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3 Farmers' Market Recipes that Use Up Lots of Produce

By Laurie Lloyd, [NLC](#)

Do you ever get home from the farmers' market with a huge haul and not know what to make? Or pick up a [CSA box](#) filled with unrelated veggies you've got only a week to eat?

My family and I love to visit our local market every Saturday morning, but sometimes when I don't go with recipes in mind, I go a bit overboard with my purchases. What can I say? All that fresh produce just looks *sooo* good.

RELATED: [Delicious Roasted Veggies, 3 Ways](#)

Since I hate to let fresh fruits and veggies go to waste, I created a whole collection of farmers' market recipes made for this scenario.





Below, you'll find three of my favorites. Each utilizes lots of different kinds of seasonal produce in one dish and highlights fresh flavors via simple preparations. (That means they're also easy to make!) The [smoothie](#) is great to share (my kiddos love it too), and the pesto and marinara can be frozen for later use.

Give these easy, yummy recipes a try next time you're drowning in heirlooms and herbs.

Farmers' Market Recipes



1. Strawberry Veggie Smoothie

Veggies are my smoothie secret weapon. They add so much nutritional value with minimal calories. This smoothie is filled with tons of [fiber](#), [protein](#), and [healthy fat](#), and is sure to keep you full all morning long. Tip: Some people prefer to steam and then freeze their veggies for easier digestion.

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2. Pea Pesto Crostini

My Pea Pesto Crostini is super easy to make and is always a crowd-pleaser. It's vegan and allergy friendly (nut-free, dairy-free, and can be made [gluten-free](#)), making it a perfect option for a cocktail party hors d'oeuvre. The pesto can also be frozen to use in [pasta](#) and on sandwiches, later.

[GET THE RECIPE](#)



3. LivLight Market Marinara

There's nothing better than summer tomatoes, and who doesn't love a homemade marinara? This sauce is delicious right out of the pot and gets even better with time. I love to make a big pot on Sunday and use it throughout the week on pasta, veggies, and grilled fish.

[GET THE RECIPE](#)



About Laurie:

Laurie Lloyd is a [Nutritious Life Certified](#) holistic health coach, nutritional consultant, and wellness expert. She loves to share her favorite recipes, style tips, beauty secrets, interviews with other wellness experts, and so much more on her website, www.Liv-Light.com, and social media, at [@livlight_](#). While Laurie blogs about all things wellness, her main focus is integrative and plant-based nutrition. Laurie has studied and received certifications from The Institute of Integrative Nutrition, Cornell University (T. Colin Campbell Plant-Based Nutrition Certificate), and Nutritious Life. She received her bachelor of arts degree from Duke University. Laurie is married and has two little girls. In addition to her site, she speaks to groups about health and wellness and works with private clients. For more information, please email her at Laurie@Liv-Light.com.

Recipes > Breakfast, Dairy Free, Dessert, Drinks, Gluten Free, Grain Free, Gut Health, High Protein, Paleo, Smoothies, Sugar Free

Strawberry Veggie Smoothie

Veggies are a smoothie secret weapon. They add so much nutritional value with minimal calories.

And this blend includes some you don't normally think of throwing in your Nutribullet, like zucchini and cauliflower.

Tip: Some people prefer to steam and then freeze their veggies for easier digestion.

Recipe by Laurie Lloyd, NLC. Visit Laurie's website at [www.Liv-Light.com](http://www.liv-light.com/) (<http://www.liv-light.com/>) and follow her on Instagram at [@livlight](https://www.instagram.com/livlight_/) (https://www.instagram.com/livlight_/).

Ingredients

- 2 cups strawberries (fresh or frozen)
- 1 cup frozen cauliflower
- 1 large zucchini
- 1 tablespoon nut butter
- 2 cups unsweetened vanilla almond milk
- 1 scoop vanilla protein powder
- 1 large handful ice

Directions

1. Blend all ingredients in a high-speed blender until smooth.
2. Enjoy!



WHY WE LOVE THIS RECIPE

This smoothie is filled with tons of fiber, (<http://nutritiouslife.com/high-fiber-diet/>) protein (<http://nutritiouslife.com/how-much-protein-healthy/>), and healthy fat (<http://nutritiouslife.com/love-fat/>), and is sure to keep you full all morning long.

