



# The Community Dish

## Recipe Book



# Why we created a recipe book?

The purpose of this recipe book is to capture and share the diversity of our community through recipes. Additionally, this recipe book is intended to serve as a resource for seasonal cooking and nutritious recipes.

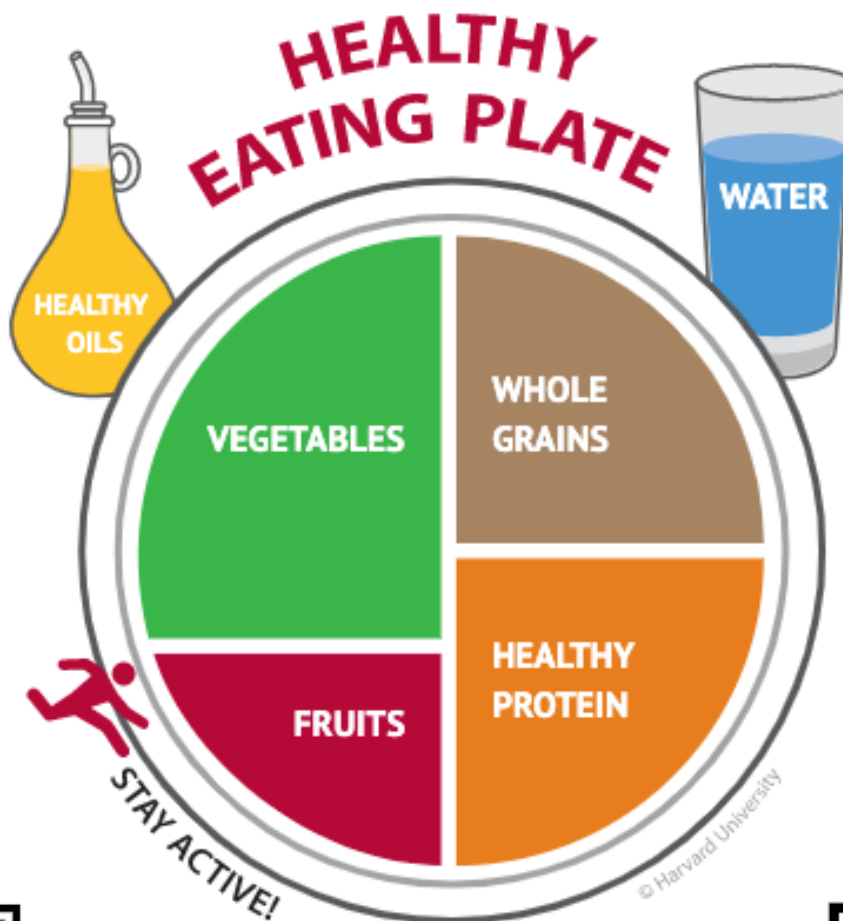
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The images in this recipe book are not the property of the author or The Open Door with the exception of the Community Garden Photo. Photos were used from the recipes cited or similar recipes.

# Nutritious Eating Patterns

There are many benefits to following a nutritious eating pattern and lifestyle. Nutritious eating patterns reduce the risk of chronic diseases like type 2 diabetes and heart disease. A nutritious eating pattern focuses on foods and drinks that are high in nutrients and limits food high in added sugars, saturated fat, and sodium. Healthy eating patterns include foods that fit personal preferences, cultural traditions, and budget considerations. See the image below for daily food group recommendations to promote health.



To learn more about  
nutritious eating patterns visit  
Harvard Healthy Eating Plate  
MyPlate.gov



# How to Read a Nutrition Facts Label

**Serving Information** → **Serving Size** 1 Sandwich

**Calories per Serving** → **Calories** 519

**% Daily Value (DV)**  
This number tells you how much of a nutrient one serving gives you out of 100% for one day. DV is based on a 2000 Calorie diet.  
Example: 50% means it gives you half of what you need for one day.

**Nutrients** →

Nutrition Facts		
Serving Size 1 Sandwich		
Amount Per Serving		
Calories		519
		% Daily Value*
Total Fat	29 g	37 %
Saturated Fat	9.7 g	49 %
Trans Fat	0.2 g	
Cholesterol	137.2 mg	46 %
Sodium	848.5 mg	37 %
Total Carbohydrate	44.2 g	16 %
Dietary Fiber	5.1 g	18 %
Total Sugars	6.4 g	
Added Sugars	1.7 g	3 %
Protein	21.2 g	
Vitamin D	0.8 mcg	4 %
Calcium	289.5 mg	22 %
Iron	3.1 mg	17 %
Potassium	379.2 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



← To learn more about nutrition facts labels visit:  
FDA Interactive Nutrition Facts Label website

# Food Security and Community Gardens

In 2019 10.9% of people in the US were food insecure.<sup>1</sup> Food insecurity means that a person/family does not have access to enough healthy food. Food insecurity has increased because of COVID-19. The Open Door has increased its programs to help fill the need and the Garden to Table program is one of them.



Community gardens improve access to fresh produce.<sup>2</sup> Working in the gardens is a great way to activity levels and can teach us about food.<sup>3</sup> People who garden feel more confident about including produce in their daily eating pattern.<sup>3</sup> Community gardens also have social benefits such as building relationships and improving self-esteem.<sup>3</sup>

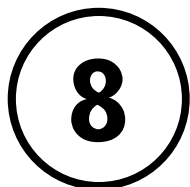
1. [feedingamerica.org](https://www.feedingamerica.org)

2. Furness WW, Gallaher CM. Food access, food security and community gardens in Rockford, IL. *Local Environ*; 2018;23:414–30.

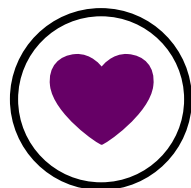
3. Dyg PM, Christensen S, Peterson CJ. Community gardens and wellbeing amongst vulnerable populations: a thematic review. *Health Promot Int*; 2019;35:790–803.



## Icon Legend



This recipe contains 8 or fewer ingredients commonly provided by The Open Door Pantry and/or the Garden-to-Table program.



Heart-healthy dishes that are low in saturated fat (less than 10% of calories), trans fats, and sodium (10% or less of the Daily Value). A heart-healthy diet is recommended to contain 1500 mg or less of sodium per day. These dishes may also be high in soluble fiber. To make a dish more heart-healthy replace solid fats like butter, margarine, lard, and coconut oil with liquid oils like olive oil or vegetable oil. Replace high sodium ingredients with low sodium versions. Swapping animal protein (chicken, beef, etc.) for unprocessed plant protein (beans, lentils, etc) will also make a dish more heart-healthy because they are lower in saturated fat.



Diabetes-friendly dishes are typically low in refined carbohydrates and high in whole grains and complex carbohydrates (total grams carbohydrate to grams fiber ratio of 5 to 1 or less). To make a dish more diabetes-friendly swap refined carbohydrates like white rice, white bread, or sugar for whole grains like brown rice, 100% whole wheat bread, and fresh fruit. Swapping animal protein (chicken, beef, etc.) for unprocessed plant protein (beans, lentils, etc) will also make a dish more diabetes-friendly because they are lower in saturated fat.

# Icon Legend



Allergen-free dishes that do not contain the top 9 allergens (milk, peanuts, tree nuts, soy, shellfish, fish, eggs, wheat, and sesame). While the dishes themselves do not contain these allergens their ingredients may have come in contact with these allergens during manufacturing. Check all labels for allergens before using.



Gluten-free dishes. While the dishes themselves do not contain gluten their ingredients may have come in contact with gluten during manufacturing. Check all labels for gluten contamination before using.



Vegan dishes that do not contain animal products.



Vegetarian dishes that do not contain meat, poultry, fish, or seafood. These dishes may contain dairy products and/or eggs.



Dairy-free dishes.

# **Soups & Salads**



## Vegetable Venison or Beef Soup

Submitted by Emily. Recipe passed on from her grandpa!

Makes about 6-8 cups, Total time: 45 mins



### Ingredients

- 1lb ground venison or beef
- 3 to 4 cup water,
- 1 quart tomatoes,
- 1 medium onion,
- 2 celery stalks
- 2 large carrots
- 2 beef bullion cubes
- 1/2 tsp pepper
- 1/4 tsp crushed red pepper
- 1/2 cup barley

### Vegetable Venison or Beef Soup

## Nutrition Facts

Serving Size 1 cup

Amount Per Serving

**Calories 303**

		% Daily Value*
<b>Total Fat</b>	12.6 g	16 %
Saturated Fat	4.9 g	25 %
Trans Fat	0.4 g	
<b>Cholesterol</b>	66.5 mg	22 %
<b>Sodium</b>	675.3 mg	29 %
<b>Total Carbohydrate</b>	26.6 g	10 %
Dietary Fiber	7 g	25 %
Total Sugars	7.2 g	
Added Sugars	0 g	0 %
<b>Protein</b>	23.1 g	
Vitamin D	0 mcg	0 %
Calcium	92.9 mg	7 %
Iron	3.6 mg	20 %
Potassium	731.1 mg	16 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- 1) Brown venison or beef on the stovetop in a stockpot.
- 2) Add 3-4 cups of water and tomatoes to the pot.
- 3) Wash vegetables. Chop the vegetables and add to the pot.
- 4) Add the bullion cubes, spices, and barley to the pot
- 5) Bring to a boil, reduce to simmer. Cook until vegetables are tender, about 30 minutes.

# Roasted Acorn Squash Soup

Serves 6, Total time: 2 hr



## Ingredients

- 1 acorn squash
- 2 Tbsp of butter
- 1/4 cup celery, chopped
- 1/4 cup carrots, chopped
- 2 Tbsp yellow onion, chopped
- 2 cups chicken broth
- 1/4 cup heavy cream
- 1 1/2 tsp lemon juice

## Directions

- 1) Preheat oven at 300 F (150 C). Cut squash in half and scrape out seeds. (If desired, save seeds for roasting!) Place squash on a lightly greased baking sheet, cut side down. Bake for about 1 hour and 15 minutes, until soft.
- 2) Melt butter in a medium saucepan. Add celery, carrots, and onion. Cook slowly for about 5 minutes until soft.
- 3) Scrape flesh from squash into a pan with chicken broth. Heat to a boil. Reduce heat, cover, and simmer slowly for about 25-30 min until carrots and celery are tender.
- 4) Puree soup in a blender or food processor. Return to pan and add cream and lemon juice. Salt and pepper to taste. Heat to desired temperature.
- 5) Optional: Roast washed seeds in oven at 425 F (220 C) for 7-10 min stirring halfway through until golden and crunchy but not burnt.
- 7) Serve hot and garnished with roasted squash seeds if desired.

## Roasted Acorn Squash Soup

### Nutrition Facts

**Serving Size** 1 cup

**Amount Per Serving**

**Calories** 118

		% Daily Value*
<b>Total Fat</b>	8.5 g	11 %
Saturated Fat	5 g	25 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	22.2 mg	7 %
<b>Sodium</b>	156.5 mg	7 %
<b>Total Carbohydrate</b>	9.3 g	3 %
Dietary Fiber	2.6 g	9 %
Total Sugars	1.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	2.8 g	
Vitamin D	0.2 mcg	1 %
Calcium	38.6 mg	3 %
Iron	0.7 mg	4 %
Potassium	341.7 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Nutrition Tip

- Winter squash like acorn squash is a good source of Vitamin A!

### Recipe Tip

- Make this dish vegetarian friend by using vegetable broth instead.



# Garden Vietnamese Ginger Noodle Soup (Chicken Pho)

Serves 5-6, Total time: 1 hr



## Ingredients

- 10 cups chicken or vegetable broth
- 1 onion thinly sliced
- 1-2 Tbsp canola or vegetable oil
- 1 1/4 ounces fresh ginger (4 - 1/2 inch thick slices)
- 4 tsp soy sauce
- 2 tsp lime juice
- 3 cloves garlic, halved
- 2 star anise
- 10 whole cloves
- 1 lb. boneless chicken thigh, cut into bite size pieces
- 12 small carrots, peeled and sliced 1/2 inch thick diagonally
- 8 ounces vermicelli noodles
- 2 cup chopped broccoli
- 3 green onions, sliced
- 1 or 2 limes cut into wedges
- 1/2 cup fresh cilantro chopped
- 1/2 fresh basil leaves, chopped

## Directions

- 1) Sauté the sliced onion in oil until tender.
- 2) Add garlic cloves and sauté for an additional minute.
- 3) Wrap star anise, sliced ginger, and cloves in a cheesecloth and tie, or in a tea infuser—set aside.
- 4) Add chicken pieces, carrots and broccoli; sauté until chicken is lightly browned, stirring while browning.
- 5) Add broth, soy sauce, lime juice, and seasonings; simmer for about 30 minutes, or until chicken is tender and cooked through.
- 6) While the broth is simmering, cook vermicelli noodles until al dente (firm to bite).
- 7) When chicken is cooked, add vermicelli noodles and dish soup into individual bowls. Top with green onion slices, cilantro, and basil. Serve with a lime wedge.

### Garden Vietnamese Ginger Noodle Soup

## Nutrition Facts

**Serving Size** 1 × 2.50 cups

**Amount Per Serving**

**Calories** **528**

		% Daily Value*
<b>Total Fat</b>	18 g	23 %
Saturated Fat	4.3 g	22 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	121.4 mg	40 %
<b>Sodium</b>	1086.8 mg	47 %
<b>Total Carbohydrate</b>	50.4 g	18 %
Dietary Fiber	4.7 g	17 %
Total Sugars	5.7 g	
Added Sugars	0.1 g	0 %
<b>Protein</b>	40.8 g	
Vitamin D	0.4 mcg	2 %
Calcium	99.3 mg	8 %
Iron	3.5 mg	19 %
Potassium	1013.3 mg	22 %

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## Recipe and Nutrition Tips

- Use tofu and vegetable broth to make this dish vegetarian and vegan friendly.
- Use gluten-free noodles and tamari instead of soy sauce to make this dish gluten-free.
- Use low sodium soy sauce and broth to reduce sodium per serving.

