



# Bountiful Bok Choy Salad

**Serves 4**

## Ingredients

- 2 heads of baby bok choy, cleaned and sliced
- one chopped or grated carrot
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{4}$  cup white vinegar
- $\frac{1}{4}$  cup maple syrup
- 3 Tablespoons soy sauce

## Directions

- Wash and chop bok choy and carrot.
- Whisk olive oil, white vinegar, maple syrup and soy sauce together.
- Pour the dressing over the salad.
- Chill for 30 minutes.

Options: add  $\frac{1}{8}$  cup slivered toasted almonds.  
replace maple syrup with honey.  
add one bunch green onions, chopped



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## Recipe Courtesy of FARMS

### Frittata with Greens\*

Serves 2

#### Ingredients:

- 4 eggs
- 1 tablespoon milk
- Salt and pepper
- $\frac{1}{2}$  to  $\frac{3}{4}$  chopped blanched spinach, chard or kale
- 1 garlic clove, minced
- 1 tablespoon, grated parmesan
- 2 teaspoons olive oil

#### Directions:

- Blanch the greens: boil for 1 minute and then dunk in ice water bath for a few minutes. Squeeze out excess moisture and chop greens.
- Beat eggs and milk in a bowl with salt and pepper to taste. Beat in the greens, garlic and parmesan.
- Heat olive oil over medium-high heat in a 8" nonstick pan.
- Pour in the egg mixture and swirl pan to spread the eggs.
- With a rubber spatula, gently lift up the edges of the frittata and let the eggs run underneath. Repeat to create a few layers.
- Turn the heat down low, cover and cook 7-10 min., until frittata is puffed and just about set. Periodically remove the lid and loosen the bottom of the frittata from the pan so it does not burn.
- If it is still runny on top after 7-10 min. slide frittata onto a plate and cover plate with pan. Flip over pan and plate so frittata lands runny side down in pan. Cook for no longer than 1 minute. Allow to cool to room temp, and serve, or chill. Cut into wedges; they pack easily for a meal on the go.

\*Recipe from NY Times Cooking



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### Frittata with Greens\*

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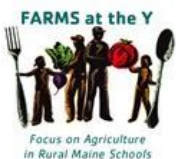
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## Pink Pancakes\*

### Ingredients

- 1 Cup all purpose flour
- 3/4 Cup whole wheat flour
- 3 Tbsp light brown sugar
- 1 Tbsp baking powder
- 1/2 Tsp kosher salt
- 2 medium beets, roasted and pureed (about 3/4 cup)
- 1 1/4 Cup milk
- 1/3 Cup plain greek yogurt
- 1 large egg
- 3 Tbsp unsalted butter, melted
- 1 Tsp vanilla extract

### Directions

- Sift the first 5 ingredients into a bowl.
- Place the rest of the wet ingredients in a separate bowl and whisk thoroughly to combine.
- Add the dry ingredients into the wet and stir until just combined (you don't want to overstir the batter — some lumps are good).
- Drop about 2 tbsp of the pancake mixture onto a greased griddle or pan over medium heat and cook for 3 minutes on each side.
- Serve with desired accompaniments.

\*Recipe courtesy of [www.weelicious.com](http://www.weelicious.com)



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## Seasonal Fruit Tart\* Serves 4-6

### Ingredients

#### For the dough:

- $\frac{1}{2}$  cup all purpose flour
- $\frac{1}{2}$  cup whole wheat flour
- $\frac{1}{4}$  tsp salt
- 6 Tbsp butter, chilled or frozen and cut into 12 pieces
- 4 Tbsp ice water

#### For the filling:

- 2 Tbsp all purpose flour
- $\frac{1}{4}$  cup sugar
- 6-8 plums or apricots or 4-6 apples, pears or peaches, very thinly sliced or 1.5-2 cups berries
- If using frozen fruit, toss with 1 tbs tapioca or corn starch

### Directions

- To make the dough: Mix flour, salt and butter in a bowl by massaging them together with fingers until mixture looks like crumbs.
- Add the water, 1 tbsp at a time, massage more and form the dough into a ball. Flatten into a large disc, cover and refrigerate 1 hour.
- Preheat oven to 400°F.
- To assemble tart: Place disc on baking sheet.
- With a rolling pan, roll dough into 15 inch circle or 6 small circles.
- Sprinkle with flour in the center, leaving a 2 inch border all around.
- Lay the fruit slices over the flour, overlapping them as needed. Sprinkle with sugar.
- Fold up the dough border to partially cover the fruit and pinch and seal the edges.
- Brush the visible dough with water and sprinkle with the remaining sugar on the top of the dough.
- Bake until the top is lightly browned and the fruit is bubbling, 20-30 minutes. If baking mini tarts, check at 15 minutes.

