



# Cook

*the kit*

 **McLaren**  
HEALTH PLAN

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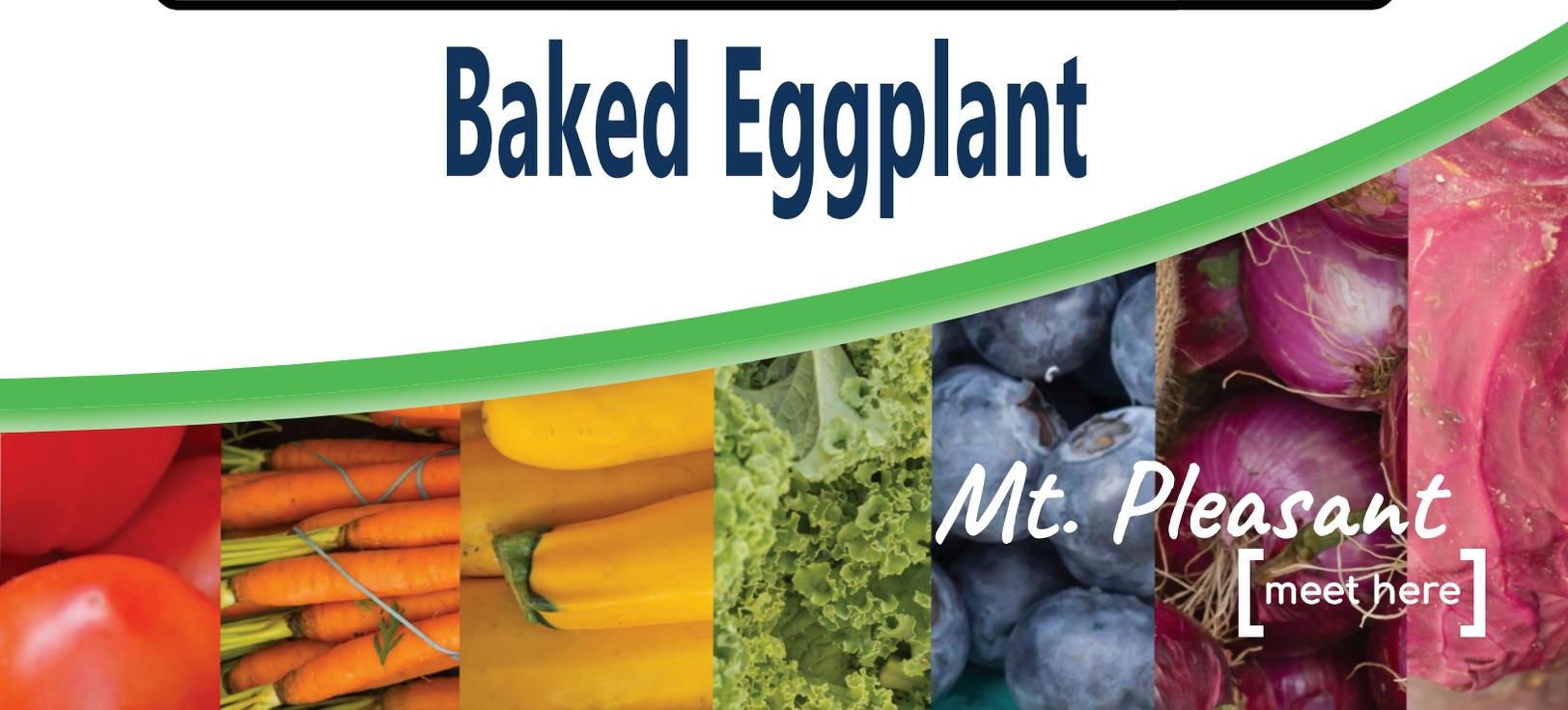
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*Mt. Pleasant*  
[meet here]

Farmers'  
Market



# Baked Eggplant



*Mt. Pleasant*  
[meet here]



## ***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-eggplant> or by scanning the QR Code. **Registration Opens: August 18.** 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:

# Baked Eggplant

Source: adapted from [allrecipes.com](http://allrecipes.com)

## INGREDIENTS

- 1 eggplant, sliced into ½-inch-thick rounds
- 3 tomatoes, sliced
- 1 Tbsp. olive oil
- 1 teaspoon oregano
- ⅓ cup grated Parmesan cheese
- salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400° F. Grease a baking dish with nonstick spray.
2. Arrange eggplant and tomato slices in the bottom of prepared baking dish. Drizzle olive oil over vegetables; season with oregano. Sprinkle Parmesan cheese on top.
3. Bake in preheated oven until cheese begins to brown, about 30 minutes. Switch the oven broiler to high; continue baking until the top is completely browned, about 5 minutes.





# Ingredient/Sub-Ingredient List

## Baked Eggplant

1. **Oregano – Organic Oregano**
2. **Olive Oil – Olive Oil**
3. **Parmesan Cheese – Pasturized Cow's Milk, Cheese Cultures, Salt, Enzymes, Egg White Lysozyme**  
**CONTAINS: MILK AND EGG.**



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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:

3

Tomatoes

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  
Egg Plant

No substitutions, exchanges or refunds given.

Vendor Name: \_\_\_\_\_

Dollar Value: \_\_\_\_\_