# Zucchini and Brown Rice Soup

Submitted by Mary Schwandt  
from The Victory Garden Cookbook by Marian Morash  
Serves about 8 cups, Total time: 30 mins



## Ingredients

- 1 lb zucchini
- 1/2 lb spinach leaves or Swiss chard leaves
- 6 cups chicken or vegetable broth
- 1/2 cup long-grain brown rice
- 1 1/2 cups sliced onions
- 3 Tbsp butter
- Salt and pepper

## Directions

- 1) Wash, trim and grate zucchini.
  - 2) Do not squeeze out juices.
  - 3) Wash leaves and cut them into thin strips.
  - 4) Bring broth to a boil, stir in rice, lower heat, cover, and cook slowly until is just tender about 40 minutes.
  - 5) In a large sauté pan, cook onions in butter until wilted and golden.
  - 6) Stir in zucchini and cook for about 3-4 minutes.
  - 7) Mix in the spinach or Swiss chard leaves and cook for 2 minutes until leaves are wilted. Set aside.
  - 8) When rice is cooked, stir in the zucchini mixture, and season with salt and pepper.
- Optional:** Add chopped cooked chicken too if you like.

### Zucchini and Brown Rice Soup

## Nutrition Facts

**Serving Size** 1 cup

**Amount Per Serving**

**Calories** 150

		% Daily Value*
<b>Total Fat</b>	7.2 g	9 %
Saturated Fat	3.5 g	17 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	13.4 mg	4 %
<b>Sodium</b>	285.7 mg	12 %
<b>Total Carbohydrate</b>	15.7 g	6 %
Dietary Fiber	2.1 g	8 %
Total Sugars	3.5 g	
Added Sugars	0 g	0 %
<b>Protein</b>	6.8 g	
<b>Vitamin D</b>	0.1 mcg	0 %
<b>Calcium</b>	55.7 mg	4 %
<b>Iron</b>	1.6 mg	9 %
<b>Potassium</b>	543.8 mg	12 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Use homemade or low sodium broth to reduce the sodium in this recipe.
- Add beans, peas, or lentils to this soup to add a plant-based protein boost!
- Use vegetable broth instead of chicken broth to reduce saturated fat and to make the recipe vegetarian.



# Lentil and Chicken Soup

Submitted by Migdalia Mendoza

Makes about 8 cups, Total time: 45 mins



## Ingredients

- 3 tomatoes
- 1 chicken breast
- 1/4 onion
- 1 clove of garlic
- 1 1/2 lbs brown lentils
- 6 cups chicken broth
- 1-2 Tbsp oil
- cilantro for garnish

## Directions

- 1) Thaw chicken or use raw chicken.
  - 2) Cook the tomatoes, onion, and minced garlic in a pot.
  - 3) Add oil, chicken broth, and chicken breast to the pot.
  - 4) When the pot is boiling, add the lentils.
  - 5) Cook until chicken is cooked through and lentils are tender. Add water as needed to thin to desired consistency. Shred chicken with a fork before serving.
- Optional: Garnish with cilantro.

### Lentil and Chicken Soup

## Nutrition Facts

Serving Size **1 cup**

Amount Per Serving

**Calories 406**

		% Daily Value*
<b>Total Fat</b>	7.3 g	9 %
Saturated Fat	1.4 g	7 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	16.3 mg	5 %
<b>Sodium</b>	275.9 mg	12 %
<b>Total Carbohydrate</b>	53.9 g	20 %
Dietary Fiber	26.1 g	93 %
Total Sugars	3.4 g	
Added Sugars	0 g	0 %
<b>Protein</b>	31.8 g	
Vitamin D	0.1 mcg	0 %
Calcium	67.6 mg	5 %
Iron	7.6 mg	42 %
Potassium	311.8 mg	7 %

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**"This recipe is easy and healthy. You can also add other vegetables"**



# Veggie Soup

Submitted by Anonymously

Serves about 8 cups, Total time: 30 mins



## Ingredients

- 4 cups of any vegetables (potatoes, carrots, celery, onion, peas, frozen mixed vegetables, etc)
- 4 cups any type of broth or you can use water.
- Herbs and spices as desired
- Salt and Pepper to taste

## Directions

- 1) Use any vegetables you have and peel (if desired).
- 2) Cut into 1 inch pieces.
- 3) Roast veggies in 350 degree oven for 30-45 minutes (until veggies are soft).
- 4) Add veggies to pot and cover with broth or water.
- 5) Blend veggies if you desire, and add seasoning to taste.

Nutrition Information for this recipe will vary depending on the types of ingredients used.

This recipe can easily be made vegetarian or vegan!

## Nutrition Tips

- Use homemade or low sodium broth and flavor with herbs and spices to make a low sodium soup.
- Add beans, peas, or lentils to this soup to add a plant-based protein boost!
- Use vegetable broth for a soup that is low in saturated fat.

# Butternut Squash Soup

Submitted by Donna Voye

Makes about 8 cups, Total time: 1 hr 20 minutes



## Ingredients

- 4 cups peeled and cubed butternut squash
- 1 apple peeled, cored and cubed
- 1/2 sweet onion, diced
- 1 Tbsp. canola oil
- 1/2 tsp. curry powder
- 4 plus cups vegetable broth
- 1/2 cup whole milk
- Pinch of salt
- 1/4 tsp. cinnamon

## Directions

- 1) Preheat oven to 425 degrees.
- 2) Season cubed squash with cinnamon and salt.
- 3) Roast for 30 minutes.
- 4) While squash is roasting sauté the apple and onion in oil over medium heat in a large pot.
- 5) Season with a few dashes of salt, cooking about 10 minutes or until soft.
- 6) Add roasted squash to the pot.
- 7) Pour in the broth and milk to the squash mixture and bring it to a boil.
- 8) Reduce heat and simmer for about 20 minutes, uncovered. Add more salt if needed.
- 9) Use food processor or blender to blend soup until smooth and creamy.

Butternut Squash Soup		
Nutrition Facts		
Serving Size	1 x 2 cups	
Amount Per Serving		
Calories	168	
	% Daily Value*	
Total Fat	4.8 g	6 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
Cholesterol	3.1 mg	1 %
Sodium	713 mg	31 %
Total Carbohydrate	31.7 g	12 %
Dietary Fiber	7.5 g	27 %
Total Sugars	11.5 g	
Added Sugars	1.2 g	2 %
Protein	3.6 g	
Vitamin D	0.4 mcg	2 %
Calcium	133.4 mg	10 %
Iron	1.5 mg	8 %
Potassium	724.9 mg	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Use homemade or low sodium broth to reduce the amount of sodium in this recipe.
- Top with pumpkin seeds or roasted garbanzo beans to add a plant protein boost!

## Recipe Tips

- Instead of peeling and cubing the butternut squash, cut the squash in half lengthwise. Lightly coat the cut side with oil and season with cinnamon and salt. Then roast with the cut side face down until easily pierced with a fork (about 45 mins). Allow to cool and scoop the squash away from the skin.



# Fresh Tomato Soup

Submitted by Mary Schwandt adapted from The  
Victory Garden Cookbook by Marian Morash  
Makes about 10-12 cups, Total time: 30 mins



## Ingredients

- 4 lbs ripe tomatoes, peeled, seeded and chopped
- 3 Tbsp oil
- 2 cups chopped onions
- 1 cup chopped leeks
- 2 cups sliced carrots
- 2 cloves of garlic, chopped
- 1 tsp sugar
- 2 Tbsp flour - ok to use gluten free
- 1/4 cup chopped fresh parsley
- 2 celery sticks with leaves, chopped
- 8 cups chicken broth, homemade or store bought
- salt and pepper.

## Directions

- 1) You'll need about 6 cups of peeled, seeded, and chopped tomatoes.
- 2) In a large saucepan, heat oil and sauté onions and leeks until wilted and golden.
- 3) Add 2 cups of tomatoes, carrots, celery, garlic, and sugar.
- 4) Cook together, stirring, until the moisture has evaporated and the mixture is thick. Whisk in flour and cook 2-3 minutes, stirring, to cook flour and make smooth.
- 5) Add remaining tomatoes and 3 cups of broth. Cook 10-15 minutes to thicken slightly.
- 6) Add remaining broth and parsley.

Season with salt and pepper. Eat as is, or lightly process in a food processor for a smooth soup. Makes 2.5-3 quarts.

Fresh Tomato Soup		
Nutrition Facts		
Serving Size	1 x 1.50 cups	
Amount Per Serving		
Calories	200	
	% Daily Value*	
Total Fat	9 g	12 %
Saturated Fat	1.8 g	9 %
Trans Fat	0.1 g	
Cholesterol	2.6 mg	1 %
Sodium	694.6 mg	30 %
Total Carbohydrate	23.3 g	8 %
Dietary Fiber	5.3 g	19 %
Total Sugars	11.7 g	
Added Sugars	0.6 g	1 %
Protein	8.9 g	
Vitamin D	0.1 mcg	0 %
Calcium	80.4 mg	6 %
Iron	2.1 mg	11 %
Potassium	1035.6 mg	22 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Use homemade or low sodium broth to make a low sodium soup.
- Use vegetable broth for a soup that is low in saturated fat

## Recipe Tips

- Use vegetable broth to make this recipe vegetarian.
- Use vegetable broth and unprocessed sugar to make this recipe vegan.

# Summer Beet Salad

Adapted from recipe by Chef Suzanne Fischer

Serves 2, Total time: 25 mins

## Ingredients

- 5 medium beets
- 1/2 cup walnuts
- 1/4 cup orange juice
- 2 Tbsp vinegar
- 1/4 cup olive oil
- salt and pepper to taste
- 2 scallions, chopped
- 1/2 cup crumbled blue cheese or feta

## Directions

- 1) Trim the greens and tails off the beets.
- 2) Boil beets until tender, about 15 minutes.
- 3) Slightly, brown walnuts in a toaster oven or frying pan, stirring often.
- 4) To make the dressing, beat together orange juice, vinegar, oil, salt, and pepper
- 5) When beets are cool, peel and chop into thin rounds.
- 6) In a medium bowl, add beets, dressing, toasted walnuts, scallions and blue cheese or feta.

### Summer Beet Salad

## Nutrition Facts

Serving Size 1 cup

Amount Per Serving

**Calories** 588

% Daily Value\*

<b>Total Fat</b>	51.7 g	66 %
Saturated Fat	10.3 g	52 %
Trans Fat	0.4 g	
<b>Cholesterol</b>	33.4 mg	11 %
<b>Sodium</b>	547.6 mg	24 %
<b>Total Carbohydrate</b>	24.4 g	9 %
Dietary Fiber	4.9 g	18 %
Total Sugars	18.1 g	
Added Sugars	3.3 g	7 %
<b>Protein</b>	11.8 g	
Vitamin D	0.2 mcg	1 %
Calcium	241.6 mg	19 %
Iron	2.4 mg	13 %
Potassium	616.2 mg	13 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Use less dressing/cheese to reduce Calories per serving
- Add leafy greens such as arugula, or beet greens to boost the nutritional power of this recipe.

# Three Bean Salad

Submitted by Lavon Fisher

Makes about 8 cups, Total time: 30 min



## Ingredients

- 1 15 oz can yellow wax beans
- 1 15 oz can green beans
- 1/2-1 15 oz can kidney beans
- 1 small red or white onion, sliced
- 1 green pepper, chopped
- 1 cup cauliflower, chopped
- 1 cup white vinegar
- 1 cup granulated sugar
- 1/4 cup oil of choice

## Directions

- 1) Drain the three cans of beans and add to a large bowl.
- 2) Add the onion, green pepper, and cauliflower to the bowl.
- 3) Mix the vinegar, sugar, and oil together in a different bowl. Once mixed well pour the dressing over the vegetables.
- 4) Stir the vegetables and dressing until they are well combined. Serve room temperature or chilled.

Three Bean Salad		
Nutrition Facts		
Serving Size	1 cup	
Amount Per Serving		
Calories	260	
	% Daily Value*	
Total Fat	7.7 g	10 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	404.4 mg	18 %
Total Carbohydrate	43.3 g	16 %
Dietary Fiber	5.3 g	19 %
Total Sugars	29.2 g	
Added Sugars	25 g	50 %
Protein	5.9 g	
Vitamin D	0 mcg	0 %
Calcium	72.5 mg	6 %
Iron	1.9 mg	11 %
Potassium	337.4 mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Use fresh/dried beans to reduce sodium
- Use less sugar or a zero calorie sweetener to reduce added sugars



# Tabbouli

Serves: 6-8, Total time: 3 hrs



## Ingredients

- 1/2 cup Bulgur Wheat
- 3 medium tomatoes, finely chopped
- 1 cup parsley, finely chopped
- 2 cups green onion, finely chopped
- 1/3 cup lemon juice
- 2 tsp salt
- 1/3 cup olive oil
- 2 Tbsp fresh mint, chopped or 1 Tbsp dried mint

30 mins.

2) Drain the bulgur wheat and squeeze out the moisture.

3) Mix together the chopped tomato, onion, and parsley. Stir in lemon juice and salt.

5) Mix in bulgur wheat until well blended. Chill for at least 2 hrs.

6) Just before serving stir in the olive oil and mint.