Recipe from Chop, Chop by Sally Sampson

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## Irish Soda Bread Serves 10-12\*

### Ingredients

- ½ cup sugar
- 4 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- ¾ tsp salt
- 3 cups raisins
- 1 Tbsp caraway seeds
- 2 eggs, lightly beaten
- 1 ¼ cups buttermilk
- 1 cup sour cream

### Directions

- Preheat oven to 350 degrees F.
- Grease a 9 inch round cast iron skillet or a 9 inch round baking or cake pan.
- In a mixing bowl, combine flour (reserving 1 tablespoon), sugar, baking powder, baking soda, salt, raisins and caraway seeds.
- In a small bowl, blend eggs, buttermilk and sour cream.
- Stir the liquid mixture into flour mixture just until flour is moistened.
- Knead dough in bowl about 10 to 12 strokes. Dough will be sticky.
- Place the dough in the prepared skillet or pan and pat down. Cut a 4x3/4 inch deep slit in the top of the bread. Dust with reserved flour
- Bake in oven for 65 to 75 minutes.
- Let cool and turn bread on to a wire rack.

\*Recipe referenced from Allrecipes.com



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## Irish White Bean and Cabbage

**Stew\*** Serves 10-12 \*Forks Over Knives

### Ingredients

- 1 large onion, chopped
- 3 ribs celery, chopped
- 2 to 3 cloves garlic, minced
- $\frac{1}{2}$  head cabbage, chopped
- 4 carrots, sliced
- 1 to 1- $\frac{1}{2}$  pounds potatoes, cut in large dice
- $\frac{1}{3}$  cup pearled barley
- 1 bay leaf
- 1 tsp thyme
- $\frac{1}{2}$  tsp caraway seeds
- $\frac{1}{2}$  tsp rosemary, crushed
- $\frac{1}{2}$  tsp freshly ground black pepper
- 6-8 cups vegetable broth or low-sodium vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 14  $\frac{1}{2}$ -ounce can diced tomatoes
- 1 Tbsp chopped parsley
- salt to taste

### Directions

**Crock Pot:** Place the vegetables, seasonings, and barley into a large (at least 5 quart) slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

**Stovetop:** Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add remaining ingredients, check seasonings, and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving.

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# Colcannon Serves 6

## Ingredients:

- 1 ½ pounds Yukon Gold or Red Bliss potatoes (about 4 medium potatoes)
- 1 ½ teaspoons salt, divided
- 2 pounds kale (15-20 large leaves) or ½ head large cabbage, chopped
- 1 cup chopped leeks, scallions or onions
- 1 cup half and half or milk
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons butter

## Directions

- Put whole peeled potatoes in a pot, cover with water and bring to a boil. Add ¾ t. salt and boil until potatoes are tender, 15-20 minutes.
- Drain the potatoes and mash. Set aside.
- If using kale, remove ribs from kale. Tear kale into small pieces.
- Melt butter in a large saute pan. Add leeks, scallions or onions and cook over medium heat, stirring until soft, about 7 minutes.
- Add kale or cabbage to the pan. Cook another 5 minutes or until kale or cabbage is cooked through (cabbage wilted and kale softened).
- Lower heat and add mashed potatoes to the pan. Stir until combined.
- Pour in the half and half and cook until warm.
- Add pepper and season with salt to taste.
- Serve hot and enjoy.

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## Pumpkin Soup Serves 8

### Ingredients

- 2 lbs. Pumpkin ( or another squash like butternut)
- 1 onion
- 1 oz. butter
- Salt and pepper, to taste
- Milk
- 1 litre (4  $\frac{1}{4}$  cups) of vegetable or stock
- Optional additions:
  - $\frac{1}{2}$  tsp cinnamon
  - $\frac{1}{4}$  tsp nutmeg
  - 3 tbsp maple syrup

### Directions

- Cut open pumpkin and scoop out seeds and stringy insides.
- Slice and chop into medium/large chunks.
- Place on baking tray and dot butter over the top.
- Roast for 45 minutes or so, turning over once or twice.
- Meanwhile chop onion, place 1 oz. butter into large saucepan and cook onions gently until soft.
- When pumpkin has roasted remove skin and place pumpkin pieces into saucepan.
- Add vegetable or chicken stock.
- Bring to a simmer and continue cooking for about 20 minutes stirring occasionally
- Puree soup with a hand blender or potato masher.
- Put puree back into saucepan, add salt and pepper to taste and reheat adding milk to achieve desired consistency.

\*Recipe from website: <https://the1940sExperiment.com/>

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# Pumpkin Muffins\*

Serves: 12

## Ingredients:

- 1 cup pureed pumpkin
- 2 large eggs
- $\frac{1}{2}$  cup canola oil
- $\frac{1}{3}$  cup milk
- $\frac{1}{2}$  cup sugar
- 1 cup all purpose flour
- $\frac{1}{2}$  cup whole wheat flour
- 1 tsp salt
- 1 tsp cinnamon
- $\frac{1}{4}$  tsp ground ginger
- $\frac{1}{2}$  tsp nutmeg
- A pinch of clove (optional)
- 1 tsp baking soda

## Directions

- Preheat oven to 350 degrees.
- Grease 12 muffin cups.
- In a large bowl whisk together the pumpkin, eggs, oil and sugar until smooth.
- In a small bowl, mix flour, salt, spices and baking soda.
- Combine wet and dry ingredients, stir just until well combined.
- Pour batter into greased muffin cups, filling each  $\frac{3}{4}$  full.
- Bake muffins for 25-30 minutes.
- Allow to cool in pan for 15 minutes.