Pea Pesto Crostini

This Pea Pesto Crostini is super easy to make and is always a crowd-pleaser.

It's vegan and allergy friendly (nut-free, dairy-free, and can be made gluten-free (<http://nutritiouslife.com/gluten-free-facts/>)), making it a perfect option for a cocktail party hors d'oeuvre.

The pesto can also be frozen to use in pasta (<http://nutritiouslife.com/healthiest-pastas-delicious/>) and on sandwiches, later.

Recipe by Laurie Lloyd, NLC. Visit Laurie's website at [www.Liv-Light.com](http://www.liv-light.com) (<http://www.liv-light.com/>) and follow her on Instagram at [@livlight](https://www.instagram.com/livlight_/) (https://www.instagram.com/livlight_/).

Ingredients

- 1 cup fresh basil
- 1 cup peas
- 1 cup spinach
- 2 tablespoons olive oil
- 2 garlic cloves
- 1/3 cup hemp seeds
- 1 tablespoon fresh lemon juice
- 1 fresh baguette
- 1 package rice crackers (optional to make gluten-free)
- 1 tub almond milk ricotta
- 1 bunch radishes

Directions



1. Preheat oven to 425 F.
2. Place all pesto ingredients (leaving radishes, ricotta, bread, and crackers aside) in food processor and process to your desired consistency.
3. Cut baguette in thin rounds, spray with 100% olive oil spray, and bake for about 10 minutes or until browned.
4. Top rounds and/or rice crackers with a small scoop of ricotta and pesto and top with a radish slice.

WHY WE LOVE THIS RECIPE

Pesto is generally loaded with fresh herbs and this one takes it a step further by including nutrient-dense spinach and peas. It's also a great dish to use up a ton of produce after a visit to the farmers' market.

Recipes > Dairy Free, Dinner, Entrees, Gluten Free, Grain Free, Paleo, Vegan, Vegetarian

LivLight Market Marinara

There's nothing better than summer tomatoes, and who doesn't love a homemade marinara?

This sauce is delicious right out of the pot and gets even better with time.

Make a big pot on Sunday and use it throughout the week on pasta, veggies, and grilled sh.

Recipe by Laurie Lloyd, NLC. Visit Laurie's website at [www.Liv-Light.com](http://www.liv-light.com) (<http://www.liv-light.com/>) and follow her on Instagram at [@livlight](https://www.instagram.com/livlight_/) (https://www.instagram.com/livlight_/).

Ingredients

1 tablespoon olive oil

1 yellow onion, chopped

6 garlic cloves, minced

3 pounds fresh tomatoes, cored and chopped

1/2 cup fresh basil, tightly packed

1 teaspoon salt

1/4 teaspoon crushed red pepper

Directions



1. Heat oil on medium-high in a large pot or dutch oven. Add onion and garlic and sauté for about a minute.
2. Add tomatoes, basil, and parsley and mix well to combine. Cover and cook on medium heat about 10 minutes, until tomatoes are just starting to fall apart.
3. Carefully transfer to blender and blend for just a few seconds, leaving mixture a bit chunky.
4. Return to pot and simmer uncovered for 20 minutes.
5. Add salt and red pepper to taste. If your tomatoes were not quite ripe, you may want to add 1 teaspoon of sugar. (Coconut sugar also works well.)
6. Serve over your favorite pasta or zoodles.

WHY WE LOVE THIS RECIPE

Store-bought marinara sauce is usually lled with sugar and preservatives; this homemade version is all fresh vegetables and herbs. It's also the perfect recipe to solve for tomato glut after a visit to the farmers' market in August.