## Tabbouli

## Nutrition Facts

Serving Size 1 cup

Amount Per Serving

**Calories 170**

% Daily Value\*

<b>Total Fat</b>	12.5 g	16 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	804.2 mg	35 %
<b>Total Carbohydrate</b>	14.2 g	5 %
Dietary Fiber	3.2 g	11 %
Total Sugars	2.9 g	
Added Sugars	0 g	0 %
<b>Protein</b>	2.6 g	
Vitamin D	0 mcg	0 %
Calcium	42.1 mg	3 %
Iron	1.5 mg	8 %
Potassium	310.4 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

1) Wash bulgar wheat, cover with 1 cup hot water and let stand for

# Quinoa Veggie Salad in a Pita

Recipe Adapted from The Urban Kitchen by Burns,  
John and Caton, Elizabeth, 2004, pg 151 & 196

Serves 8, Total time: 45 min



## Ingredients

### Salad

- 2 cups prepared quinoa (2/3 cup dry quinoa).
- 2 cups canned garbanzo beans, rinsed and drained
- 1/2 cup green onion, finely chopped
- 2 stalks asparagus, thinly sliced
- 1 carrot, grated
- 1 bell pepper (any color)
- 2/3 cup fresh herbs of choice, chopped

- cayenne pepper powder, to taste

- 4 large pitas cut in half

### Orange Miso Dressing

- 4 Tbsp frozen orange juice concentrate
- 2 tsp honey
- 4 tsp miso paste
- 1 tsp salt
- 1 tsp fresh ginger, grated
- 4 Tbsp olive oil

Optional: Use your own favorite dressing

## Directions

- 1) If using prepared quinoa skip steps 1-3. Rinse dry quinoa in a mesh colander for 30 sec and let drain.
- 2) Add rinsed quinoa to a large saucepan with 1 and 1/3 cups of water. Bring pan to a boil and gently simmer until all water is absorbed, about 10 -20 minutes.
- 3) Remove pan from heat and cover for 5 minutes.
- 4) For the Dressing: Combine all ingredients, except the oil, in a bowl and whisk until the miso is completely blended. Drizzle in oil, whisking until smooth. Taste and adjust seasonings as needed. Cover and chill until use.
- 5) For the Salad: Combine all ingredients and then toss with dressing.
- 6) To assemble, fill each pita half with dressed salad and serve.

### Quinoa Veggie Salad in a Pita

## Nutrition Facts

**Serving Size** 1 Serving

**Amount Per Serving**

**Calories** **318**

		% Daily Value*
<b>Total Fat</b>	9.4 g	12 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	729.9 mg	32 %
<b>Total Carbohydrate</b>	49.4 g	18 %
Dietary Fiber	5.8 g	21 %
Total Sugars	7.9 g	
Added Sugars	1.4 g	3 %
<b>Protein</b>	9.6 g	
Vitamin D	0 mcg	0 %
Calcium	77.3 mg	6 %
Iron	2.6 mg	14 %
Potassium	329.3 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Recipe Tips

- Customize this recipe by using any vegetables you have on hand!
- Use your own salad dressing to give this recipe a whole new taste! (Nutrition facts will change with customizations)
- If you do not have quinoa you can substitute couscous, brown rice, or barley.

## Nutrition Tips

- Skip the extra salt in the dressing to reduce sodium to 19% DV.
- Reduce sodium by using low sodium canned beans or dry beans!
- Add more veggies to increase fiber, vitamins, and minerals!
- Use whole-wheat pita to increase fiber!



# Thai Cucumber Salad

Recipe from unknown

Serves 6, Total time: 15 min

## Ingredients

- 1/3 cup rice vinegar
- 2 tbsp sugar
- 1 tsp olive oil
- 1/2 tsp salt
- 2 large cucumbers
- 3 green onions
- 1/4 cup chopped peanuts
- 1/4 tsp red pepper flakes



## Nutrition Facts

Servings: 6

Amount per serving

**Calories** **83**

% Daily Value\*

**Total Fat** 3.9g 5%

Saturated Fat 0.6g 3%

**Cholesterol** 0mg 0%

**Sodium** 198mg 9%

**Total Carbohydrate** 9.2g 3%

Dietary Fiber 1.2g 4%

Total Sugars 6.1g

**Protein** 2.4g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 1mg 4%

Potassium 213mg 5%

## Directions

- 1) In a bowl, combine rice vinegar, sugar, oil, red pepper, and salt. Mix together.
- 2) Peel and slice the cucumbers. Place the sliced cucumbers in the bowl with the dressing.
- 3) If you haven't already done so, chop the peanuts. Slice the green onions.
- 4) Add the peanuts and green onions to the bowl and stir to combine. Serve immediately or leave in the refrigerator.

# **Main Dishes**

# Pancakes

Submitted Anonymously

Makes 12 Pancakes, Total time: 30 mins



## Ingredients

- 3/4 cup milk
- 2 tablespoons white vinegar
- 1 cup all-purpose flour
- 3 tablespoons white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract

## Directions

- 1) Combine the milk and vinegar in a small bowl for 10 minutes to make "soured milk". Set aside.
- 2) Combine the dry ingredients in a bowl. In a smaller bowl, whisk the soured milk, egg, vanilla and melted butter together.
- 3) Pour into the dry ingredients and whisk until most of the lumps are gone, but do not overbeat! The batter will be thick, don't add any more liquid.
- 4) Let the batter sit undisturbed for ten minutes. After 10 minutes you will see bubbles in the batter, but it is very important that you do not stir again.
- 5) Gently scoop out (don't pour) 1/4 cup of batter and place it on a buttered grill or frying pan. Cook until bubbles appear on the surface of the pancake and then flip with a spatula and brown on the other side. Serve warm.

Pancakes		
Nutrition Facts		
Serving Size	1 × 3 Pancakes	
Amount Per Serving		
Calories	249	
	% Daily Value*	
Total Fat	8.3 g	11 %
Saturated Fat	4.7 g	23 %
Trans Fat	0.3 g	
Cholesterol	65.7 mg	22 %
Sodium	658.2 mg	29 %
Total Carbohydrate	36.1 g	13 %
Dietary Fiber	1 g	3 %
Total Sugars	12.1 g	
Added Sugars	9.4 g	19 %
Protein	6.4 g	
Vitamin D	0.9 mcg	4 %
Calcium	137.8 mg	11 %
Iron	1.7 mg	10 %
Potassium	119.3 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Use whole wheat flour to make these pancakes a whole grain food and to add more fiber to this dish.

## Recipe Tips

- Soy milk can be substituted for dairy milk and butter can be replaced with dairy-free margarine to make this dish dairy-free.

# Savory Egg and Sweet Potato Scramble

Better Homes and Gardens

Serves 4, Total time: 35 min



## Ingredients

- 8 eggs
- 1/3 c Milk
- 1/2 tsp Ground cumin
- 1/4 tsp Salt
- 1/4 tsp Ground black pepper
- 1 Tbsp Butter
- 1 green onion, sliced
- 2 Medium sweet potatoes (about 1 pound total), peeled, quartered lengthwise and thinly sliced
- 2 cups baby spinach
- Fresh Italian (flat-leaf) parsley
- Bottled hot pepper sauce (optional)

## Directions

1) In a medium bowl whisk together eggs, milk, cumin, salt, and pepper; set aside.

2) In a large skillet melt butter over medium heat. Add sweet potato and green onion. Cook, stirring occasionally until potatoes are lightly browned and just tender, about 8 minutes. Add spinach. Cook until slightly wilted, about 1 minute.

3) Pour egg mixture over potato mixture in skillet. Cook, without stirring, until the mixture begins to set on the bottom and around the edges. Lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking for 2 to 3 minutes or until the egg mixture is cooked through but still glossy and moist. Sprinkle with fresh parsley. Remove from heat and serve at once. Pass bottled hot pepper sauce.

### Savory Egg and Sweet Potato Scramble

## Nutrition Facts

**Serving Size** 1 cup

**Amount Per Serving**

**Calories** 253

		% Daily Value*
<b>Total Fat</b>	14.1 g	18 %
Saturated Fat	5.3 g	27 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	381.3 mg	127 %
<b>Sodium</b>	331.6 mg	14 %
<b>Total Carbohydrate</b>	16.3 g	6 %
Dietary Fiber	2.5 g	9 %
Total Sugars	5.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	14.9 g	
<b>Vitamin D</b>	2.4 mcg	12 %
<b>Calcium</b>	119.3 mg	9 %
<b>Iron</b>	2.4 mg	13 %
<b>Potassium</b>	489.7 mg	10 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tip

- Use egg whites in place of whole eggs and cooking oil in place of butter to reduce the saturated fat in this recipe.

# Overnight Oats

Cookieandkate.com

Makes 1 serving, Total time: 10 mins



## Ingredients

- 1/3 c Old-fashioned oats
- 1/4 tsp Ground cinnamon
- 1 Tbsp Chia seeds
- 1 Tbsp almond butter or peanut butter
- 1/2 c milk of choice
- 1/2 cup fruit (fresh or frozen blueberries or raspberries, sliced fresh strawberries, banana, or apples)
- Drizzle of maple syrup or honey, if desired

## Directions

- 1) In a jar or bowl (a working.jar or 1-pint mason jar is perfect), combine old-fashioned oats, cinnamon, chia seeds, and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine (use more milk to make the oatmeal a thinner consistency if desired).
- 2) Top with your fruit of choice. (If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.)
- 3) Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

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## Nutrition Tip

- The exact nutrition information for this recipe will vary based on the sweetener, milk, nut butter, and fruit used.

## Recipe Tips

- This recipe is easily customizable and can be made vegan.
  - Prepare 5 days worth of overnight oats at once for a hassle-free breakfast during the week.
  - If you don't like cold breakfasts heat the oatmeal in the microwave and add more milk as needed.
  - Be sure to buy gluten-free oats if you need this recipe to be gluten-free.
-



# Homemade Black Bean Veggie Burgers

Allrecipes.com

Serves 4, Total time: 35 min



## Ingredients

- 1 can black beans, drained and rinsed
- 1/2 green beel pepper, cut into 2 inch pieces
- 1/2 onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1/2 Tbsp chili powder
- 1 Tbsp cumin
- 1/2 tsp Thai chili sauce or hot sauce
- 1/2 cup bread crumbs

## Directions

- 1) If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat an oven to 375 F (190 C), and lightly oil a baking sheet.
- 2) In a medium bowl, mash black beans with a fork until thick and pasty.
- 3) In a food processor or by hand, finely chop bell pepper, onion, and garlic. The stir into mashed beans.
- 4) In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- 5) Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- 6) If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

### Homemade Black Bean Veggie Burgers Patty Only

## Nutrition Facts

Serving Size **1 Patty**

Amount Per Serving

**Calories 253**

% Daily Value\*

<b>Total Fat</b>	3.3 g	4 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	46.6 mg	16 %
<b>Sodium</b>	602.1 mg	26 %
<b>Total Carbohydrate</b>	43.5 g	16 %
Dietary Fiber	13.6 g	48 %
Total Sugars	2.6 g	
Added Sugars	0.9 g	2 %
<b>Protein</b>	13.6 g	
Vitamin D	0.3 mcg	1 %
Calcium	135.6 mg	10 %
Iron	4.8 mg	27 %
Potassium	588.8 mg	13 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Use home-cooked dried black beans instead of canned beans to reduce sodium and make this a heart-healthy recipe.
- Use a 100% whole wheat bun and top with fresh veggies to boost the nutritional power of this recipe.

# Chef John's Baked Eggplant Sandwiches

Allrecipes.com

Serves 4, Total time: 50 min



## Ingredients

- 1 teaspoon olive oil
- 2 eggs
- 1/2 cup all-purpose flour, or more as needed
- salt and freshly ground black pepper to taste
- 1 pinch cayenne pepper, or more to taste
- 1 cup dry bread crumbs
- 8 slices of eggplant, cut 3/8 inch thick
- 2 slices provolone cheese, cut into quarters
- 12 thin slices salami
- 2 2/3 tablespoons olive oil, divided
- 2 2/3 tablespoons finely grated Parmigiano-Reggiano cheese, divided

## Directions

1). Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.

2) Beat eggs in a small, shallow bowl. Mix flour, salt, black pepper, and cayenne pepper in a large shallow dish. Pour bread crumbs into another large shallow dish.

3) Top one slice of eggplant with 1/4 slice provolone cheese, 3 slices salami, and 1/4 slice provolone cheese. Place an equally-sized slice of eggplant on top. Repeat with remaining eggplant slices, cheese, and salami.

4) Gently press each eggplant sandwich into the seasoned flour to coat; shake off excess. Dip both sides of each sandwich into beaten egg, then press into bread crumbs. Place on the

prepared baking sheet while you bread the remaining eggplant sandwiches.

5) Drizzle 1 teaspoon olive oil in a circle about 3 inches in diameter onto the foil; place a breaded eggplant sandwich onto the oiled area. Sprinkle about 1 teaspoon Parmigiano-Reggiano cheese over the sandwich. Repeat with remaining 3 sandwiches, drizzling an area on the foil with olive oil, placing a sandwich onto the oil, and topping with Parmesan cheese. Drizzle tops of each sandwich with 1 teaspoon olive oil.

6) Bake in the preheated oven for 10 minutes. Flip sandwiches and sprinkle 1 teaspoon Parmigiano-Reggiano cheese onto the top. Bake until browned and a paring knife inserts easily into the eggplant, 8 to 10 more minutes. Serve warm or at room temperature.

### Chef John's Baked Eggplant Sandwiches

## Nutrition Facts

Serving Size 1 Sandwich

Amount Per Serving

**Calories 519**

% Daily Value\*

<b>Total Fat</b>	29 g	37 %
Saturated Fat	9.7 g	49 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	137.2 mg	46 %
<b>Sodium</b>	848.5 mg	37 %
<b>Total Carbohydrate</b>	44.2 g	16 %
Dietary Fiber	5.1 g	18 %
Total Sugars	6.4 g	
Added Sugars	1.7 g	3 %
<b>Protein</b>	21.2 g	
Vitamin D	0.8 mcg	4 %
Calcium	289.5 mg	22 %
Iron	3.1 mg	17 %
Potassium	379.2 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Black Bean & Toasted Corn Tacos

[Vegetariantimes.com](http://Vegetariantimes.com)

Serves 2, Total time: 30 min



## Ingredients

- 1 cup cooked black beans
- 1/2 cup prepared salsa
- 2 cloves garlic, minced (2 tsp)
- 2 1/2 tsp. ground cumin, divided
- 1 cup frozen corn kernels, thawed
- 1/4 tsp. ground black pepper
- 4 6-inch corn tortillas
- 12 baby spinach leaves
- 1/2 cup jarred roasted red pepper strips
- 1/4 cup coarsely chopped cilantro
- 2 small green onions, finely chopped (1/4 cup)
- 1/4 cup crumbled cotija or feta cheese
- cayenne pepper to taste

## Directions

1) Bring beans, salsa, garlic, and 1 tsp. cumin to a simmer in a saucepan. Reduce heat to a medium-low, and cook 5-6 mins, or until soft. Remove from heat, and mash with a fork to crush beans for creamier filling, if desired.