Note: You can substitute squash for pumpkins.

You can substitute Gluten Free Flour and Dairy Free ingredients.

\*Adapted from Cooking in the Moment; Four seasons of cooking on an island in



Maine by Kyra Alex



## Mixed Greens and Radish Salad with Vinaigrette

Serves 5

### Salad Ingredients

- 4 ounces mixed greens
- 4 ounces spinach
- 5 radishes

### Directions

- Wash greens and spinach.
- Drain well.
- Slice radishes thinly.
- Toss together.

### Dressing Ingredients

- $\frac{1}{4}$  cup honey
- 2  $\frac{1}{2}$  tablespoons Dijon mustard
- 4 teaspoons rice vinegar

### Directions

- Combine all ingredients in a bowl and whisk until smooth.

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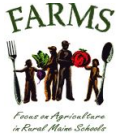
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# Pumpkin Bread

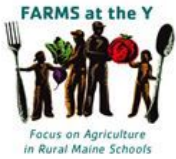
Makes: 2 loaf pans, 9x5x3

## Ingredients

- $\frac{3}{4}$  cup butter
- 1 cup sugar
- 4 eggs
- 2 cups pumpkin
- $\frac{2}{3}$  cup water
- 3  $\frac{1}{2}$  cups flour
- 2 tsp baking soda
- 1  $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp baking powder
- 1 tsp cinnamon
- 1 tsp ground cloves
- $\frac{2}{3}$  cup coarsely chopped nuts (optional)
- $\frac{2}{3}$  cup raisins (optional)

## Directions

- Preheat oven to 350 degrees.
- Grease bottoms only of 2 loaf pans, 9x5x3.
- Cream butter and sugar; add eggs, pumpkin and water.
- Blend in flour, baking soda, salt, baking powder, cinnamon and cloves.
- Pour into pans.
- Bake for about 1 hour and 10 minutes, until wooden pick inserted in center comes out clean.
- Cool slightly. Loosen sides of loaves from pans; remove from pans.



## Quick Tomato Sauce

Serves 4

### Ingredients

- 6 garlic cloves
- One 28-ounce can whole peeled tomatoes
- 5 tablespoons olive oil, plus more for garnish
- Coarse salt
- A few pinches of ground black pepper
- 1 sprig fresh basil

### Directions

- Slice the garlic in thin slivers, about as thick as a quarter.
- Pour tomatoes with all their juices into a medium bowl and, using your hands, crush them into small bite-size pieces. The sauce will be as thick and chunky as you make these pieces, so keep that in mind as you work.
- Put 3 tablespoons of the olive oil in a deep, wide skillet and place over medium heat. Count to 15, add the garlic and a pinch of salt, and then stir. Let the garlic warm up and become fragrant-about 30 seconds-but don't let it brown. When you start to smell the garlic, pour in the tomatoes with all the juice.
- Using a wooden spoon, stir in the remaining 2 tablespoons olive oil,  $\frac{3}{4}$  teaspoon salt, the pepper, and basil(on the stem). Turn the heat to medium-high, bring to a simmer, cover and cook for 15 minutes. Turn off the stove, fish out basil and discard.
- For smooth sauce, let it cool 5 minutes, then transfer to a blender.



## Quick Tomato Sauce

Serves 4

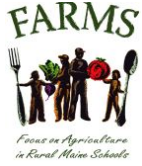
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- Using a wooden spoon, stir in the remaining 2 tablespoons olive oil,  $\frac{3}{4}$  teaspoon salt, the pepper, and basil(on the stem). Turn the heat to medium-high, bring to a simmer, cover and cook for 15 minutes. Turn off the stove, fish out basil and discard.
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# Roasted Brussel Sprouts

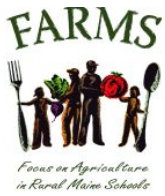
Serves 6

## Ingredients

- 1 1/2 pounds Brussels sprouts
- 3 tablespoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

## Directions

- Preheat oven to 400 degrees F.
- Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves.
- Mix them in a bowl with the olive oil, salt and pepper.
- Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
- Shake the pan from time to time to brown the sprouts evenly.
- Serve immediately.



# Roasted Root Vegetables

Serves 4

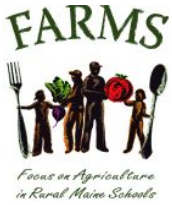
## Ingredients

- 1/2 pound carrots
- 1/2 pound parsnips
- 1/2 pound rutabaga
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

## Directions

- Preheat oven to 400 degrees F.
- Boil a pot of water. Parboil vegetables for 5 minutes.
- Cut off ends of carrots and parsnips. Peel rutabaga.
- Slice carrots, parsnips and rutabaga into same size pieces.
- Mix them in a bowl with the olive oil, salt and pepper.
- Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
- With a spatula, stir the vegetables from time to time to brown them evenly. Serve immediately.

