This dish is high in fiber to support digestion and steady blood sugar
- No oven? Roast veggies in a covered skillet over medium heat with a splash of water, cover and cook until caramelized.

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at freshrxok.org/recipes

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BREAKFAST | PEAK SEASON: FALL

Southern Black Eyed Pea Bruschetta

Recipe by: Ashley Jackson

These black eyed pea recipe is savory, budget friendly and full of fiber. You can eat as a stew, over rice or even make a nice bite sized appetizer!

Nutritional Info

Per slice

Calories: 92

Carbs: 12g

Fiber: 2g

Protein: 4g

Fat: 3g

Sugars: 1g

Sodium: 120mg

Ingredients

- 6 tbsp olive or avocado oil
- 1 large onion, finely chopped
- 2 large carrots, chopped
- 5 garlic cloves, 4 minced, one whole
- 1 pound of dried black eyed peas (about 2 ½ cups)
- 2 smoked turkey wings OR 1 smoked turkey leg (leave out if vegan and use 1 tsp liquid smoke)
- 2 qts of veggie or chicken broth, low sodium
- 2 bay leaves
- salt and pepper to taste

Instructions

1. Heat oil in a pan on medium heat, add chopped onions and carrots stirring occasionally. Once the onions are semi translucent add your minced garlic and cook for 2-3 more minutes.
2. Add your (pre-soaked) drained black eyed peas to the pot along with the bay leaves, broth, and smoked turkey (use liquid smoke if using no meat). Bring to a boil and reduce heat to simmer.
3. Cook for about 1 1/2- 2 hours or until beans are tender. Season with salt and pepper and let cook for 30 minutes.
4. Pre-heat your oven to 350 degrees and toast your bread slices until golden. Brush lightly with olive oil and rub with garlic clove for more flavor.
5. Pull out turkey leg and let cool before deboning and adding meat back to the pot.
6. Using a slotted spoon get bean mixture into a bowl, removing as much broth as possible.
7. Spoon gently over the crostini and add Parmesan cheese and garnish with parsley, thyme or chives (optional)
8. Enjoy!
9. The beans keep well in the fridge for up to 4 days.

Additional Info

- This recipe is a great based for a stew. If you'd like to make this a veggie stew, add more carrots, greens or even a diced sweet potato or squash during the cooking process to make a heart, fiber rich soup!
- If you're using canned beans, allow smokey turkey to cook in the broth for an hour to 1 ½ hours before adding beans so they do not get over cooked.



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Dinner | PEAK SEASON: FALL

Jerk Black Eyed Pea & Grits Veggie Burgers

Recipe by: Kiandra Call

These veggie burgers are packed with bold jerk flavor and made from simple pantry staples like black-eyed peas and grits.

Nutritional Info

Makes 6 patties- serving size 1 patty

Calories: 140

Carbs: 20g

Fiber: 4g

Protein: 5g

Fat: 4g

Sugars: 2g

Sodium: 180mg

Ingredients

- 1 cup cooked black-eyed peas (drained well)
- 1 cup cooked grits (cooled so they're firm)
- ½ cup shredded carrot
- ¼ cup chopped carrot tops or parsley
- ½ medium onion, diced
- 1 tablespoon jerk paste
- 1 teaspoon jerk seasoning
- ½ teaspoon paprika
- 1 tablespoon soy sauce
- 1–2 tablespoons olive oil (for sautéing and frying)

Binder

- 2 flax eggs (2 tbsp ground flax + 6 tbsp water, mixed and set 5 minutes)
- Use both – this helps them stay together.

Optional

- Pinch of salt + pepper
- Extra jerk seasoning to taste

Instructions

1. Sauté the veggies

Heat a little oil in a skillet. Add onion, shredded carrot, carrot tops (or parsley), jerk seasoning, and jerk paste. Cook until onions are soft and fragrant, about 5–7 minutes.

2. Combine the mixture

In a large bowl, add: sautéed veggies, cooked black-eyed peas, cooked grits, low sodium soy sauce, paprika, flax eggs. Mix gently until everything comes together. It should be sticky enough to form patties – if not, add 1–2 more tablespoons cooked grits or another teaspoon flax meal.

3. Form patties

Scoop and shape into 6 patties. Press firmly so they hold together.

4. Pan-sear

Heat a thin layer of oil in a pan over medium.