2) Heat skillet over medium-high heat, and coat with olive oil cooking spray. Wrap corn in paper towels, and squeeze out excess water. Add corn to skillet in a single layer, and sprinkle with remaining 1 1/2 tsp. cumin, black pepper, and cayenne pepper to taste. Cook 5-10 mins, or until golden and crispy, stirring often.

3) Preheat oven or toaster oven to 350 F (175 C). Toast tortillas in toaster oven 1 min to soften. Alternately, bake tortillas on a taco baking rack in the oven for 7-10 mins or until crisp. Fill each tortilla with 1/4 cup beans, 1/4 corn, 3 spinach leaves, red pepper strips, cilantro, and green onions. Top each taco with 1 Tbsp. cheese (optional). Serve immediately, or pack into lunch container and chill.

### Black Bean & Toasted Corn Tacos

## Nutrition Facts

Serving Size 1 x 2 Tacos

Amount Per Serving

**Calories** 408

		% Daily Value*
<b>Total Fat</b>	7.5 g	10 %
Saturated Fat	3 g	15 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	16.7 mg	6 %
<b>Sodium</b>	1212.3 mg	53 %
<b>Total Carbohydrate</b>	73.5 g	27 %
Dietary Fiber	17.9 g	64 %
Total Sugars	9.9 g	
Added Sugars	0 g	0 %
<b>Protein</b>	18.6 g	
Vitamin D	0.1 mcg	0 %
Calcium	314.5 mg	24 %
Iron	6.9 mg	38 %
Potassium	1230.6 mg	26 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Use home-cooked dried black beans instead of canned beans to reduce sodium.
- Use low sodium or homemade salsa to reduce sodium.

# Garden Patch Bread Pudding

Serves 8, Total time: 1 hr 30 min



## Ingredients

- 1-2 Tbsp vegetable or olive oil
- 1 bunch green onions, sliced
- 2 zucchini or yellow squash, diced (3 cups)
- 2 cups julienned spinach
- 2 red, yellow, or orange bell peppers, blackened, skinned, chopped
- 8 oz. sausage, bacon, ham (optional), cooked and chopped into small pieces
- 16 oz day-old bread ripped into bite-size pieces (approx 8 cups)
- 2 cups shredded cheese
- 6 large eggs
- 1 1/2 cups milk
- 2 tsp dry herbs or 2 Tbsp fresh, chopped herbs of your choice
- Salt and Pepper to taste

## Directions

- 1) Grease a 9 x 13 in baking pan, set aside.
- 2) In a large frying pan, heat oil over medium-high heat.
- 3) Add onions and squash; sauté for about 2 mins, or until they are just starting to get tender, then add peppers and spinach and cook until all the vegetables are tender. Remove from heat.
- 4) Stir in chopped meat, if using, and set mixture aside to cool.
- 5) Spread half of the bread pieces in the bottom of the greased baking pan, topping with half the sautéed veggie meat mixture, and sprinkle with half the cheese. Repeat layers, ending with the remaining cheese sprinkled over top.
- 6) Whisk together eggs and milk. Pour egg mixture over bread. Cover with plastic and chill overnight (about 8 hrs).
- 7) About an hour before serving preheat the oven to 325 F (160 C).
- 8) Cover pan with foil (Do NOT bake with plastic covering) and place in the oven for 1 hr or until hot throughout.

Garden Patch Bread Pudding

Nutrition Facts

Serving Size1 slice (1/8th of recipe)

Amount Per Serving

Calories

467

		% Daily Value*
Total Fat	23.9 g	31 %
Saturated Fat	8.5 g	43 %
Trans Fat	0.3 g	
Cholesterol	187.5 mg	63 %
Sodium	1079.5 mg	47 %
Total Carbohydrate	38.8 g	14 %
Dietary Fiber	3.5 g	12 %
Total Sugars	10.6 g	
Added Sugars	3.2 g	6 %
Protein	24.7 g	
Vitamin D	1.9 mcg	9 %
Calcium	392.9 mg	30 %
Iron	3.8 mg	21 %
Potassium	618.5 mg	13 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition and Recipe Tips

- Use less cheese and unprocessed meats or no meat to reduce sodium.
- Use less cheese to reduce saturated fat.
- Use 100% whole wheat bread to make this recipe a whole grain recipe and to increase fiber.
- Feel free to use any vegetables you have on hand!



# Spaghetti Squash Burrito Bowls

Cookieandkate.com

Serves 4, Total time: 1 hr



## Ingredients

### Roasted Spaghetti Squash

- 2 medium spaghetti squash (about 2 pounds each), halved and seeds removed
- 2 Tbsp olive oil
- Salt and pepper to taste

### Cabbage Slaw

- 2 cups purple cabbage, thinly sliced and roughly chopped
- 1 can black beans, rinsed and drained
- 1 red bell pepper, chopped

- 1/3 cup chopped green onions
- 1/3 cup chopped fresh cilantro
- 2-3 Tbsp lime juice
- 1 tsp olive oil
- 1/4 tsp salt

### Avocado Salsa Verde

- 3/4 cup mild salsa verde
- 1/3 cup fresh cilantro
- 1 ripe avocado, diced
- 1 Tbsp lime juice
- 1 medium garlic clove, roughly chopped

## Directions

1) **Roasted Squash:** Preheat the oven to 400 F (200 C). On the baking sheet, drizzle the halved spaghetti squash with olive oil. Rub the olive oil all over each of the halves, adding more if needed.

2) Add salt and pepper to the inside of the squash to taste. Turn them over so the insides are facing down. Roast for 40 to 60 minutes, until the flesh is easily pierced with a fork.

3) **Cabbage Slaw:** In a medium mixing bowl, combine the cabbage, black beans, bell pepper, green onion, cilantro, lime juice, olive oil and salt. Toss to combine and set aside to marinate.

4) **Avocado Salsa Verde:** In a blender or food processor, add the avocado, salsa verde, cilantro, lime juice and garlic. Blend until smooth, pausing to scrape down the sides if needed. Or mash avocado and mince garlic and cilantro. Mix all ingredients together by hand.

5) To assemble, first use a fork to separate and fluff up the flesh of the spaghetti squash. Add slaw into each of the spaghetti squash “bowls,” and add a big dollop of avocado salsa verde. Garnish bowls as desired and serve.

### Spaghetti Squash Burrito Bowls

## Nutrition Facts

**Serving Size** 1 Burrito Bowl

**Amount Per Serving**

**Calories** **420**

		% Daily Value*
<b>Total Fat</b>	15.4 g	20 %
Saturated Fat	2.3 g	11 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	1049.3 mg	46 %
<b>Total Carbohydrate</b>	64.7 g	24 %
Dietary Fiber	21.7 g	77 %
Total Sugars	15.4 g	
Added Sugars	0 g	0 %
<b>Protein</b>	13.5 g	
Vitamin D	0 mcg	0 %
Calcium	191.9 mg	15 %
Iron	4.9 mg	27 %
Potassium	1340 mg	29 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Recipe Tip

- Use any slaw, protein, and sauce combo to make your own delicious creation. (Nutrition Facts will change with customization)

## Nutrition Tips

- This recipe is a great source of fiber!
- Reduce sodium by using low sodium beans and salsa.



# Ratatouille - French Vegetable Stew

Taken from TOD Seasonal Eating Cooking Class

Serves 4-8, Total time: 2.5 hr



## Ingredients

- 1 large eggplant; cut in 1/2-inch cubes
- 3 tbsp olive oil
- 1 pound onion; thinly sliced, 2 medium
- 2 large bell peppers, mix of colors option; cut in 3/4-inch pieces
- 1 1/2-pound summer squash; 1/2-inch-thick slices
- 1-pound ripe tomatoes, roughly chopped
- 4 clove garlic; minced
- 1-2 tsp dried thyme
- 1/2 tsp dried oregano
- 1 bay leaf
- 2-4 tbsp fresh basil; slivered

## Directions

1) Salt the eggplant generously and place in a colander in the sink to drain. Let it sit for 30 min to 1 hr. Then rinse, drain, and squeeze to remove extra moisture. Pat dry if needed.

2) Heat 1 tbsp of olive oil in pan. Add the eggplant and toss to coat with oil. Fry until eggplant is lightly browned. Remove from pan and set aside.

3) Heat 2 tbsp of olive oil in a large, heavy, nonstick deep skillet or pan over medium heat. Add the onions. Cook, stirring often, about 10 min, until the onion is softened and fragrant. Add tomatoes and cook, stirring, for 5 min. Add the eggplant, and cook while stirring for another 5 min.

5) Add the rest of the ingredients, stir together, cover, and reduce heat to cook gently, stirring frequently for 45 min. Add the summer squash and cook for 20-30 min. The vegetables all should be very tender. Taste and adjust the seasonings to your taste.

6) Serve hot, warm, or room temp.

Ratatouille		
Nutrition Facts		
Serving Size	1 Serving(serve 4)	
Amount Per Serving		
Calories	227	
	% Daily Value*	
Total Fat	11.5 g	15 %
Saturated Fat	1.7 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	28.5 mg	1 %
Total Carbohydrate	30.3 g	11 %
Dietary Fiber	10.8 g	38 %
Total Sugars	17.7 g	
Added Sugars	0 g	0 %
Protein	6.4 g	
Vitamin D	0 mcg	0 %
Calcium	96.3 mg	7 %
Iron	2.6 mg	14 %
Potassium	1356.5 mg	29 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tip

- Add beans to this dish to add a boost of plant protein!

## Recipe Tips

- This dish can be served as is, over rice, pasta, potatoes, or your grain of choice.
- The main ingredients of this dish are in season in the summer!

# Tomato Pie

Submitted by Donna Voyer

"Had this at my neighbor Shawn's and she shared this great recipe with me."

Serves 8, Total time: 2 hr 45 min



Image: Elise Bauer

## Ingredients

- 1 frozen deep dish pie shell
- 4 red, ripe tomatoes (beefsteak work great)
- 10 fresh basil leaves, torn or sliced into strips
- 1 clove garlic, minced (or more depending on your taste)
- 1 cup mayonnaise
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Parmesan cheese

## Directions

- 1) Wash tomatoes and pat dry. Slice tomatoes 1/4 to 1/2 inch thick. If you want to eliminate some of the moisture from your tomatoes, place slices in a colander and salt lightly.
- 2) Let stand in fridge for 1-2 hr. Lightly shake out the excess moisture, dry gently with paper towels.
- 3) Parbake pie shell in 350 degree oven for about 10 minutes or according to package directions.
- 4) While pie shell is baking, in a bowl combine the basil, garlic, Mayo and cheeses. Stir well. Season with salt and pepper.
- 5) Remove pie shell from oven. Place tomato slices evenly in the bottom of the shell, about two-thirds high. Top with combined ingredients and spread across pie evenly. Place the finished pie back in the oven for 30 minutes. It will be golden brown and bubbly.

Tomato Pie		
Nutrition Facts		
Serving Size	1 Slice (of 8)	
Amount Per Serving		
Calories	420.3	
	% Daily Value*	
Total Fat	35.1 g	45 %
Saturated Fat	11.1 g	56 %
Trans Fat	0.3 g	
Cholesterol	5042.7 mg	1681 %
Sodium	559.2 mg	24 %
Total Carbohydrate	16.6 g	6 %
Dietary Fiber	1.1 g	4 %
Total Sugars	3.7 g	
Added Sugars	0.1 g	0 %
Protein	11 g	
Vitamin D	0.1 mcg	0 %
Calcium	268.8 mg	21 %
Iron	0.4 mg	2 %
Potassium	234.8 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Replace 3/4 c mayonnaise with plain greek yogurt to add protein and reduce saturated fat.
- Use low-fat cheese or less cheese to reduce saturated fat. Using less cheese will also reduce sodium!
- Add more veggies such as onion, bell peppers, or spinach to increase fiber, vitamins, and minerals!

## Recipe Tip

- If adding extra vegetables, salt and drain (same as tomatoes) to remove excess moisture.

# Baked Eggplant Marinara with Basil

foodandwine.com

Serves 4, Total time: 1.5 hr



© CHRISTOPHER TESTANI

## Ingredients

- Salt
- 2 medium eggplants, sliced 1/3 inch thick (1 3/4 pounds)
- Vegetable oil, for frying
- 1/4 cup fine, dry bread crumbs
- 2 cups thick marinara sauce
- 3 large hard-cooked eggs, sliced 1/4 inch thick
- 1/4 pound fresh mozzarella, sliced 1/8 inch thick
- 1 cup loosely packed basil leaves
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil

## Directions

1) Salt the eggplant slices and layer them in a colander. Cover with a plate and weigh down the plate. Let sit for 30 mins. Pat the eggplant dry.

2) Preheat oven to 400°F. In a large skillet, heat 1/8 inch of oil. Fry eggplant in batches over medium-high heat until browned and tender, about 2 minutes per side. Drain on paper towels. Add more oil to skillet as needed.

3) Sprinkle 2 tbsp of bread crumbs in a 10-inch round baking dish. Layer half of the eggplant slices in the dish, overlapping them slightly. Spread the marinara sauce over the eggplant and layer egg slices on top. Cover with sliced cheese. Spread basil over the cheese and season with black pepper. Layer remaining eggplant on top. Cover skillet and bake until heated through and cheese is just melted, about 20 mins.

