



Farmers Market Meal Ideas

sandwiches

- eggplant & roasted veggies
- burgers
- hummus sandwich
- BLT
- tomato sandwich

pasta

- pesto pasta
- summer veggie pasta
- macaroni and cheese
- fresh tomato pasta
- seafood pastas

salad

- big green salad
- corn salad
- chicken salad
- pasta salad
- rice salad

eggs

- quiche/frittata
- egg sandwiches
- eggs with hash
- hard boiled eggs
- buddha bowls

meat

- italian sausage with peppers
- jam-glazed chicken
- slow cooker pulled pork
- fajitas
- grilled steak and sides

soup

- corn chowder
- tomato soup
- carrot soup
- bone broth
- potato soup