Cook patties 3–4 minutes per side, until golden brown and crisp on the edges.

5. Serve

Great on: Whole-grain buns, Sweet-potato “buns, Over greens or a grain bowl, With herb mayo, chimichurri, or pickled onions.

Additional Info

- High-fiber combination: beans and whole grains help support stable blood sugar and improve fullness.
- Carrot tops add extra nutrients and reduce food waste!
- Plant-based protein from black-eyed peas makes this filling and heart-healthy.
- Jerk seasoning adds anti-inflammatory spices and big flavor without relying on salt.
- Great make-ahead meal: patties freeze beautifully and reheat well in a pan or air fryer.

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at freshrxok.org/recipes

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Sides | PEAK SEASON: Winter

Mushroom & Herb Chopped Salad

Recipe by: Kiandra Call

This fresh and comforting salad pairs finely chopped leafy greens with warm, savory mushrooms and a bright mix of fresh herbs. Lightly dressed and finished with crunchy pecans, this salad is a flavorful way to support digestion and heart health.

Nutritional Info

Serving size 1 ½ cups of salad

Calories: 180

Carbs: 10g

Fiber: 3g

Protein: 5g

Fat: 14g

Sugars: 2g

Sodium: 150mg

Ingredients

- 4 cups of spinach and/or arugula, finely chopped
- 1 cup of black pearl oyster mushrooms, chopped
- 2 tbsp fresh mint, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- 1 tbsp fresh dill, finely chopped
- ¼ cup of pecans, crushed or chopped
- 1tbsp olive oil or avocado oil
- 1 tbsp lemon juice or apple cider vinegar
- 1 garlic clove, minced
- pinch of salt and pepper

Instructions

1. Heat olive or avocado oil in a skillet over medium heat
2. Add mushrooms and cook 5-7 minutes until golden and tender. Season with salt and pepper AFTER it's finished cooking. Set aside.
3. In a large bowl combine chopped greens and herbs.
4. Spoon warm mushrooms over the greens.
5. Mix together the lemon juice, minced garlic and olive oil and drizzle over top of salad just before serving.
6. Finish with chopped pecans for an added crunch!
7. Serve on it's own as a side dish or snack or pair with your favorite lean protein and a complex carb for a full, balanced meal.

Additional Info

- Chopped salads are a great way to fit a lot of veggies into one salad. This is a favorite for people still getting used to eating raw salads.
- Pairing leafy greens with healthy fats helps absorb fat-soluble vitamins.
- Warm vegetables are sometimes easier for people to digest salads so adding cooked mushrooms on top is a great way to have the best of both worlds.

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at freshrxok.org/recipes

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Dinner | PEAK SEASON: FALL

Crispy Rice Cakes with Greens and Mushroom Relish

Recipe by: Kiandra Call

These crispy rice cakes transform leftover rice into a delicious golden brown based topped with a savory mushroom and herb 'relish'. This is a great seasonal, budget friendly side dish. Pair with your favorite protein for a full meal or eat as a side or snack.

Nutritional Info

Per serving- 2 rice cakes

Calories: 220

Carbs: 28g

Fiber: 3g

Protein: 6g

Fat: 10g

Sugars: 2g

Sodium: 180mg

Ingredients

Rice Cakes

- 2 cups of already cooked rice (cold or leftover rice works best)
- 1 cup of finely chopped spinach or kale
- 1 tbsp of olive oil or avocado oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

Mushroom Relish

- 1 cup black pearl oyster mushrooms, finely chopped
- 1 tbsp olive oil
- 1 tbsp fresh cilantro OR dill, chopped
- 1 tbsp lemon juice or vinegar.
- pinch of salt

Instructions

1. In a bowl, mix rice, chopped greens, garlic and onion powder, salt and pepper.
2. Form into 6 small to medium sized patties
3. Heat oil in a skillet over medium heat
4. Cook patties 4-5 minutes on each side or until golden and crispy (NOT burned)
5. In a separate pan sautee mushrooms in olive for 3-4 minutes until tender
6. Stir in herbs at the very end and add lemon juice to finish the 'relish'
7. Serve Rice cakes warm and top with mushrooms and garnish with a few chopped herbs.
8. Great as a side or pair with your favorite lean protein for a balanced meal.