4) Preheat broiler. Uncover baked eggplant and sprinkle top with remaining 2 tbsp of bread crumbs. Drizzle with olive oil and broil until browned, about 2 mins. Let the eggplant rest for at least 10 mins and up to 30. Cut into wedges and serve warm or at room temperature.

## Nutrition Facts

**Serving Size** 1 × 1/4 recipe

**Amount Per Serving**

**Calories** **569**

		% Daily Value*
<b>Total Fat</b>	39.6 g	51 %
Saturated Fat	8.6 g	43 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	159.9 mg	53 %
<b>Sodium</b>	1241 mg	54 %
<b>Total Carbohydrate</b>	44 g	16 %
Dietary Fiber	9.5 g	34 %
Total Sugars	19.4 g	
Added Sugars	5 g	10 %
<b>Protein</b>	15.1 g	
Vitamin D	0.8 mcg	4 %
Calcium	238.1 mg	18 %
Iron	3.1 mg	17 %
Potassium	861.2 mg	18 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Precook eggplant in microwave instead of using salt to reduce sodium. (see recipe tip below).
- Brush eggplant with oil and use a non-stick pan for frying to reduce the calories in this dish.

## Recipe Tip

- Slice eggplant and place on a plate lined with paper towels. Microwave eggplant for 5 mins to remove moisture without salt.



# Salmon Patties

Submitted Anonymously

Makes 5-8 patties, Total time: 50 mins



## Ingredients

- 2 - 14.75 cans of salmon
- 2 eggs
- 3-6 green onions (minced)
- 1/2 cup bread crumbs
- 1/2 cup grated parmesan cheese
- 1 Tbsp lemon or lime juice
- 4 Tbsp olive oil
- Salt and ground pepper to taste

## Directions

- 1) Drain salmon of all but 2 Tbsp of liquid.
- 2) In a medium-sized bowl, combine salmon meat, eggs, green onions, bread crumbs, parmesan, and lime/lemon juice. Use hands to combine and then form into 5-8 patties that are no more than once inch thick.
- 3) Chill for at least 30 minutes (up to several hours) to firm up. Lightly grease a large skillet and place it over medium heat.
- 4) Cook patties in batches for 5-10 minutes per side, until golden brown, leaving enough room to have a good inch between each patty. Serve warm.

Salmon Patties		
Nutrition Facts		
Serving Size	1 Patty	
Amount Per Serving		
Calories	445	
	% Daily Value*	
Total Fat	24.7 g	32 %
Saturated Fat	5.3 g	26 %
Trans Fat	0.2 g	
Cholesterol	213.1 mg	71 %
Sodium	921 mg	40 %
Total Carbohydrate	10.6 g	4 %
Dietary Fiber	0.8 g	3 %
Total Sugars	1.6 g	
Added Sugars	0.7 g	1 %
Protein	45.3 g	
Vitamin D	24.7 mcg	123 %
Calcium	595.2 mg	46 %
Iron	2.2 mg	12 %
Potassium	647.6 mg	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- The nutrition information is for the salmon patty only and does not include any toppings or a bun.
- Use fresh or frozen (thawed) salmon to reduce the sodium in this recipe.

## Recipe Tips

- Recipe easily scales up if you want leftovers. However, you may need to cook in batches to ensure they crisp properly.
- Optional ingredients include lemon zest, sautéed yellow onions, corn meal, fresh dill, and Dijon mustard.

# Zucchini Pancakes

Submitted by Donna Voyer  
from The Barefoot Contessa Cookbook  
Serves 5, Total time: 30 mins



## Ingredients

- 2 medium zucchini
- 2 Tbls. Grated sweet onion
- 2 large eggs, slightly beaten
- 6-8 Tbsp. Flour
- 1 tsp. Baking powder
- 1 tsp. Salt 1/2 tsp.
- Ground pepper
- Unsalted butter
- Canola Vegetable oil

## Directions

- 1) Preheat oven to 300 degrees (to keep pancakes warm).
- 2) Grate zucchini into a bowl. Immediately stir in onion and eggs. Stir in 6 Tbsp of the flour, baking powder, salt, and pepper. (If the batter gets too thin from the liquid of the zucchini, add the remaining 2 Tbsp. Of flour.). Heat a large (10-12 inch) sauté pan over medium heat and melt 1/2 Tbsp of butter and 1/2 Tbsp oil together in a pan.
- 3) When butter is hot, but not smoking, lower heat to medium-low and drop heaping soup spoons of batter into pan.
- 4) Even out the top of pancakes and cook for 2 minutes or so on each side, until golden brown.
- 5) Place pancakes on a cookie sheet and keep warm in the oven (up to 30 minutes).

### Zucchini Pancakes

## Nutrition Facts

**Serving Size** 1 × 2 pancakes

**Amount Per Serving**

**Calories** **57**

		% Daily Value*
<b>Total Fat</b>	2.5 g	3 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	38.8 mg	13 %
<b>Sodium</b>	300.4 mg	13 %
<b>Total Carbohydrate</b>	6.5 g	2 %
Dietary Fiber	0.6 g	2 %
Total Sugars	1.2 g	
Added Sugars	0 g	0 %
<b>Protein</b>	2.4 g	
Vitamin D	0.2 mcg	1 %
Calcium	40.6 mg	3 %
Iron	0.6 mg	3 %
Potassium	127 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Use less salt reduce sodium for this recipe.
- Add grated carrots to increase the number of vegetables in this recipe.
- Use whole wheat flour to add more fiber to this recipe.

"One more recipe for all those millions of zucchini that come from one plant!!!"

# **Sides & Toppings**

# Marinated Tomatoes

Submitted by Sue Schema

Serves 4-6, Total time: 2 hr 30 minutes



## Ingredients

- 1/4 c. olive oil
- 2 T. lemon juice
- Crushed garlic to taste
- Salt & pepper to taste
- Chopped fresh basil to taste
- 4 Medium fresh tomatoes, chopped into large chunks

## Directions

- 1) Stir the liquid ingredients and spices until blended.
- 2) Pour over tomatoes and basil. Refrigerate for a few hours, but let sit at room temperature before serving.

"Great as a side dish or on top of lettuce as a salad dressing."

### Marinated Tomatoes

## Nutrition Facts

Serving Size 1 x 1/2 cup

Amount Per Serving

**Calories 147**

	% Daily Value*	
<b>Total Fat</b>	13.9 g	18 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	156.1 mg	7 %
<b>Total Carbohydrate</b>	5.9 g	2 %
Dietary Fiber	1.7 g	6 %
Total Sugars	3.4 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.4 g	
Vitamin D	0 mcg	0 %
Calcium	26 mg	2 %
Iron	0.6 mg	3 %
Potassium	323.4 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Southern Greens

Driftlessorganics.com

Serves 3, Total time: 45 min

Can be made vegetarian or vegan

### Ingredients

- 1 lb mixed greens, coarsely chopped (kohlrabi, radish, turnip, mustard, collard greens kale, etc.)
- 1/2 cup onions, finely chopped and/or garlic, minced
- 1 Tbsp. oil of choice
- 1 cup chicken/ veggie broth or water
- Part of a ham hock, smoked turkey, cured ham, 3 strips of bacon, or liquid smoke
- 2 Tbsp butter
- Salt and pepper to taste

### Directions

- 1) In a large pot, sauté onions/garlic (& bacon, if using) in oil for 2 minutes.
- 2) add broth/water & slowly add greens until wilted.
- 3) Add salt & pepper, ham/turkey if using, cover, & reduce heat to low.
- 4) Simmer for 30 minutes, stirring occasionally.
- 5) Take out meat if used, remove from bone, chop, & return to pot; or, add butter & liquid smoke instead.
- 6) Save liquid for soup.
- 7) Serve up greens with Southern fare like sweet potatoes, black-eyed peas, & cornbread.

Southern Greens

Nutrition Facts

Serving Size

1 × 1/2 cup

Amount Per Serving

Calories

226

% Daily Value\*

Total Fat	16.4 g	21 %
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Saturated Fat	6.9 g	35 %
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Trans Fat	0.3 g	
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Cholesterol	32.2 mg	11 %
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Sodium	534.3 mg	23 %
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Total Carbohydrate	11.3 g	4 %
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Dietary Fiber	4 g	14 %
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Total Sugars	3.9 g	
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Added Sugars	0.8 g	2 %
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Protein	9.8 g	
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Vitamin D	0.1 mcg	0 %
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Calcium	171.2 mg	13 %
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Iron	3.1 mg	17 %
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Potassium	785.4 mg	17 %
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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Slow-Roasted Cherry Tomatoes

Simplebites.net

Serves 4, Total time: 25 mins



## Ingredients

- 1 pint cherry tomatoes
- Thyme
- Sea salt
- Black pepper
- Extra-virgin olive oil
- 4-5 cloves of garlic (optional)

## Directions

- 1) Cut the tomatoes in half end-to-end, and place cut side up on a pan.
- 2) Optional: Slice 4-5 cloves of garlic, and sprinkle over the tomatoes.
- 3) Strip several sprigs of fresh thyme, and sprinkle the leaves over the tomatoes.
- 4) Season with sea salt and fresh ground black pepper and drizzle extra-virgin olive oil liberally over all of the tomatoes.
- 5) Place in the oven at 200°F for 6-8 hours; the tomatoes will collapse, but not completely dry out. (since they'll be in there a while, preheating is not necessary)
- 6) Cool and serve with crackers and soft cheese or package to preserve.

## Slow-Roasted Cherry Tomatoes

### Nutrition Facts

Serving Size 1 x 1/4 cup

Amount Per Serving

**Calories 142**

		% Daily Value*
<b>Total Fat</b>	13.7 g	18 %
Saturated Fat	1.9 g	9 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	5.6 mg	0 %
<b>Total Carbohydrate</b>	4.9 g	2 %
Dietary Fiber	1.2 g	4 %
Total Sugars	2.5 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.1 g	
Vitamin D	0 mcg	0 %
Calcium	17.8 mg	1 %
Iron	0.5 mg	3 %
Potassium	237.3 mg	5 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Pickled Green Tomatoes

Loveandoliveoil.com

Makes 3 pint jars, Total time: 3 days



## Ingredients

- 2 lbs green tomatoes (about 6 medium)
- 2 garlic cloves, sliced
- 1 sprig fresh dill
- 2 cups white vinegar
- 2 cups water
- 2 Tbsp salt
- 2 Tbsp sugar
- 1 Tbsp whole black peppercorns
- 1/2 tsp red pepper flakes
- 2 Tbsp bourbon

## Directions

- 1) Slice tomatoes, either into 1/4-inch thick slices, or halved and cut into 8-10 wedges. Divide tomatoes among 3 pint jars, packing the tomatoes tightly in each jar. Place a few slices of garlic and a few fronds of dill in each jar.
- 2) In a small saucepan, combine vinegar, water, salt, sugar, peppercorns, and red pepper flakes. Bring to a simmer until sugar is completely dissolved. Remove from heat and add bourbon.
- 3) Pour brine over pickles, filling jars to within 1/4 inch of the top. Make sure all of the tomatoes are fully submerged. If they start to 'float', wedge a few more tomato pieces in there to keep them firmly packed.
- 4) Screw on jar lids and refrigerate for at least 3 days to allow pickles to fully pickle, and after that pickles will keep in the refrigerator for up to 2 weeks.

Pickled Green Tomatoes		
Nutrition Facts		
Serving Size	1 x 1/4 cup	
Amount Per Serving		
Calories	26	
	% Daily Value*	
Total Fat	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	793.1 mg	34 %
Total Carbohydrate	4.1 g	1 %
Dietary Fiber	0.6 g	2 %
Total Sugars	3.5 g	
Added Sugars	1.4 g	3 %
Protein	0.6 g	
Vitamin D	0 mcg	0 %
Calcium	9.3 mg	1 %
Iron	0.3 mg	2 %
Potassium	105 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Recipe Tip

If you are growing tomatoes this is a great recipe for using up unripe tomatoes before a frost

# Neal's Cucumbers

Submitted by Sue Schema

Serves 12, Total time: 3 hrs



## Ingredients

- 1/3 c. sugar
- 1/2 c. water
- 1/4 c. vinegar
- Sliced cucumbers (about 2 medium sized)
- Vidalia onion (one meduim sized)

## Directions

- 1) Bring liquids and sugar to a boil.
- 2) Pour over sliced cucumbers and onions.
- 3) Add salt and pepper to taste. Cover and refrigerate for several hours.

"My mother-in-law gave me this recipe."

Neal's Cucumbers		
Nutrition Facts		
Serving Size	1 x 1/4 cup	
Amount Per Serving		
Calories	32	
	% Daily Value*	
Total Fat	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1.3 mg	0 %
Total Carbohydrate	7.9 g	3 %
Dietary Fiber	0.6 g	2 %
Total Sugars	6.6 g	
Added Sugars	5.5 g	11 %
Protein	0.4 g	
Vitamin D	0 mcg	0 %
Calcium	8.8 mg	1 %
Iron	0.1 mg	1 %
Potassium	71.8 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

# Spicy Refrigerator Pickled Peppers

Loveandoliveoil.com

Makes 1 half pint jar, Total time: 12 hrs



## Ingredients

- 1 cup white or apple cider vinegar
- 1 tsp kosher salt
- 2 Tbsp dark brown sugar
- 1/2 tsp dried oregano
- 3 garlic cloves, peeled and crushed
- 1/2 lb red jalapenos or Italian roasting peppers, thinly sliced into 1/4 - inch rounds

## Directions

- 1) In a saucepan over medium heat, combine vinegar, salt, brown sugar, oregano, garlic cloves, and olive oil and bring to a simmer. Add sliced peppers and simmer for 10 to 15 minutes until the peppers are tender.
- 2) Transfer peppers into a pint mason jar and pour the liquid over top; secure with an airtight lid and refrigerate overnight to let flavors infuse. Peppers will keep in the refrigerator for up to 1 month.