**Variations:** Consider using other vegetables such as beets, turnips, potatoes. In addition, try different seasonings such as parmesan cheese or different herbs and spices.



## Sweet Sesame Ginger Dressing

### Ingredients

- 2 tablespoons fresh lime juice
- 1 teaspoon sesame oil
- 1 teaspoon canola oil
- 1 teaspoon honey
- 1 teaspoon chopped scallion
- 1 teaspoon toasted sesame seeds
- 1/4 teaspoon finely grated ginger
- 1/8 teaspoon salt

### Directions

- Whisk all the ingredients together.
- Can be refrigerated for up to 3 days; Whisk or shake well before serving.



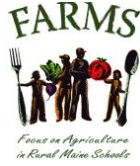
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# Three Sister Stew Makes 4 servings

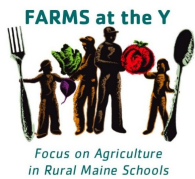
Here's a great main dish option for Thanksgiving dinner. It's somewhat like chili, though more about the squash than beans. In Native American mythology, squash, corn, and beans are known as the "three sisters" — the very crops that the harvest festival of Thanksgiving is meant to celebrate!

## Ingredients:

- 1 small sugar pumpkin or 1 large butternut squash (about 2 pounds), or see shortcut following recipe
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 to 4 cloves garlic, minced
- 1 medium green or red bell pepper, cut into short narrow strips
- 14- to 16-ounce can fire-roasted diced tomatoes, with liquid
- 2 to 3 cups cooked or canned (drained and rinsed) pink or pinto beans
- 2 cups corn kernels (from 2 large or 3 medium ears, or frozen)
- 1 cup homemade or canned vegetable stock, or water
- 1 or 2 small fresh hot chiles, seeded and minced, or one 4-ounce can chopped mild green chilies
- 2 teaspoons ground cumin
- 2 teaspoons chili powder or mesquite seasoning, or more, to taste
- 1 teaspoon dried oregano
- Salt and freshly ground black pepper
- $\frac{1}{4}$  cup minced fresh cilantro or parsley

## Directions:

- Preheat the oven to 375 degrees F.
- Remove stem from the pumpkin or squash and cut in half lengthwise. Cover with aluminum foil and place the halves, cut side up, in a foil-lined shallow baking pan. If your knives aren't sharp enough, just wrap the pumpkin or squash in foil and bake it whole. Bake for 40 to 50 minutes, or until you can pierce through with a knife, with a little resistance.
- When cool enough to handle, scrape out the seeds and fibers (clean the seeds for roasting, if you'd like). Slice and peel, then cut into large dice.
- Heat the oil in a soup pot. Add the onion and sauté over medium-low heat until translucent. Add the garlic and continue to sauté until the onion is golden.
- Add the pumpkin or squash and all the remaining ingredients except the last 2, and bring to a simmer. Simmer gently, covered, until all the vegetables are tender, about 20 to 25 minutes. Season to taste with salt and pepper.
- If time allows, let the stew stand for 1 to 2 hours before serving, then heat through as needed. Just before serving, stir in the cilantro. The stew should be thick and very moist but not soupy; add additional stock or water if needed. Adjust seasonings to your liking. Serve in bowls



## Tomatillo Salsa

Makes 2  $\frac{1}{2}$  cups

### Ingredients

- 1  $\frac{1}{2}$  pounds tomatillos (about 12 medium), husked and rinsed
- 1 to 2 medium jalapeños, stemmed (omit for mild salsa)
- $\frac{1}{2}$  cup chopped white onion (about  $\frac{1}{2}$  medium onion)
- $\frac{1}{4}$  cup packed fresh cilantro leaves (more if you love cilantro)
- 2 tablespoons to  $\frac{1}{4}$  cup lime juice (1 to 2 medium limes, juiced), to taste
- $\frac{1}{2}$  to 1 teaspoon salt, to taste
- Optional variation: 1 to 2 diced avocados, for creamy avocado salsa verde

### Directions

- Preheat broiler with a rack about 4 inches below the heat source. Place tomatillos and jalapeño(s) on a rimmed baking sheet and broil until they're blackened in spots, about 5 minutes.
- Remove baking sheet from oven, carefully flip over the tomatillos and pepper(s) with tongs and broil for 4 to 6 more minutes, until the tomatillos are splotchy-black and blistered.
- Meanwhile, in a food processor or blender, combine chopped onion, cilantro, 2 tablespoons lime juice and  $\frac{1}{2}$  teaspoon salt. Once tomatillos are out of the oven, carefully transfer the hot tomatillos, pepper(s) and all of their juices into the food processor or blender.
- Pulse until the mixture is mostly smooth and no big chunks of tomatillo remain. Season to taste with additional lime juice and salt, if desired.
- The salsa will be thinner at first, but will thicken up after a few hours in the refrigerator. If you'd like to make creamy avocado salsa verde, let the salsa cool down before blending in 1 to 2 diced avocados (the more avocado, the creamier it gets).



