



LUNCH | PEAK SEASON: Summer

Summer Succotash with Black-Eyed Peas, Okra, and Garden Vegetables

Recipe by: Jeremy Johnson

Serving Size:

- Makes about 6 cups total
- Serves 6–8 people as a side dish (3/4 cup)
- Serves 3–4 people as a main dish (1.5 cups)

Nutritional Info

Calories: 120 Fat: 5g
Carbs: 16g Sugars: 4g
Fiber: 4g Sodium: 140mg
Protein: 4g

Ingredients

- 2 tbsp olive oil
- 1 medium onion, diced
- 1 bell pepper (any color), diced
- 3 cloves garlic, minced
- 1 cup diced eggplant (peel if preferred)
- 1 cup diced zucchini or yellow squash
- 1 cup fresh or frozen corn kernels
- 1 cup sliced okra (fresh or frozen)
- 1½ cups cooked or canned black-eyed peas, drained and rinsed
- 1–2 fresh tomatoes, diced (about 1 cup)
- ¼ cup vegetable or chicken stock
- 1 tbsp apple cider vinegar
- Salt and freshly ground black pepper to taste
- Optional: crushed red pepper flakes, fresh parsley or basil for garnish

Instructions

1. Sauté Aromatics:

In a large skillet or sauté pan, heat the olive oil over medium heat. Add the diced onion and bell pepper. Cook until softened, about 5 minutes. Stir in the garlic and cook for another 30 seconds until fragrant.

2. Cook Eggplant and Squash:

Add the diced eggplant and sauté for 5–7 minutes, stirring occasionally, until it begins to soften and lightly brown. Add the zucchini or yellow squash and cook for another 3–4 minutes until just tender.

3. Add Okra, Corn, Black-Eyed Peas, and Stock:

Stir in the corn, okra, and black-eyed peas. Pour in the ¼ cup of stock. Add a pinch of salt and black pepper. Stir to combine, cover the pan, and let everything simmer for about 5–7 minutes, until the okra is tender and the stock has mostly absorbed or lightly coats the vegetables.

4. Add Tomatoes and Finish Seasoning:

Stir in the diced tomatoes and cook uncovered for another 2–3 minutes. Add the apple cider vinegar and adjust salt and pepper to taste. If you like a bit of heat, add a pinch of crushed red pepper flakes.

5. Serve:

Serve warm, at room temperature, or chilled. Garnish with fresh herbs if desired.

Additional Info

Good for Your Gut: Okra and veggies have special kinds of fiber that feed the good bacteria in your belly. That helps with digestion and can even support your immune system.



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DRINKS | PEAK SEASON: Spring & Summer

Sugar-Free Mint Syrup

Recipe by: Kiandra Call

Yields: 1 cup

Prep Time: 5 minutes

Cook Time: 5–10 minutes

Chill Time: 15–20 minutes (cool before storing)

Nutritional Info

If made with Powdered Stevia or Monk Fruit:

- Calories: 0
- Carbs: 0g
- Sugars: 0g

If made with Date Sugar:

- Calories: 8.3
- Carbs: 2g
- Sugars: 1.7g

If made with Agave Nectar:

- Calories: 5
- Carbs: 1.3g
- Sugars: 1.3g

Ingredients

- 1 cup fresh mint leaves, rinsed
- 1 cup water
- 1 cup powdered stevia (or use monk fruit, date sugar, or agave nectar)

Instructions

- Gently massage the mint leaves with your hands to help release their natural oils.
- Combine mint, water, and sweetener in a small to medium saucepan.
- Simmer on low heat for 5–10 minutes, until the syrup becomes fragrant.
- Remove from heat and allow to cool.
- Strain out the mint leaves and pour syrup into a mason jar or airtight container.
- Store in the refrigerator for up to 5–7 days.

Additional Info

- Great for sweetening hot tea, iced tea, overnight oats, baked goods, or refreshing mocktails.
- Make sure to label and write the date before storage.

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Dressings| **PEAK SEASON:** Spring & Summer

Lemon Basil Salad Dressing

Recipe by: Kiandra Call

Yields: 1 cup

Prep Time: 10 minutes

Cook Time: 2 minutes

Chill Time: 15–20 minutes (cool before storing)

Nutritional Info

- Calories: 10
- Carbs: 1g
- Fiber: 0g
- Protein: 0g
- Fat 11g
- Sugars: .5g
- Sodium: 70mg

Ingredients

- 1 cup fresh basil leaves
- ½ cup of good quality olive oil
- 2 tbsp of lemon juice
- 1 tsp Dijon mustard
- 1 small garlic clove
- 1 tsp of honey
- Pinch of salt & pepper