Additional Info

- Leftover grains can be very useful and budget friendly to use in new dishes!
- Cooking rice, cooling it (overnight) and the reheating can help support a better blood sugar response. The starches start to break down in the cooling process making it lower glycemic (same for mashed potatoes)
- Mushrooms add a savory or 'umami' favor without meat but still leaving a satisfying flavor.

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Dinner | PEAK SEASON: FALL

Mushroom “Steak” bites

Recipe by: Kiandra Call

Meaty, savory mushroom bites sauteed until crispy on the edges. Perfect as a meat substitute or a side dish. Pairs well with rice or as a taco filling.

Nutritional Info

Per serving- ¼ of recipe

Calories: 78

Carbs: 8g

Fiber: 2g

Protein: 5g

Fat: 3g

Sodium: 185mg

Ingredients

- 1 pound of Black Pearl Osyster Mushrooms, torn into chunks
- 1 tbsp olive or avocado oil
- 1 small onion, thinly sliced
- 3 garlic cloves, mined
- 1 tsp smoked paprika (regular paprika is fine)
- 1 tsp soy sauce or coconut aminos
- salt and pepper to taste
- 2 tbsp of fresh parsley or cilantro, chopped
- Optional: squeeze of lemon (only at the end of cooking)

Instructions

1. Heat oil in a skillet on medium-high
2. Add mushrooms in a single layer and let them brown without stirring for 3-4 minutes
3. add sliced onions and cook for another 3-4 minutes
4. add garlic, paprika, soy sauce and salt and pepper
5. cook until edges are crispy and mushrooms are deeply brown.
6. Remove from heat and finish with herbs and lemon.

Additional Info

- Do not over cook the mushrooms or they can get a rubbery texture.
- Mushrooms have immune boosting properties and are high in fiber.
- Mushrooms have an umami or savory flavor that can mimic meat making it a great swap or substitute for someone looking to eat less red meat.

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at freshrxok.org/recipes

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Lunch | PEAK SEASON: WINTER

Roasted Honey Squash & Wild Rice

Recipe by: Kiandra Call

A warm, slightly sweet, herb forward grain bowl with roasted squash, nutty wild rice, and crunchy pecans. This is the perfect dish for fall and winter produce.

Nutritional Info

Serving size- 1 ½ cups

Calories: 360

Carbs: 48g

Fiber: 7g

Protein: 7g

Fat: 16g

Sugar: 10g (from honey)

Sodium: 180mg

Ingredients

For the squash

- 2 medium honey nut squash, halved and seeded, then sliced
- 1 tbsp olive or avocado oil
- 1 ½ tbsp of honey or agave nectar
- salt and pepper to personal taste
- ½ tsp of ground cinnamon (optional but lovely)

For the rice

- 1 cup of nature's blend rice
- 3 cups of water or broth (wild rice needs more water than other rices, due to the fiber)
- ½ cup of shredded carrots
- ⅓ cup of pecans, chopped or crushed
- 2 tbsp parsley, chopped
- 1 tbsp fresh mint, chopped
- ½ fuji apple (optional but recommended)

Vinaigrette

- 1 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- 1 tsp honey
- pinch of salt and pepper

Instructions

1. **Roast the squash:** Preheat oven to 400 degrees. Toss squash with olive oil, honey, salt, pepper and cinnamon. Cook for 20 minutes, flip squash and cook for another 10-15 minutes until fork tender.
2. **Cook the wild rice:** Rinse rice well. Combine water or broth and a pinch of salt. Bring to a boil and then reduce to a simmer, cover and cook for 40-45 minutes or until rice is done. Note that wild rice takes longer to cook because of the fiber content.
3. **Make the vinaigrette:** Whisk olive oil, vinegar or lemon juice, honey salt and pepper.
4. **Plate and serve:** In a large bowl, combine cooked rice, carrots, apple (if using), and herbs. Toss with vinaigrette and then gently fold in squash and top with pecans. Enjoy warm on it's own or add your favorite lean protein to create a balanced meal.

Additional Info

- You can add tepoyah beans, white beans or chickpeas for a cost effective boost of protein!
- This is a great holiday side dish or meal prep grain bowl. You can swap out different seasonal veggies of your choice.
- Wild rice is an excellent complex carb that is very rich in fiber, making it a diabetes friendly staple to keep on hand,

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at freshrxok.org/recipes

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