## Tomatillo Salsa

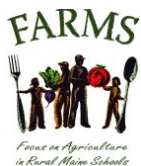
Makes 2  $\frac{1}{2}$  cups

### Ingredients

- 1  $\frac{1}{2}$  pounds tomatillos (about 12 medium), husked and rinsed
- 1 to 2 medium jalapeños, stemmed (omit for mild salsa)
- $\frac{1}{2}$  cup chopped white onion (about  $\frac{1}{2}$  medium onion)
- $\frac{1}{4}$  cup packed fresh cilantro leaves (more if you love cilantro)
- 2 tablespoons to  $\frac{1}{4}$  cup lime juice (1 to 2 medium limes, juiced), to taste
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# Zucchini Crusted Pizza\*

Makes one 14" pizza

## Ingredients:

### Zucchini Crust

- 8 cups shredded zucchini
- 1 cup shredded cheddar cheese
- 2/3 cup flour (sub almond flour)
- 2 cloves garlic, pressed or minced
- 3 tsp dried oregano
- 1 tsp basil
- 2 eggs, beaten
- 1/2 tsp salt

### Homemade Pizza Sauce

- 4 large tomatoes, quartered
- 2 tbs olive oil
- 2 garlic cloves, pressed or minced
- 1 tbs fresh oregano (sub 1 tsp dried)
- 1 tbs fresh thyme (sub 1 tsp dried)
- 1 tsp salt

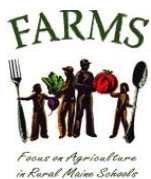
### Zucchini Pizza Crust

- Preheat oven to 550F with a pizza stone pre baking in it.
- In a large bowl, toss the zucchini with 1 teaspoon coarse salt and set aside for 15 minutes. Squeeze the excess moisture out of the squash by wrapping it up in a clean tea towel or piece of cheese cloth and wringing it out, discarding the water.
- Once all of the excess moisture has been wrung out and discarded, place the shredded zucchini back into the bowl and add the cheddar cheese, flour, garlic, oregano, basil, eggs, and salt.
- With your hands, incorporate all of the ingredients together.
- Place the zucchini mixture onto a piece of parchment paper at least 15" in diameter, set on something solid that will make it easy to transfer into the oven.
- Using your fingers, spread the zucchini crust mixture to form a circle about 14" in diameter, 1/2" thick. Pinch the edges up so that it forms a nice crust.
- Once the pizza crust has been shaped, transfer the crust on the parchment paper onto the heated pizza stone in the oven. Bake for 8 minutes or until the crust starts to brown.
- Once the zucchini crust has baked for 8 minutes, transfer the pizza on the parchment paper out of the oven, onto the solid surface you used before.
- Top the pizza with sauce and any additional toppings that you'd like.
- Once the toppings are on, transfer the pizza on the parchment paper back onto the heated pizza stone in the oven and bake for an additional 4 minutes.

### Homemade Pizza Sauce

- In a large heavy bottomed sauce pan, add the tomatoes, olive oil, garlic, oregano, thyme, and salt.
- Bring to a boil, breaking up the tomato. Lower the heat, then simmer for 15-20 minutes.
- Once simmered, puree all of the ingredients in a blender.

\*My Humble Kitchen blog



## Hummus Serves 8

### Ingredients

- 1 (25 oz.) can chickpeas, drained
- $\frac{1}{2}$  cup tahini
- $\frac{1}{4}$  cup light sesame oil (not toasted) or olive oil
- 2 small cloves garlic, peeled, crushed and chopped fine
- salt and freshly ground pepper to taste
- 1  $\frac{1}{2}$  tsp ground cumin
- 3 Tbsp lemon juice
- $\frac{1}{3}$  cup water, more or less
- Optional: 1 large beet, boiled or roasted then pureed

### Directions

- Place everything except water in a mixing bowl, mash with a potato masher.
- Add water as needed.
- Taste and add more garlic, salt, lemon juice or cumin as needed.

### Notes:

For beet hummus add pureed boiled/roasted beet, about  $\frac{3}{4}$ -1 cup, while processing other ingredients.



## Hummus Serves 8

### Ingredients

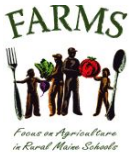
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### Notes:

For beet hummus add pureed boiled/roasted beet, about  $\frac{3}{4}$ -1 cup, while processing other ingredients.



## Recipe Courtesy of FARMS

### Kale Chips

Serves 4-6

#### Ingredients

- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)

#### Directions

- Preheat oven to 350° F.
- Wash kale and spin dry in a salad spinner.
- Remove kale leaves from center stalk and tear into bite-sized leaves.
- Spread out kale leaves on baking sheet.
- Drizzle with olive oil.
- Sprinkle with salt (optional).
- Bake for 15 minutes or until kale is crispy with edges slightly browned.

**Variations:** Try different seasonings such as parmesan cheese or different herbs and spices.

*(Courtesy of UMaine Cooperative Extension)*



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**Variations:** Try different seasonings such as parmesan cheese or different herbs and spices.

