




Cook
the kit

 **McLaren** HEALTH PLAN

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Mt. Pleasant **Farmers' Market**
[meet here]



Roasted Brussels Sprouts & Butternut Squash



Mt. Pleasant
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Cook the Kit: Farm Fresh Flavor

Cook the Kit is made possible through a community partnership with the Chippewa River District Library, Mt. Pleasant Farmers' Market, and McLaren Health Plan.

Embark on your family-friendly edible adventure when you visit Mt. Pleasant Farmers' Market this summer and pick up your own free *Cook the Kit*. Each *Cook the Kit* includes a featured farm-fresh recipe, pantry ingredients, and a voucher to purchase your farm-fresh produce ingredients while at the farmers market. Transform your kitchen into a harvest test kitchen that inspires your culinary talents while creating a specially selected recipe that's sure to satisfy your palates. Bonus bites - each fun kit comes with a delicious reward at the end.

Cook the Kit will be available once per month for pick-up at the Mt. Pleasant Farmers' Market on select Thursdays at Island Park and select Saturdays at Town Center at Broadway and Main Streets. While we may have some extra kits available the day of, we strongly encourage everyone to reserve their *Cook the Kit* in advance by registering on-line at <https://www.crdl.org/event/cook-kit-brussels-sprouts> or by scanning the QR Code. **Registration Opens: September 15.** One kit per household, please. Due to fresh produce availability and storage constraints, kits will not be held for registrants after the Saturday market date. Remaining kits will be offered to market goers on a first come, first served basis the following week.





Recipe:

Roasted Brussels Sprouts & Butternut Squash

Source: adapted from chewoutloud.com

INGREDIENTS

1lb. fresh brussels sprouts,
stem removed, cut in half

2½ cups freshly peeled/cubed,
1" cubes butternut squash

5 Tbsp. olive oil

2 Tbsp. brown sugar

1 tsp. cinnamon

¾ tsp. kosher salt

¼ tsp. freshly cracked black pepper

DIRECTIONS

1. Preheat oven to 425° F with rack on upper middle position.
2. On a large baking sheet with rims, toss together all ingredients until vegetables are well coated with seasoning an oil.
3. Roast about 30 minutes, or until nicely browned. (Oven temps vary, watch and remove when vegetables are tender and browned.)



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Ingredient/Sub-Ingredient List

Roasted Brussels Sprouts & Butternut Squash

1. **Olive Oil – Olive Oil.**
2. **Brown Sugar – Cane Sugar, Cane Molasses**
3. **Cinnamon – Organic Cinnamon**
4. **Salt – Sea Salt**
5. **Pepper – Black Pepper**



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

1

Butternut Squash

No substitutions, exchanges or refunds given.

Vendor Name: _____

Dollar Value: _____



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Participating vendors with eligible Cook the Kit products will have a Cook the Kit sign displayed at their booth. Present this voucher to receive:

1 lb.
Brussels Sprouts

No substitutions, exchanges or refunds given.

Vendor Name: _____

Dollar Value: _____