Spicy Refrigerator Pickled Peppers		
Nutrition Facts		
Serving Size	1 tbsp	
Amount Per Serving		
Calories	29	
% Daily Value*		
Total Fat	1.7 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	148.7 mg	6 %
Total Carbohydrate	2.8 g	1 %
Dietary Fiber	0.4 g	2 %
Total Sugars	2.2 g	
Added Sugars	1.5 g	3 %
Protein	0.2 g	
Vitamin D	0 mcg	0 %
Calcium	4.4 mg	0 %
Iron	0.1 mg	1 %
Potassium	48.8 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



# Old-Fashioned Fermented Pickles

Simplebites.net

Serves: varies, Total time: 10 days, Nutrition info for this recipe varies



## Ingredients

- Salt for brine
- Seasonal garden vegetables
- Pickling spices or herbs and spices of choice
- Leaves for crispness.

## Directions

- 1) Prepare a brine using the ratio of 2 tablespoons of salt to one quart of water. If it is over 85 F in your kitchen, use one extra tablespoon of salt.
- 2) Chop vegetables as desired
- 3) Add herbs and spices to the bottom of a clean jar
- 4) Add one of the following to keep your vegetables crisp: grape, horseradish, oak, black tea, or mesquite leaves.  
Place chopped vegetables on top of herbs and spices. Leave 2 inches of space from the top. Pour the brine over the vegetables so they are covered by at least one inch of liquid.
- 5) Weigh down the vegetables so they stay below the brine while fermenting. Use a plastic bag with water, a cabbage leaf, root vegetable slices, or fermentation weights.
- 6) Cap the jar tightly and store at 65-85 F for 10 days
- 7) Check the jar and remove the lid every day to release built-up carbon dioxide and check for mold.
- 8) Move the jar to the refrigerator to stop the fermentation.

# Quick Kohlrabi Pickles

Restaurantwidow.com  
Makes 4 cups, Total time: 4 hrs



## Ingredients

- 2-4 small kohlrabi bulbs, trimmed, peeled, and cut into 1/2 cubes
- Olive oil (optional)
- 1/2 cup rice vinegar (not sweet) or white wine vinegar
- Salt
- Fresh black pepper

Quick Kohlrabi Pickles

Nutrition Facts

Serving Size1 × 1/4 cup

Amount Per Serving

Calories26

% Daily Value\*

Total Fat	1.7 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	154.4 mg	7 %
Total Carbohydrate	2.2 g	1 %
Dietary Fiber	1.3 g	4 %
Total Sugars	0.9 g	
Added Sugars	0 g	0 %
Protein	0.6 g	
Vitamin D	0 mcg	0 %
Calcium	9.4 mg	1 %
Iron	0.2 mg	1 %
Potassium	120.3 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

- 1) In a bowl place kohlrabi chunks. Drizzle with olive oil if using, vinegar, and sprinkle well with salt and pepper.
- 2) Mix well to coat. Taste and adjust seasoning. Transfer to a container with a lid and place in the refrigerator.
- 3) Mix the pickles every hour for 4 hours. Pickles will last about a week in the refrigerator.

# Vietnamese Pickles

White on Rice Couple  
Serves: 10, Total time: 24 hr 15 min



## Ingredients

- 1/2 lb. carrots - julienned or cut into thin match-like strips
- 1/2 lb. daikon radish , cut same as carrots
- 4 c. water , slightly warm enough to dissolve the salt and sugar
- 3 Tablespoons sugar
- 2 Tablespoons salt
- 1/2 - 3/4 c. distilled white vinegar or rice vinegar (or to taste)

Vietnamese Pickles		
Nutrition Facts		
Serving Size		1 x 1/2 cup
Amount Per Serving		
Calories		31
		% Daily Value*
Total Fat	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1435.5 mg	62 %
Total Carbohydrate	6.9 g	2 %
Dietary Fiber	1 g	4 %
Total Sugars	5.4 g	
Added Sugars	3.7 g	7 %
Protein	0.3 g	
Vitamin D	0 mcg	0 %
Calcium	15.5 mg	1 %
Iron	0.2 mg	1 %
Potassium	124.8 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Directions

- 1) Prep carrots and daikon, set aside. In large pitcher or large bowl, mix water, vinegar \*see note at end of step, sugar and salt until everything is dissolved and combined well.
- 2) Place carrots and daikon in a clean, sterile jar. Fill with vinegar mixture until carrots and daikon are completely covered in liquid.
- 3) Cover jars and set in the refrigerator to pickle for at least overnight. Our ideal timing is to let the pickles sit for 3 days before eating. Pickles can last for about 3 weeks in the fridge.
- 4) Serve pickles in banh mi sandwiches, as a side dish, or with a salad.

# Quick Refrigerator Pickles

Thesparrowshome.com  
 Makes 1 quart jar, Total time: 20 mins



## Ingredients

- 1 1/2 cups white vinegar
- 1/2 cup of sugar
- 1 tsp salt
- Cucumbers
- Sliced onion
- Garlic cloves
- Water
- 1 quart jar

Quick Refrigerator Pickles

# Nutrition Facts

<b>Serving Size</b>	<b>1 × 1/4 cup</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>18</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	148.1 mg	6 %
<b>Total Carbohydrate</b>	4.5 g	2 %
Dietary Fiber	0.3 g	1 %
Total Sugars	3.6 g	
Added Sugars	3.1 g	6 %
<b>Protein</b>	0.2 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	5.8 mg	0 %
<b>Iron</b>	0.1 mg	0 %
<b>Potassium</b>	38.5 mg	1 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

- 1) Fill the jar with sliced cucumbers, alternating with onions and garlic, if using
- 2) Combine vinegar, sugar, and salt in a saucepan
- 3) Heat until sugar dissolves
- 4) Cool brine until almost room temperature (it's ok if it's a little warm still)
- 5) Pour into jar over cucumbers
- 6) Add water until all cucumber slices are covered
- 7) Cover and refrigerate. Pickles will last in fridge for a few weeks

# Dill Pickles

From the kitchen of Lloyd K.

Serves: Around 14 qts, Total time: 20 minutes, Nutrition info for this recipe varies

## Ingredients



- 25 lbs small cucumbers
- 5 qts of water
- 2 qts of white vinegar
- 1 tsp powdered alum
- 14 qt canning jars and lids
- 1 bunch fresh dill
- 5 cloves garlic
- 14 cabbage leaves
- 1 cup canning salt

## Directions

- 1) Prepare jars by filling them partially with water and microwaving them for 10 minutes to sanitize them.
- 2) Fill jars with one cabbage leaf piece. 2 cloves of garlic, as many cucumbers as it will fit, and a couple of springs of fresh dill.
- 3) Combines water, vinegar, alum, canning salt and bring that to a boil.
- 4) Pour hot brine over contents in jars. Using a funnel works well as this can be a slightly dangerous job.
- 5) Seal jars with self sealing lids. Allow jars to cool on their own.
- 6) Allow to ferment (Or pickle) for at least a month before you eat them!

# Spicy Stir-Fried Carrots

Credit: Unknown

Makes 4 servings, Total time: 15 mins

## Ingredients

- 1/4 cup peanuts
- 1 pound carrots
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 tsp red pepper flakes
- salt and pepper, to taste
- lime juice, to taste



## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **154**

% Daily Value\*

**Total Fat** 10.9g **14%**

Saturated Fat 2.9g **15%**

**Cholesterol** 8mg **3%**

**Sodium** 112mg **5%**

**Total Carbohydrate** 12.7g **5%**

Dietary Fiber 3.6g **13%**

Total Sugars 6g

**Protein** 3.3g

Vitamin D 2mcg **10%**

Calcium 47mg **4%**

Iron 1mg **4%**

Potassium 430mg **9%**

## Directions

- 1) Chop the peanuts
- 2) Grate the carrots
- 3) Melt the oil and butter together in a large skillet until hot but not smoking
- 4) Add the carrots and cook, stirring constantly, until cooked evenly, about 5 minutes
- 5) Stir in the peanuts, pepper flakes, salt, and pepper
- 6) Finish with a squeeze of lime juice and serve hot

# Green Beans with Lemon and Garlic

Restaurantwidow.com

Makes 4 servings, Total time: 15 mins

## Nutrition Facts

Servings: 4

Amount per serving	
Calories	100
	% Daily Value*
Total Fat 7.2g	9%
Saturated Fat 1.1g	5%
Cholesterol 0mg	0%
Sodium 243mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 3.9g	14%
Total Sugars 1.8g	
Protein 2.3g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	7%
Potassium 255mg	5%



## Ingredients

- 1 pound fresh green beans
- 2 tbsp olive oil
- 3 garlic cloves
- 2 tbsp lemon juice
- 1/2 tsp sea salt

## Directions

- 1) Wash and trim the green beans.
- 2) Heat olive oil in large skillet over medium high heat.
- 3) Add green beans, stirring often until green beans start to blister, about 3-4 minutes.
- 4) Lower heat to medium, then add in garlic and lemon juice, and cook one more minute.
- 5) Remove from the heat.
- 6) Sprinkle with salt and serve.

# **Dips & Sauces**

# Homemade Unsweetened Applesauce

Lifemadesimplebakes.com

Serves 10, Total time: 20 mins



## Ingredients

- 3 lbs of apples (can use a mixture of apple types)
- 1/2 cup water
- 1/2 tsp ground cinnamon

## Directions

- 1) Prepare the apples by slicing and coring them – no need to peel, unless you want to.
- 2) Place the sliced apples, water, and cinnamon in a large pot or saucepan. Set over medium heat. Cover and cook for 15-20 minutes or until tender.
- 3) Use a potato masher, immersion blender, blender, or food processor, to "puree" the apples, keeping them slightly chunky. Let the applesauce cool to room temperature, then store in the refrigerator for up to one week.

### Homemade Unsweetened Applesauce

## Nutrition Facts

Serving Size 1 × 1/2 cup

Amount Per Serving

Calories 71

	% Daily Value*	
Total Fat	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1.8 mg	0 %
Total Carbohydrate	18.9 g	7 %
Dietary Fiber	3.3 g	12 %
Total Sugars	14.1 g	
Added Sugars	0 g	0 %
Protein	0.4 g	
Vitamin D	0 mcg	0 %
Calcium	9.3 mg	1 %
Iron	0.2 mg	1 %
Potassium	145.9 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Whipped Raspberry Honey Butter

Simplebites.net

Makes 2 cups, Total time: 10 min



## Ingredients

- 2 Tbsp honey
- 1/2 cup fresh raspberries
- 1 cup salted butter, room temperature

## Directions

1) Melt honey in a small saucepan and add the raspberries. Bring honey to a boil and mash the

berries with a fork. Set aside to cool completely.

2) In a food processor or stand mixer, combine raspberry-honey compote and butter and whip for 2-3 minutes until it is fluffy and smooth. You will have to stop the food processor and scrape down the sides with a spatula once or twice.

3) When it is smooth, stop the processor and scrape into a small jar. Refrigerate for up to one week or freeze for two months.

### Whipped Raspberry Honey Butter

## Nutrition Facts

Serving Size 1 Tbsp

Amount Per Serving

**Calories 56**

	% Daily Value*	
<b>Total Fat</b>	5.8 g	7 %
Saturated Fat	3.6 g	18 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	15.3 mg	5 %
<b>Sodium</b>	45.7 mg	2 %
<b>Total Carbohydrate</b>	1.4 g	0 %
Dietary Fiber	0.1 g	0 %
Total Sugars	1.2 g	
Added Sugars	1.1 g	2 %
<b>Protein</b>	0.1 g	
Vitamin D	0 mcg	0 %
Calcium	2.3 mg	0 %
Iron	0 mg	0 %
Potassium	5.3 mg	0 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Fresh Tomato Salsa

Adapted from [Mylatinatable.com](http://Mylatinatable.com)

Makes 3 cups, Total time: 25 min



## Ingredients

- 6 Tomatoes
- 1/2 Onion
- 1/2 bunch of cilantro
- 2 cloves of garlic
- 2 jalapenos
- 2 Tbsp olive oil
- salt to taste

## Directions

- 1) Blend 4 tomatoes, garlic, and jalapeno in a blender. Dice other tomatoes, onion, and cilantro by hand.
- 2) Add the tomato, garlic, jalapeno mixture to a frying pan with a small amount of olive oil.
- 3) Heat over medium-high heat until it begins to boil, and then remove from heat. Strain and reserve both the liquid and solids. Continue cooking down the liquid until the volume reduces by about half.
- 4) Put the solid salsa in a bowl, add the cilantro, tomato and onion, and stir well.
- 5) Once cooked down, mix in the liquid with the rest of the salsa.
- 6) Add salt to taste.

Fresh Tomato Salsa		
Nutrition Facts		
Serving Size	1 × 2 Tbsp	
Amount Per Serving		
Calories	10	
	% Daily Value*	
Total Fat	0.6 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	99.6 mg	4 %
Total Carbohydrate	1.1 g	0 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.7 g	
Added Sugars	0 g	0 %
Protein	0.2 g	
Vitamin D	0 mcg	0 %
Calcium	3.1 mg	0 %
Iron	0.1 mg	0 %
Potassium	59 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

# Roasted Garden Salsa

Submitted by Mary Schwandt

Makes about 4.5 cups, Total time: 50 mins



## Ingredients

- 3 lbs fresh tomatoes, cored and halved
- 1 onion cut into 1/2 inch slices
- 4 cloves of garlic, peeled
- 1/4 cup chopped cilantro
- 2-5 peppers of your choice (bell or banana, jalapeno, habanero)  
Use a mixture based on how hot you like it
- Juice of 1-2 limes
- Salt to taste.