Instructions

- You'll want to have your ingredients prepped and ready for this recipe as you will move quickly through these steps to save all those great herb flavors.
- Blanch basil: Bring a small pot of water to a gentle boil (not too hot- you'll burn the leaves). Drop Basil leaves in water and let boil for 30 seconds, until bright green,
- Transfer directly to a bowl with your olive oil and salt, let steep for 1-2 minutes while it's still warm-this releases the basil's natural oils into the dressing base.
- Pour entire basil and oil mixture into a blender and pulse until basil has been broken down. Add lemon juice, garlic, honey and Dijon mustard and pulse a few more times. Taste test and adjust salt and pepper to your liking.
- Pour over a salad, dense bean salad, wrap or sandwich and enjoy!

Additional Info

- Basil is rich in antioxidants and natural oils that boost flavor without relying on extra salt, while the Lemon & Dijon brighten the taste making it a healthy, low-sodium option.
- Olive Oil provides healthy fat that support nutrient absorption.
- Store in the refrigerator. Keeps 3-5 days, shake well before using.

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Dressings| **PEAK SEASON:** Summer & Fall

Homemade Pasta Seasoning

Recipe by: Kiandra Call

Yields: 3/4- 1 cup
Prep Time: 10 minutes
Shelf Life: 6-12 months

Nutritional Info

- Calories: 5
- Carbs: 1g
- Fiber: 0g
- Protein: 0g
- Fat 0g
- Sugars: 0g
- Sodium: 60mg

Ingredients

- 3 tbsp dried basil
- 2 tbsp dried oregano
- 1 ½ tbsp dried rosemary
- 1 ½ tbsp dried thyme
- 1 tbsp onion powder
- 2 tsp garlic powder
- 2 tsp red pepper flakes
- ½ tsp salt
- ½ tsp pepper

Instructions

- Dehydrate herbs: De-stem herbs as needed. Rinse herbs and pat completely dry. Spread evenly on a baking sheet, leaving space for air circulation between leaves. Set oven to lowest temp possible (125-150 degrees). Dry for 1-3 hours, turning occasionally until leaves are crisp and crumble easily. Cool completely before storing in an airtight container.
- Make sure all herbs are fully dried and crisp.
- Combine all ingredients and mix well, store in a clean airtight container.

Additional Info

- Herbs like oregano, thyme and basil are rich in antioxidants and add flavor without excess sodium.
- Use 2-3 tbsp per quart of tomato sauce or sprinkle on a low carb pizza or roasted veggies!
- Store in a cool, dark place for 6-12 months. Make sure to label and date your spices!

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Dressings| **PEAK SEASON:** Summer & Fall

Homemade Taco Seasoning

Recipe by: Kiandra Call

Yields: 3/4- 1 cup
Prep Time: 10 minutes
Shelf Life: 6-12 months

Nutritional Info

- Calories: 6
- Carbs: 1g
- Fiber: 0g
- Protein: 0g
- Fat 0g
- Sugars: 0g
- Sodium: 40mg

Ingredients

- 6 tbsp chili powder
- 3 tbsp cumin
- 2 tbsp smoked paprika
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1 tbsp oregano (or Mexican oregano if available)
- 1 tbsp ground coriander
- 1 tbsp black pepper
- 1 tbsp red pepper flakes or cayenne
- 1 tsp kosher salt

Instructions

- Mix spices together in a large bowl until evenly combined.
- Store in a 4 ounce jar or Mylar bag, sealed airtight.
- Label with date - best flavor between 6-12 months.

Additional Info

- Chili Powder, cumin and oregano add bold flavor so you don't need heavy salt.
- Great for tacos, fajitas, roasted veggies, soups or even sprinkled on popcorn.
- Store in a cool, dark place for up to 12 months. Make sure to label and date your spices!

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SNACK | PEAK SEASON: Summer

Crispy Okra – Oven or Air Fryer

Recipe by: Kiandra Call

Servings: 4

Prep Time: 10 minutes

Cook Time: 18–20 minutes (oven)
or 12–15 minutes (air fryer)

Total Time: 25–30 minutes

Nutritional Info

- Calories: 110
- Carbohydrates: 15g
- Fiber: 4g
- Sugars: 5g (naturally from eggplant)
- Protein: 4g
- Fat: 4g
- Saturated Fat: 1g
- Sodium: 160mg (varies by salt + parmesan)

Ingredients

- 1 lb okra, trimmed and halved lengthwise
- 1 Tbsp avocado oil
- ½ tsp salt
- ½ tsp garlic powder
- ¼ tsp black pepper

Instructions

- Rinse okra and pat dry thoroughly (important for crispness).
- Toss okra with olive oil, salt, garlic powder, and pepper.
- Spread in a single layer:
- Oven: Roast at 425°F for 18–20 minutes, stirring once.
- Air Fryer: Cook at 400°F for 12–15 minutes, shaking basket halfway.
- Serve immediately while crisp.