*(Courtesy of UMaine Cooperative Extension)*





## Summer Kale Salad

Serves 4

### Ingredients:

- 1 bunch kale, thinly sliced, remove and discard stalks
- 1 lemon, juiced
- $\frac{1}{4}$  cup extra-virgin olive oil, plus extra for drizzling
- 2 tsp honey
- salt
- freshly ground black pepper
- 1 cup sliced fruit  
(mango/peach/strawberries/blueberries)
- small handful toasted pumpkin seeds, optional

### Directions:

- Put the sliced kale in a serving bowl and add half of lemon juice, a drizzle of oil and a little salt.
- Massage with your fingers until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper.
- Stream in  $\frac{1}{4}$  cup of the oil while whisking until a dressing forms and you like how it tastes.
- Pour dressing over kale and add fruit.
- Toss and serve.

## Summer Kale Salad

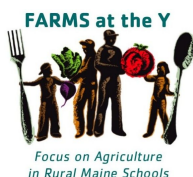
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## Maple Orange Cranberry Sauce

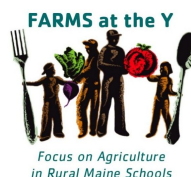
Makes 3 cups

### Ingredients

- 3 cups fresh or frozen cranberries
- 1/3 cup pure maple syrup + more if needed
- 1 tablespoon orange zest
- 1/2 cup fresh orange juice
- 1/2 cup water
- Cinnamon stick

### Directions

- Rinse the cranberries. Discard any mushy or under ripe berries and stems.
- Place a medium-sized saucepan over medium heat and add the cranberries, 1/3 cup pure maple syrup, orange zest, orange juice, water, and cinnamon stick. Cook, stirring occasionally, until the mixture comes to a boil. Continue boiling over medium heat until the berries burst and break down, forming a sauce, 15-20 minutes.
- Taste for sweetness. If it's too tart, add more syrup – a tablespoon at a time – until the sauce tastes sweet enough for you.
- Remove from the heat and let cool. Spoon into your serving container to serve or store in an airtight container, refrigerated, for 3-4 days. You can also freeze your cranberry sauce for up to 2 months. Just place the sauce in an airtight container or zipper freezer bag and transfer to the freezer. Move to the fridge to thaw about 24-48 hours before the big meal.



## Maple Orange Cranberry Sauce

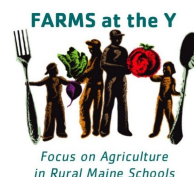
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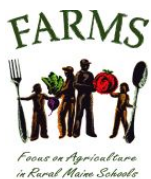
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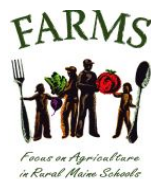
## Potato Leek Soup Serves 4-6

### Ingredients

- 3 large leeks
- 2 Tbsp butter or olive oil
- 4 cups vegetable broth
- 2 # potatoes (Yukon gold or Russet), peeled, diced into  $\frac{1}{2}$  inch pieces
- 1 tsp salt plus more to taste
- pinch of dried marjoram
- 1 or 2 sprigs of fresh thyme, or  $\frac{1}{2}$  tsp dried thyme
- 1 bay leaf
- $\frac{1}{4}$  cup chopped fresh parsley
- sprinkle of Tabasco sauce or other red chili sauce
- white or black pepper to taste

### Directions

- Clean the leeks. Cut them lengthwise, fan them open under running water to dislodge any dirt or mud hiding inside.
- Cut off the tough dark green tops and discard. Slice the leeks crosswise into 1/4-inch thick slices.
- Heat  $\frac{1}{4}$  olive oil or butter on medium heat in a 3 to 4 quart thick-bottomed pot. Add the leeks. Stir to coat. Cover the pot and lower the heat to low, cook for 10 minutes until the leeks are softened. Check to make sure the leeks are not browning.
- Add the broth, diced potatoes, bay leaf, marjoram, thyme and salt. Increase the heat to high to bring to a simmer, then lower the heat to maintain a low simmer, and cook for 20 minutes, until the potatoes are cooked through.
- Remove and discard the bay leaf and thyme sprig.
- Use an immersion blender or standing blender to make the soup smooth. Or blend only partially for a chunky soup.
- Add parsley and cook a few more minutes.
- Add a few dashes of Tabasco to taste.
- Add freshly ground pepper and more salt to taste.
- Garnish and serve.



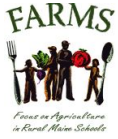
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- Garnish and serve.



# Pumpkin Bread

Makes: 2 loaf pans, 9x5x3

## Ingredients

- $\frac{3}{4}$  cup butter
- 1 cup sugar
- 4 eggs
- 2 cups pumpkin
- $\frac{2}{3}$  cup water
- 3  $\frac{1}{2}$  cups flour
- 2 tsp baking soda
- 1  $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp baking powder
- 1 tsp cinnamon
- 1 tsp ground cloves
- $\frac{2}{3}$  cup coarsely chopped nuts (optional)
- $\frac{2}{3}$  cup raisins (optional)

## Directions

- Preheat oven to 350 degrees.
- Grease bottoms only of 2 loaf pans, 9x5x3.
- Cream butter and sugar; add eggs, pumpkin and water.
- Blend in flour, baking soda, salt, baking powder, cinnamon and cloves.
- Pour into pans.
- Bake for about 1 hour and 10 minutes, until wooden pick inserted in center comes out clean.
- Cool slightly. Loosen sides of loaves from pans; remove from pans.