## Directions

- 1) Preheat the oven to 450 F.
- 2) Place tomatoes on a large sheet pan, along with onions, garlic and peppers, and sprinkle with salt.
- 3) Roast until the onions begin to char, 25-30 minutes. Let cool a bit. Add cilantro into a food processor or blender, pour in veggie mixture and pulse lightly until chopped.
- 4) Add salt and lime juice to taste.
- 5) Serve with chips or atop almost anything.
- 6) You could add roasted tomatillos too. Keeps for a week in the refrigerator. Freezes well for 6 months, so make lots!

Roasted Garden Salsa

Nutrition Facts

Serving Size1 x 2 Tbsp

Amount Per Serving

Calories10

	% Daily Value*
Total Fat	0.1 g0 %
Saturated Fat	0 g0 %
Trans Fat	0 g
Cholesterol	0 mg0 %
Sodium	19.1 mg1 %
Total Carbohydrate	2.3 g1 %
Dietary Fiber	0.6 g2 %
Total Sugars	1.3 g
Added Sugars	0 g0 %
Protein	0.4 g
Vitamin D	0 mcg0 %
Calcium	5.9 mg0 %
Iron	0.1 mg1 %
Potassium	106 mg2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"This was printed in the St Paul Pioneer Press  
years ago. It is so delicious, it's the only salsa I  
make. Make some now!"

# Salsa Verde

Submitted by Jeff and Sai

Makes about 5 cups, Total time: 35 mins



## Ingredients

- 2 lbs Tomatillos,
- 1 1/2 c Cilantro,
- 1 c Chopped White Onion,
- 4-6 Jalapeños,
- 1/2 c White Vinegar,
- 1/3 c Lime Juice,
- 2 tsp Dry Cumin or Corriander.

## Directions

- 1) Preheat the oven to 500°
- 2) Take the green wrapper (papery husk called a calyx) off of the Tomatillo, wash all vegetables.
- 3) Slice the Jalapeños lengthwise in half and cut out the pith and seeds or keep the seeds for a hotter salsa.
- 4) In a roasting pan add the Tomatillos, Chopped Onions and Jalapeños, roast in the oven to blister the skin, about 15-20 mins.
- 5) Coarsely chop the Cilantro and place in a blender, add the Vinegar, Lime Juice and Cumin.
- 6) When the cooked vegetables have cooled down add them to the blender along with the juice in the pan.
- 7) Blender till there is smooth consistency.
- 8) Add Sea Salt and adjust flavors to your taste

Salsa Verde		
Nutrition Facts		
Serving Size	1 × 1/2 cup	
Amount Per Serving		
Calories	45	
	% Daily Value*	
Total Fat	1.1 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	48.7 mg	2 %
Total Carbohydrate	8.4 g	3 %
Dietary Fiber	2.4 g	8 %
Total Sugars	5 g	
Added Sugars	0 g	0 %
Protein	1.3 g	
Vitamin D	0 mcg	0 %
Calcium	18.8 mg	1 %
Iron	1 mg	5 %
Potassium	317.1 mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

"Thought to have been first used by the Aztecs in Central Mexico around 800BC. The salsa is great with any style of breakfast eggs, added to rice, beans, part a salad dressing, mixed with sour cream, nachos, quesadillas, tacos, burritos, chicken, beef or pork chili. THE HUSKS, STEMS AND LEAVES ARE POISONOUS SO WASH YOUR HANDS AFTER CLEANING THE FRUIT."

# Mango Salsa

Serves 10, Total time: 2.5 hrs



## Ingredients

- 1 Ripe mango, diced
- 1/2 Medium red onion, diced
- 1 Jalapeno, minced
- 1 Small cucumber, diced
- 3 Tbsp Fresh cilantro, chopped
- 3 Tbsp Lemon juice
- Salt to taste
- Optional: red pepper or jicama as desired

## Directions

- 1) Add all of the ingredients to a bowl and stir until well combined.
- 2) Add salt to taste
- 3) Chill for a few hours before serving.

## Nutrition Tip

Leave the skin on the cucumber to increase the fiber in this recipe!

### Mango Salsa

## Nutrition Facts

Serving Size

1 × 1/4 cup

Amount Per Serving

**Calories**

**26**

% Daily Value\*

<b>Total Fat</b>	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	60 mg	3 %
<b>Total Carbohydrate</b>	6.5 g	2 %
Dietary Fiber	0.9 g	3 %
Total Sugars	5.2 g	
Added Sugars	0 g	0 %
<b>Protein</b>	0.5 g	
Vitamin D	0 mcg	0 %
Calcium	8.2 mg	1 %
Iron	0.1 mg	1 %
Potassium	97.3 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Basil Pesto

Submitted by Vicki O'Day

Makes about 2 cups, Total time: 10 mins



Image: Elise Bauer

## Ingredients

- 4 cups fresh Basil
- 1 cup olive oil,
- 1 cup parmesan cheese grated
- 3/4 cup roasted slivered almonds
- 3-5 garlic cloves,
- dash of lemon zest,
- squeeze of lemon juice

## Directions

- 1) Add all of the garlic and 3/4 of the basil, oil, nuts, and cheese to your food processor and pulse.
- 2) Add the remainder of the ingredients, lemon zest, and lemon juice then pulse to the level of consistency you like.
- 3) Serve immediately or will keep in the refrigerator for up to 7 days. The lemon extends the color and shelf life.

### Basil Pesto

## Nutrition Facts

Serving Size 1 x 1/4 cup

Amount Per Serving

**Calories 370**

% Daily Value\*

<b>Total Fat</b>	36.5 g	47 %
Saturated Fat	6.6 g	33 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	10.7 mg	4 %
<b>Sodium</b>	226.7 mg	10 %
<b>Total Carbohydrate</b>	5.6 g	2 %
Dietary Fiber	1.5 g	5 %
Total Sugars	0.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	7 g	
Vitamin D	0.1 mcg	0 %
Calcium	178 mg	14 %
Iron	1.3 mg	7 %
Potassium	98.9 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"Pesto is an all around delicious fresh condiment. Use it in veggie stir fries, with eggs, in pasta dishes, on wraps, and as a sauce for a garden fresh pizza. It can be frozen to enjoy a Summertime favorite in Winter. Use you imagination and enjoy!"



# Slow-Cooker Ketchup

Simplebites.net

Makes 4 cups, Total time: 8 hrs 30 min



## Ingredients

- 4 lbs tomatoes (paste or mixed types)
- 1/2 cup chopped onion
- 2/3 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 tsp fine sea salt
- 1 cinnamon stick, crushed
- 1/2 tsp each; whole allspice, whole cloves, peppercorns, and celery seed
- 1 bay leaf

## Directions

- 1) Remove tomato skins (if desired), core, and seeds, and chop tomatoes
- 2) Place tomatoes and onion in slow cooker and set to high. Cook approximately 1 hour, until tomatoes have started to break down and the juices are bubbling.
- 3) Puree tomatoes using a stick blender or in batches with a blender. Return to slow cooker.
- 4) Stir in vinegar, sugar, and salt.
- 5) Place remaining spices on a square of cheesecloth and tie into a bundle with kitchen twine. Add to the mixture.
- 6) Cook on low, with the lid removed, for approximately 8 hours. Pour into either prepared glass jars for canning, or freezer jars.
- 7) Process in a water-bath canner for 15 minutes if canning. If freezing, let cool in freezer jars to room temperature before sealing and moving to freezer.

Slow Cooker Ketchup		
Nutrition Facts		
Serving Size	1 × 2 Tbsp	
Amount Per Serving		
Calories	12	
	% Daily Value*	
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	149.3 mg	6 %
Total Carbohydrate	2.7 g	1 %
Dietary Fiber	0.3 g	1 %
Total Sugars	2.2 g	
Added Sugars	1.5 g	3 %
Protein	0.2 g	
Vitamin D	0 mcg	0 %
Calcium	4.9 mg	0 %
Iron	0.1 mg	1 %
Potassium	62.9 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Recipe Tip

Feel free to change up the spices, but don't change the ratio of vinegar and tomatoes if you decide to preserve using a water-bath canner. pH levels are an important part of keeping your preserved items safe. When in doubt, store in the fridge or freezer.

# Greek Eggplant Dip – Melitzanosalata

Makes 1 cup, Total time: 2 hr 30 min



## Ingredients

- 1 lb eggplant
- 1 red pepper (not spicy)
- 1 garlic clove minced
- 1 1/2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1/4 tsp salt
- 1 handful of parsley

## Directions

- 1) Preheat oven at 400 F (200 C).
- 2) Poke holes in eggplant and pepper with a fork and place on pan. roast for 50 - 60 mins until soft.
- 3) Remove from oven and let cool until you can handle them. Cut and scoop out the inside of the eggplant.
- 4) Empty on flat plate and smash with fork for a few minutes, until blended.
- 5) Dice pepper and add to the eggplant and mix well.
- 6) Place mixture in a bowl and add the garlic and parsley. Then add the olive oil, mixing well so that it is absorbed.
- 7) Add the vinegar and mix well. Taste and add salt as needed.
- 8) Cover and let sit in the refrigerator for at least one hour before serving.

### Greek Eggplant Dip - Melitzanosalata

## Nutrition Facts

**Serving Size** 1 x 2 Tbsp

**Amount Per Serving**

**Calories** **44**

		% Daily Value*
<b>Total Fat</b>	2.7 g	3 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	78 mg	3 %
<b>Total Carbohydrate</b>	4.9 g	2 %
Dietary Fiber	2.3 g	8 %
Total Sugars	2.9 g	
Added Sugars	0 g	0 %
<b>Protein</b>	0.9 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	12.6 mg	1 %
<b>Iron</b>	0.5 mg	3 %
<b>Potassium</b>	196.1 mg	4 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Recipe Tips

- Serve with pita chips or fresh bread.
- This is also a great spread for sandwiches, toast, or wraps!

# Cucumber Raita

Adapted from The Hairy Biker's Great Curries

Serves 4-6, Total time: 10 mins



## Ingredients

- 1/2 Medium cucumber
- Sea salt to taste
- 1/2 c Plain yogurt
- 1 Tbsp mint leaves, chopped

## Directions

- 1) Peel the cucumber and coarsely grate it onto a cutting board.
- 2) Squeeze out the excess juice and transfer the cucumber to a bowl.
- 3) Season the cucumber with the salt and stir in the yogurt and mint. Cover and keep in the fridge until ready to serve.

## Recipe Tip

- Use plant-based yogurt to make this recipe vegan.

### Cucumber Raita

## Nutrition Facts

Serving Size 1 x 1/4 cup

Amount Per Serving

**Calories 23**

% Daily Value\*

<b>Total Fat</b>	0.5 g	1 %
Saturated Fat	0.3 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	1.8 mg	1 %
<b>Sodium</b>	95 mg	4 %
<b>Total Carbohydrate</b>	2.9 g	1 %
Dietary Fiber	0.3 g	1 %
Total Sugars	2.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.8 g	
Vitamin D	0 mcg	0 %
Calcium	63.4 mg	5 %
Iron	0.3 mg	1 %
Potassium	120.6 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Teriyaki Marinade

Submitted by Vicki O'Day

Makes about 1.25 cups, Total time: 10 mins



## Ingredients

- 1 cup low sodium soy sauce
- 1/2 Tbsp sugar substitute
- 2 cloves garlic, minced
- 1 tsp dry mustard
- 2 tsp fresh ginger

OR

- 1 tsp powdered ginger

## Directions

- 1) Mix all ingredients together. Shake and refrigerate.
- 2) Use on chicken, steak, hamburgers, tofu, etc.

## Recipe Tip

- Use tamari in place of soy sauce to make this recipe gluten-free.

### Teriyaki Marinade

## Nutrition Facts

Serving Size 1 Tbsp

Amount Per Serving

**Calories** 9

	% Daily Value*	
<b>Total Fat</b>	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	458.9 mg	20 %
<b>Total Carbohydrate</b>	1 g	0 %
Dietary Fiber	0.1 g	0 %
Total Sugars	0.1 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.2 g	
Vitamin D	0 mcg	0 %
Calcium	4.7 mg	0 %
Iron	0.2 mg	1 %
Potassium	49.6 mg	1 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Blender Salsa

Credit: Unknown  
Makes 2 pints, Total time: 15 mins



## Nutrition Facts

Serving size: 2 tbsp  
Servings: 32

Amount per serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 0.1g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 151mg	7%
<b>Total Carbohydrate</b> 2.3g	1%
Dietary Fiber 0.5g	2%
Total Sugars 1.4g	
<b>Protein</b> 0.4g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	1%
Potassium 71mg	2%

## Ingredients

- 2 pounds plum tomatoes, peeled
- half a cup of minced onion
- 2 cloves garlic
- 1 jalapeno, seeded
- 2 tbsp lime juice
- 2 tsp salt

## Directions

- 1) Put all ingredients into a blender
- 2) Blend in short bursts until all of the ingredients are well mixed. (Don't process into a smooth puree)
- 3) Pour into a bowl to serve, or store in the refrigerator.



## Cowboy Caviar

Credit: Unknown

Makes 20 Serves, Total time: 15 mins

### Ingredients

- 1 can black beans
- 1 can diced tomatoes
- 2 jalapenos
- 1 small onion, diced
- 1/2 bell pepper
- 1/4 cup chopped cilantro
- 6 tbsp red wine vinegar
- 6 tbsp olive oil
- 1/2 tsp salt, pepper, garlic powder, cumin & oregano

### Directions

- 1) Mix all ingredients in a medium bowl.
- 2) Cover and refrigerate for at least 20 minutes.
- 3) Before serving, adjust seasonings to taste, serve with tortilla chips or as a salad.