Additional Info

- For extra crunch, toss okra with 1–2 Tbsp cornmeal before cooking.
- Don't crowd the pan/air fryer basket — space helps the okra crisp instead of steam.
- Like it spicy? Add a pinch of cayenne or smoked paprika.
- These are best enjoyed hot, straight from the oven or air fryer.

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SNACK | PEAK SEASON: Summer

Eggplant Fries

Recipe by: Kiandra Call

Servings: 4

Prep Time: 15 minutes (plus
20–30 minutes for sweating)

Cook Time: 20–25 minutes

Total Time: 40–45 minutes

Nutritional Info

- Calories: 110
- Carbohydrates: 15g
- Fiber: 4g
- Sugars: 5g (naturally from eggplant)
- Protein: 4g
- Fat: 4g
- Saturated Fat: 1g
- Sodium: 160mg (varies by salt + parmesan)

Ingredients

- 1 medium eggplant, cut into fry-shaped sticks
- 1–2 tsp salt (for sweating)
- 2 Tbsp olive oil (or spray)
- ½ cup whole wheat breadcrumbs (or almond flour for low-carb)
- 2 Tbsp grated parmesan (optional)
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Black pepper to taste

Instructions

- Sweat the eggplant: Place eggplant sticks in a colander, sprinkle with salt, and let sit 20–30 minutes. Pat dry with a clean towel to remove the moisture that beads up.
- Preheat oven to 425°F or air fryer to 400°F.
- Mix breadcrumbs, parmesan, garlic powder, paprika, and black pepper.
- Toss eggplant with olive oil, then coat lightly in breadcrumb mix.
- Spread in a single layer:
- Oven: Bake 20–25 min, flipping halfway.
- Air Fryer: Cook 12–15 min, shaking basket halfway, until golden and crisp.
- Serve with a squeeze of lemon or a yogurt dip or low sugar marinara sauce.

Additional Info

- Eggplant is packed with antioxidants and fiber, making these crispy fries a lighter swap for traditional fries. Sweating the eggplant first helps them bake or air fry to perfection—crispy outside, tender inside!

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at freshrxok.org/recipes

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SNACK | PEAK SEASON: Spring & Fall

Sesame Ginger Ribbon Salad

Recipe by: Kiandra Call

Servings: 4
Prep Time: 10 minutes
Cook Time: 3 minutes
Chill time: 30 min to an hour.
Best left overnight in fridge

Nutritional Info

- Calories: 75
- Carbohydrates: 10g
- Fiber: 3g
- Sugars: 5g (from carrots & honey)
- Protein: 1g
- Fat: 4g
- Saturated Fat: 1g
- Sodium: 220mg (with low-sodium soy)

Ingredients

- 4 large carrots, peeled into ribbons
- 1 tbsp rice vinegar or lime juice
- 1 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp toasted sesame oil
- 1 tsp honey or date syrup
- 1 tsp grated ginger
- 1-2 cloves of garlic, grated
- red pepper flakes- to taste preference
- 1 tsp sesame seeds
- 1 tbsp chopped cilantro or Thai basil
- optional- 1 tbsp of chopped green onion

Instructions

- Use a Y- peeler to shave carrots into this ribbons. Place into a large bowl and set aside.
- In a small bowl whisk together, vinegar (or lime juice) , soy sauce, sesame oil, honey, ginger, garlic and chili flakes.
- Pour dressing over carrots and toss gently.
- Garnish with sesame seeds and fresh herbs just before serving.

Additional Info

- This is a great salad to make in advance- the longer it chills in the fridge to more flavorful it becomes.
- Carrot ribbon salad is good on it's own but is also a great addition to wraps, salads, rice bowls or even ramen!
- Health benefits; carrots are rich in beta-carotene for eye and skin health, plus fiber for digestion. Ginger, garlic and citrus offer anti-inflammatory and immune boosting benefit. Sesame oil provides heart-healthy fats!

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LUNCH | PEAK SEASON: Summer

Mint & Watermelon Salad with Microgreens

Watermelon is super hydrating and naturally low in calories, with antioxidants like lycopene that support heart health!