## Classic Fajitas

Serves: 6

### Ingredients

- $\frac{1}{4}$  cup lime juice
- 1 Tbsp soy sauce
- 1 Tbsp olive oil
- 1 Tbsp minced garlic
- 1 tsp pepper
- 1 yellow or purple onion
- 1 each, red, green, and yellow peppers
- $\frac{1}{4}$  cup canola oil
- 12 medium flour tortillas

### Directions

- Mix first five ingredients.
- Cut all vegetables into  $\frac{1}{4}$  inch strips.
- Marinate vegetables for an hour.
- Heat oil in large frying pan until very hot.
- Cook vegetables until cooked through but not limp.
- While sizzling, serve with flour tortillas to roll individually.

Suggested veggies in strips: green beans, asparagus, carrots, and mushrooms

## Classic Fajitas

Serves: 6

### Ingredients

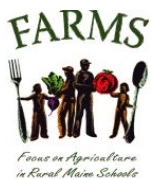
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## Green Hummus\* Makes 2 cups

### Ingredients

- 1 (15-ounce) can chickpeas (garbanzo beans) drained, but reserve the liquid
- 2 cups baby spinach leaves
- 1/3 cup tahini
- 3 tablespoons freshly squeezed lemon juice
- 2 medium garlic cloves, minced
- 1/2 teaspoon salt, plus more to taste
- 1/2 teaspoon cumin (optional)
- Olive oil and paprika for topping, if desired.

### Directions

- Add everything but the liquid from the chickpeas to the pitcher of a blender or food processor. Pulse, adding the bean liquid as needed to get things moving, until the hummus is completely smooth.
- Taste and add additional salt if desired.
- Scoop into a serving dish and drizzle with olive oil and paprika if desired.

\*Recipe courtesy of [www.kitchentreaty.com](http://www.kitchentreaty.com)



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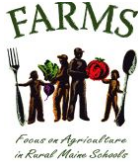


## FARMS at the Y

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Energy Bites

- Old-fashioned oats
- Honey
- Vanilla extract
- Peanut butter
- Sunbutter
- Coconut flakes
- Flax seeds
- Semisweet chocolate chips



# Johnnycakes/Journeycakes

Makes 4 servings

## Ingredients:

- 1 cup white cornmeal
- 3/4 teaspoon salt
- 1 cup water
- 1/2 cup milk
- butter/oil

## Directions:

- In a medium bowl, place cornmeal and salt.
- In a medium saucepan over high heat, bring water to a rapid boil; remove from heat. With the saucepan in one hand, let the boiling water dribble onto the cornmeal while stirring constantly with the other hand. Slowly pour milk in until the mixture is wet but not too runny. It is possible you may not need to use all of the milk.
- Generously grease a large, heavy frying pan (cast-iron pan is ideal) with the butter/oil and heat. When pan is hot, drop the batter by spoonfuls. Flatten the batter with a spatula to a thickness of approximately 1/4 inch. Fry until golden brown, turn, and brown on the other side (adding more bacon drippings as needed).
- Serve hot with butter, maple syrup, or applesauce.

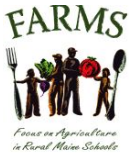
## Johnnycake History:

Johnnycakes, johnny cakes, jonnycake, ashcake, battercake, corn cake, cornpone, hoecake, hoe cake, journey cake, mush bread, pone, Shawnee cake, jonakin, and jonikin. These are all regional names for this cornmeal flatbread.

The origin of the name johnnycakes (jonnycakes) is something of a mystery and probably has nothing to do with the name John. They were also called journey cakes because they could be carried on long trips in saddlebags and baked along the way. Some historians think that they were originally called Shawnee cakes and that the colonists slurred the words, pronouncing it as johnnycakes. Historians also think that "janiken," an American Indian word meant "corn cake," could possibly be the origin.

The settlers of New England learned how to make johnnycakes from the local Pawtuxet Indians, who showed the starving Pilgrims how to grind and use corn for eating. When the Pilgrims landed at Plymouth in 1620, most of their wheat brought from England had spoiled on the long voyage. It is said that Myles Standish (1584-1656), the military leader of the Plymouth Colony, discovered a cache of corn stored by the Indians.

An Indian named Tisquantum (1585-1622), also known as Squanto, was helpful in the settlers' survival during the winter of 1621. Tisquantum was one of five Indians taken to England in 1605 by Captain John Weymouth, who was employed by Sir Ferdinando Gorges of the Plymouth Company and set out to discover the Northwest Passage. In 1614, Tisquantum was brought back to America, assisting some of Gorges' men in mapping the New England coast. Tisquantum lived out the rest of his life in the Plymouth Colony teaching the settlers how to grow corn, pound corn into meal, and how to cook with it. He also acted as interpreter and guide.