### Nutrition Facts

Servings: 20

Amount per serving

**Calories** **68**

% Daily Value\*

**Total Fat** 4.3g 6%

Saturated Fat 0.6g 3%

**Cholesterol** 0mg 0%

**Sodium** 84mg 4%

**Total Carbohydrate** 5.9g 2%

Dietary Fiber 2.1g 7%

Total Sugars 0.8g

**Protein** 1.9g

Vitamin D 0mcg 0%

Calcium 9mg 1%

Iron 0mg 3%

Potassium 87mg 2%

# **Baked Goods & Desserts**

# Apple Pie

Allrecipes.com

Serves: 8, Total time: 1 hr



## Ingredients

- 6 c. thinly sliced apples
- 3/4 c. white sugar
- 1 Tbsp butter
- 1 tsp ground cinnamon
- 1 recipe pastry for a 9-inch double-crust pie or premade pie crust dough

## Directions

- 1) Prepare your pastry for a two crust pie. Wipe, quarter, core, peel, and slice apples; measure to 6 cups.
- 2) Combine sugar and cinnamon. The amount of sugar used depends on how tart your apples are.
- 3) Arrange apples in layers in pastry lined pie plate. Sprinkle each layer with sugar and cinnamon. Dot top layer with small pieces of butter or margarine. Cover with top crust.
- 4) Place on lowest rack in oven preheated to 450 degrees F (230 degrees C). Bake for 10 minutes, then reduce oven temperature to 350 degrees F (175 degrees C). Bake for 30 to 35 minutes longer. Serve warm or cold.

Apple Pie

# Nutrition Facts

<b>Serving Size</b>	<b>1 Slice (8 total)</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>325</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	13.5 g	17 %
Saturated Fat	5.9 g	30 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	13.8 mg	5 %
<b>Sodium</b>	271.6 mg	12 %
<b>Total Carbohydrate</b>	53.4 g	19 %
Dietary Fiber	1.2 g	4 %
Total Sugars	26.9 g	
Added Sugars	18.6 g	37 %
<b>Protein</b>	2.2 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	8 mg	1 %
<b>Iron</b>	1.3 mg	7 %
<b>Potassium</b>	75.8 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tip

- Use a sugar substitute to make this recipe more diabetes friendly
- Leave the skin on the apples to increase the fiber in this recipe.

## Recipe Tips

- Use vegan butter in the recipe and for the pie crust to make this recipe vegan.

# Fresh Cherry Crisp

Allrecipes.com

Serves 12, Total time: 1 hr



## Ingredients

- 4 cups pitted sour cherries
- 1 1/2 cups white sugar
- 4 Tbsp all-purpose flour
- 1 1/2 cups all-purpose flour
- 1 cup old fashion oats
- 1 cup brown sugar
- 1/2 cup butter
- 1/2 cup shortening
- 6 cups vanilla ice cream for serving (1/2 cup per slice)

## Directions

- 1) Preheat oven to 375 degrees F (190 degrees C).
- 2) In a large bowl, combine cherries, 1 1/2 cups white sugar, and 4 tablespoons flour. Pour into a 9x13 inch baking dish. In a medium bowl, combine 1 1/2 cups flour, oats, and brown sugar. Cut in butter and shortening until crumbly. Sprinkle over cherries.
- 3) Bake in preheated oven for 45 to 50 minutes, or until topping is golden brown.
- 4) Divide crisp into 12 equal slices and top with a 1/2 cup of vanilla ice cream to serve.

Fresh Cherry Crisp with Vanilla Ice Cream		
Nutrition Facts		
Serving Size	1 slice (1/12th of recipe)	
Amount Per Serving		
Calories	493	
	% Daily Value*	
Total Fat	24.1 g	31 %
Saturated Fat	11.6 g	58 %
Trans Fat	0.7 g	
Cholesterol	49.4 mg	16 %
Sodium	119.9 mg	5 %
Total Carbohydrate	67.7 g	25 %
Dietary Fiber	2.1 g	7 %
Total Sugars	57.5 g	
Added Sugars	47 g	94 %
Protein	4.1 g	
Vitamin D	0.2 mcg	1 %
Calcium	111.2 mg	9 %
Iron	0.8 mg	4 %
Potassium	270.1 mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Use whole wheat flour to make this dish a whole grain recipe
- Use sweet cherries and half of the amount of both white and brown sugar to make this dish a healthier dessert.

# Carrot Cake

Submitted Anonymously  
Serves 9, Total time: 2.5 hrs



## Ingredients: Cake

- 1 c Sugar
- 1/2 c Butter
- 1 1/2 c All-purpose flour
- 1 1/2 tsp Baking powder
- 1/2 tsp Baking soda
- 1/2 tsp Salt
- 1/4 tsp Nutmeg
- 1 tsp Cinnamon
- 1/8 tsp Allspice
- 1 1/2 c Raw carrots, grated
- 1/4 c applesauce
- 1 c raisins
- 1 c walnuts or pecans, chopped

## Ingredients: Frosting

- 1 8 oz Package of cream cheese
- 4 Tbsp Butter or margarine
- 1 c Powdered sugar
- 1/2 tsp Vanilla extract

## Directions: Cake

- 1) Preheat oven to 350 F.
- 2) In a bowl beat together butter and sugar at high speed using a mixer for 2 mins.
- 3) Add remaining ingredients except raisins and chopped nuts. Beat until well combined.
- 4) Add raisins and nuts, and fold in by hand.
- 5) Pour batter into a buttered 9-inch by 9-inch pan and bake for 1 hr.

## Directions: Frosting

- 1) Beat ingredients together until smooth.
- 2) Frost cake when it has cooled to room temperature.
- 3) Sprinkly with more chopped nuts and cinnamon if desired.

Carrot Cake

# Nutrition Facts

Serving Size	1 Slice (9 total)	
Amount Per Serving		
Calories	584	
	% Daily Value*	
Total Fat	32.8 g	42 %
Saturated Fat	15.5 g	78 %
Trans Fat	0.9 g	
Cholesterol	66.2 mg	22 %
Sodium	381.5 mg	17 %
Total Carbohydrate	70.6 g	26 %
Dietary Fiber	3 g	11 %
Total Sugars	48.7 g	
Added Sugars	35.2 g	70 %
Protein	6.6 g	
Vitamin D	0 mcg	0 %
Calcium	110.2 mg	8 %
Iron	1.9 mg	10 %
Potassium	306 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Tips

- Substitute half of the flour for whole wheat flour to increase the fiber in this recipe.
- Use a sugar substitute for the cake to make this recipe more diabetes-friendly.

# Banana/Apple/Zucchini Bread

Submitted by Michelle Carter

Serves 12-15, Total time: 1 hr 30 minutes



## Ingredients

- 1 cup Milk
- 1 Tbsp Vinegar
- 2 1/2 cups All-purpose flour
- 1 cup Ripe bananas, mashed
- OR 1 cup Zucchini/Apples, grated and moisture squeezed out
- 1 tsp Vanilla extract
- 2 cups Sugar
- 3 Eggs
- 1 cup Oil
- 1/2 tsp Salt
- 2 Tbsp Cinnamon or Pumpkin Pie spice
- 2 tsp baking soda

## Directions

- 1) Preheat the oven to 350 F.
- 2) In a bowl mix the milk and vinegar.
- 3) In a second bowl mix the oil, mashed bananas, vanilla extract, eggs, and sugar. Mix to combine.
- 4) Add the flour, salt, baking soda, and cinnamon or pumpkin pie spice to a large bowl and mix to combine.
- 5) Add the milk mixture and other wet ingredients to the dry ingredients bowl and mix until well combined.
- 6) Pour batter into a buttered 13 by 9 pan. Bake in the oven for an hour.
- 7) The bread is finished baking when it is poked with a toothpick and the toothpick comes out clean.
- 8) Allow to rest in the pan for 10 mins before serving.

Banana Bread		
Nutrition Facts		
Serving Size	1 x 2 Slices	
Amount Per Serving		
Calories	471	
	% Daily Value*	
Total Fat	20.4 g	26 %
Saturated Fat	3.6 g	18 %
Trans Fat	0.1 g	
Cholesterol	48.3 mg	16 %
Sodium	334.7 mg	15 %
Total Carbohydrate	68.9 g	25 %
Dietary Fiber	3 g	11 %
Total Sugars	41.8 g	
Added Sugars	33.3 g	67 %
Protein	5.6 g	
Vitamin D	0.5 mcg	3 %
Calcium	51 mg	4 %
Iron	1.7 mg	9 %
Potassium	290.2 mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Nutrition Tips

- Nutrition information is calculated based on using Bananas for this recipe. Using apples or zucchini will change the nutrition information.
- Use whole wheat flour to make this recipe whole grain and to increase the amount of fiber per serving

## Recipe Tips

- If using grated zucchini or apples, wrap in a thin towel and twist to squeeze out the moisture. Removing the moisture is important so that the bread does not get soggy.

# Beverages

# Ginger Ale

Submitted Anonymously

Makes about 5.5 cups, Total time: 3 hrs



## Ingredients

- 1 cup peeled, thinly sliced ginger
- 3 cups water
- 1 cup sugar or sugar substitute.
- 2 cups club soda
- Juice of 1 lime (about 2 1/2 Tbsp)

Ginger Ale		
Nutrition Facts		
Serving Size	1 cup	
Amount Per Serving		
Calories	157	
	% Daily Value*	
Total Fat	0.1 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	26 mg	1 %
Total Carbohydrate	40.2 g	15 %
Dietary Fiber	0.4 g	1 %
Total Sugars	36.8 g	
Added Sugars	36.4 g	73 %
Protein	0.4 g	
Vitamin D	0 mcg	0 %
Calcium	12.5 mg	1 %
Iron	0.1 mg	1 %
Potassium	84.2 mg	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Directions

- 1) In a covered saucepan, bring the water to a boil. Add the ginger pieces and sugar and cover.
- 2) Reduce the heat and allow it to simmer for 5 minutes. Remove from heat and allow it to sit for 20 minutes.
- 3) Strain the mixture and set aside the liquid. Once it has reached room temperature, cool it in the fridge.
- 4) Mix the ginger sugar water with two cups of cold club soda. Add the lime juice. Stir and serve.

# Strawberry Breeze

Submitted Anonymously

Serves 2-3, Total time: 10 mins



## Ingredients

- 1 cup chilled coffee
- 1 cup light cream
- 3 Tbs sugar
- 1 cup strawberries
- 1/2 cup crushed ice

## Directions

- 1) Combine 1 cup chilled coffee, 1 cup light cream, 3 Tbs sugar, 1 cup strawberries and 1/2 cup crushed ice in a blender at high speed until foamy.
- 2) Pour into chilled tall glasses. Serves 2-3 people.

## Recipe Tip

- Use light canned coconut milk or other plant based milk to make this recipe vegan.

### Strawberry Breeze

## Nutrition Facts

**Serving Size** 1 x 1.50 cups

**Amount Per Serving**

**Calories** **332**

% Daily Value\*

<b>Total Fat</b>	23.2 g	30 %
Saturated Fat	12.2 g	61 %
Trans Fat	0.7 g	
<b>Cholesterol</b>	70.8 mg	24 %
<b>Sodium</b>	89.7 mg	4 %
<b>Total Carbohydrate</b>	29.5 g	11 %
Dietary Fiber	2.1 g	7 %
Total Sugars	26.8 g	
Added Sugars	18.7 g	37 %
<b>Protein</b>	4.2 g	
Vitamin D	1.3 mcg	7 %
Calcium	123.9 mg	10 %
Iron	0.4 mg	2 %
Potassium	337.9 mg	7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Viennese Coffee

Submitted Anonymously

Serves 1, Total time: 10 mins



## Ingredients

- Cinnamon
- Coffee
- Whipped cream
- Nutmeg

Viennese Coffee		
Nutrition Facts		
Serving Size	1 cup	
Amount Per Serving		
Calories	81	
	% Daily Value*	
Total Fat	6.8 g	9 %
Saturated Fat	4.2 g	21 %
Trans Fat	0.2 g	
Cholesterol	22.8 mg	8 %
Sodium	7.2 mg	0 %
Total Carbohydrate	5.2 g	2 %
Dietary Fiber	1.3 g	5 %
Total Sugars	2.4 g	
Added Sugars	2.4 g	5 %
Protein	1.3 g	
Vitamin D	0.1 mcg	1 %
Calcium	38.6 mg	3 %
Iron	0.1 mg	0 %
Potassium	162 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## Directions

- 1) Prepare hot coffee as desired.
- 2) Place 1/8 tsp cinnamon in each cup and fill with 1 cup of hot coffee.
- 3) Stir to combine.
- 4) Top with whipped cream and sprinkle with nutmeg.

# Hot Chocolate Mix

Submitted Anonymously

Makes about 54 servings, Total time: 5 mins



## Ingredients

- 1 2lb box (about 6 cups) Nestles Quick
- 1 8 qt box (about 10 cups) Powdered Milk
- 1 6 oz jar non dairy creamer (about 1 1/2 cups)
- 2/3 cup powdered sugar

## Directions

- 1) Mix well in a very large bowl.
- 2) Store in an air - tight container (about 1 gallon).
- 3) Put 1/3 cup of mixture into a coffee cup with 1 cup boiling water to serve.

### Hot Chocolate Mix

## Nutrition Facts

Serving Size 1 x 1/3 cup

Amount Per Serving

**Calories 139**

% Daily Value\*

<b>Total Fat</b>	2.4 g	3 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
<b>Cholesterol</b>	4.1 mg	1 %
<b>Sodium</b>	82.3 mg	4 %
<b>Total Carbohydrate</b>	24.3 g	9 %
Dietary Fiber	1.1 g	4 %
Total Sugars	22.5 g	
Added Sugars	1.4 g	3 %
<b>Protein</b>	5.5 g	
Vitamin D	1.4 mcg	7 %
Calcium	151 mg	12 %
Iron	0.1 mg	0 %
Potassium	243.7 mg	5 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# **Thank You!**

**We appreciate everyone who took the time to submit recipes for the recipe book. We hope you enjoy this small collection of recipes and hope that you can try some of them this gardening season!**