Nutritional Info

makes 4 servings

- Calories: 60
- Carbohydrates: 15g
- Fiber: 2g
- Sugars: 11g (natural)
- Protein: 1g
- Fat: 0g (or 2g if using olive oil)

Ingredients

- 3 cups cubed watermelon
- 1/4 red onion, very thinly sliced
- 2–3 tbsp fresh mint leaves, chopped or torn
- 1/2 cup microgreens (like broccoli or radish)
- Juice of 1/2 lemon or lime
- Pinch of salt
- Optional: drizzle of olive oil or crumble of feta for extra richness

Instructions

- In a large bowl, combine cubed watermelon, sliced red onion, mint, and microgreens.
- Squeeze fresh lemon or lime juice over the top.
- Add a small pinch of salt and toss gently to combine.
- Serve immediately or chill for 15 minutes to let the flavors meld.

Additional Info

- Mint and red onion add anti-inflammatory benefits, while microgreens are nutrient-dense and help boost digestion.

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DRINK | PEAK SEASON: SUMMER

Minty Cucumber Lime Cooler

This crisp, refreshing drink is naturally low in sugar and packed with hydration. Cucumber and lime support digestion, while mint adds a cooling boost without spiking blood sugar.

Nutritional Info

per serving- recipe makes 2

- Calories: 10
- Carbohydrates: 2 g
- Fiber: 1 g
- Sugars: 0 g

Ingredients

- 1/2 cucumber, thinly sliced
- 1/4 cup fresh mint leaves, plus extra for garnish
- Juice of 2 limes
- 1-2 tsp stevia or monk fruit sweetener (optional)
- 2 cups sparkling water (or club soda)
- Ice cubes

Instructions

1. Muddle cucumber and mint: In a glass or shaker, muddle the cucumber slices and mint leaves to release their flavors.
2. Add lime juice and sweetener: Stir in the lime juice and sweetener (if using).
3. Fill with ice: Add ice cubes to a glass and pour the mixture over the ice.
4. Top with sparkling water: Fill the glass with sparkling water, stir gently, and garnish with extra mint leaves.

Additional Info

- Muddle mint and cucumber for max flavor—think spa water, but upgraded!
- Add a pinch of salt or a splash of coconut water for natural electrolytes.

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DRINK | PEAK SEASON: SUMMER

Blueberry Smoothie

A creamy, low-sugar smoothie with fiber, healthy fats and greens. Blueberries and stevia add sweetness while the almond butter, hemp seeds & spinach give you lasting energy!

Nutritional Info

per serving- recipe makes 2

Calories: 250

Carbs: 17g

Fiber: 6g

Protein: 7g

Fat: 18g

Sugars: 12g

Sodium 80g

Ingredients

- 1/2 cup of frozen blueberries
- 1 tbsp of almond butter
- 1/3 cup of plain coconut milk yogurt (can substitute Greek yogurt)
- 2 large handfuls of spinach
- 1 tbsp hemp seeds
- stevia to taste
- 3/4 cup of oat milk (This can vary depending on how thick you prefer your smoothie)

Instructions

1. Add all ingredients to your blender and then pulse until completed blended.
2. Taste smoothie before serving to make sure it's to your liking. This would be the time to add more stevia or oat milk for example.
3. Pour into a glass and enjoy! Pair with a veggie frittata for a full and balanced breakfast.

Additional Info

- You can swap out the blueberries for any low glycemic berries like raspberries, blackberries or mulberries.
- 'For extra protein you can add more yogurt or tofu! The tofu takes on the flavors of the smoothie and just adds a nice creaminess to the smoothie.
- Almost all the ingredients can be substitute- just make sure to add greens and some kind of protein to help your blood sugars stay stable and it will keep you fuller for longer.

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DRINK | PEAK SEASON: SUMMER

Basilmelon Bliss

Watermelon is hydrating and naturally sweet in small portions, and pairing it with fiber-rich basil and lemon adds antioxidants without extra sugar. Kombucha adds tang and gut health benefits—just make sure it's low-sugar!

Nutritional Info

per serving- recipe makes 2

- Calories: 44.5
- Carbohydrates: 12 g
- Fiber: 1 g
- Sugars: 8 g

Ingredients

- 1 cup seedless watermelon, cubed
- 6–8 fresh basil leaves
- Juice of 1 lemon
- 1 cup watermelon kombucha (or sub soda water or plain kombucha)
- Ice cubes

Instructions

1. Muddle the watermelon and basil together in a shaker or glass until juicy and fragrant.
2. Add lemon juice and shake or stir well.
3. Fill glasses with ice and strain the mixture evenly between the two.
4. Top with kombucha (or soda water) and garnish with a basil leaf or watermelon wedge.

Additional Info

- Chill your watermelon ahead of time to skip the ice.
- Not into kombucha? Try soda water with a splash of vinegar or a dash of cinnamon for a mock shrub.
- Basil is more than a garnish—it may help support stable blood sugar levels!

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