## Recipe Courtesy of FARMS

### Kale Chips

Serves 4-6

#### Ingredients

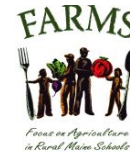
- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)

#### Directions

- Preheat oven to 350° F.
- Wash kale and spin dry in a salad spinner.
- Remove kale leaves from center stalk and tear into bite-sized leaves.
- Spread out kale leaves on baking sheet.
- Drizzle with olive oil.
- Sprinkle with salt (optional).
- Bake for 15 minutes or until kale is crispy with edges slightly browned.

**Variations:** Try different seasonings such as parmesan cheese or different herbs and spices.

*(Courtesy of UMaine Cooperative Extension)*



## Recipe Courtesy of FARMS

### Kale Chips

Serves 4-6

#### Ingredients

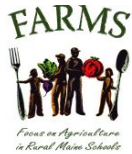
- 3 cups of kale (about 10 large leaves)
- 2 tsp olive oil
- 1/8 tsp salt (optional)

#### Directions

- Preheat oven to 350° F.
- Wash kale and spin dry in a salad spinner.
- Remove kale leaves from center stalk and tear into bite-sized leaves.
- Spread out kale leaves on baking sheet.
- Drizzle with olive oil.
- Sprinkle with salt (optional).
- Bake for 15 minutes or until kale is crispy with edges slightly browned.

**Variations:** Try different seasonings such as parmesan cheese or different herbs and spices.

*(Courtesy of UMaine Cooperative Extension)*



## Butternut Squash Soup

Serves 4

### Ingredients:

- 4 cups vegetable stock
- 2 large onions, chopped
- 4 cups butternut squash, peeled and cubed
- 1 tsp salt
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$  tsp nutmeg
- 1 tsp pepper
- 3 tbsp maple syrup
- 1 cup heavy cream

### Directions:

- In a large pot combine onions and butternut squash with stock.
- Cook for 30 minutes or until squash is fully cooked on medium heat.
- Add salt, cinnamon, nutmeg and pepper and stir to combine.
- Puree soup in a blender or with an immersion blender.
- Add maple syrup and heavy cream.

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## Caesar Salad Serves 4 as side

### Ingredients:

- 2 heads Romaine lettuce, washed and chopped
- 1 tablespoon mayonnaise
- 1-1/2 tablespoons red wine vinegar
- 2 tablespoons freshly squeezed lemon juice, from 1 lemon
- 2 garlic cloves, roughly chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon anchovy paste (or 1 anchovy filet) optional
- 6 tablespoons extra virgin olive oil
- Kosher salt and freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese

### Directions:

- Combine mayonnaise, red wine vinegar, lemon juice, garlic, Dijon mustard, Worcestershire sauce, and anchovy paste in a blender. Blend until smooth. Transfer to a medium bowl. Whisking constantly, add the olive oil in a thin, steady stream until incorporated. Season to taste with salt and pepper.
- In a medium bowl, toss the lettuce with the dressing. Transfer to a serving platter and top with the grated Parmesan cheese.



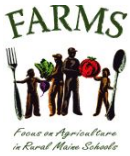
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## Recipe Courtesy of FARMS

### Chocolate Zucchini Muffins Makes 22

#### Ingredients:

- 2 cups grated zucchini
- 1½ cups all-purpose flour
- 1½ cups oats
- ½ cup cocoa powder
- 1½ cup sugar
- 1 tbsp cinnamon (optional)
- 2 tsp baking soda
- 1 tsp salt
- 4 eggs
- 1 cup plain yogurt
- ½ cup dark chocolate chips (optional)

#### Directions:

- Preheat the oven to 350 °F.
- Grate the zucchini.
- Butter or oil 24 muffin tins.
- Measure the dry ingredients (flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt) in a medium bowl.
- Mix the zucchini, eggs, and yogurt in a larger bowl. Add the dry ingredients, then mix until everything is just combined. Add the chocolate chips if you're using them, then stir once.
- Fill each cup about  $\frac{3}{4}$  full and bake for 20 minutes.
- Pull the muffins out and poke with a toothpick or knife. If it comes out wet, bake the muffins for 5 more minutes.
- Let the muffins cool in their tins for 20 to 30 minutes, then eat them warm!

\*Recipe from "Good and Cheap: Eat Well on \$4/Day"



## Recipe Courtesy of FARMS

### Chocolate Zucchini Muffins Makes 22

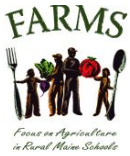
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## Easy Coleslaw

Serves 4 to 6

### Ingredients

- 5 cups shredded green or red cabbage, (about 2 medium heads)
- 2 large carrots, grated
- $\frac{3}{4}$  cup mayonnaise
- $\frac{1}{8}$  cup apple cider vinegar
- 2 Tbsp honey
- 1 tsp caraway seeds
- $\frac{3}{4}$  tsp salt or more to taste

### Directions

- Toss the cabbage and carrots in a large bowl.
- Mix mayonnaise, vinegar, honey, and caraway seeds in a small bowl.
- Pour the dressing over the cabbage; toss to combine.
- Stir in the salt to taste.
- Chill in refrigerator until ready to serve.

## Easy Coleslaw

Serves 4 to 6

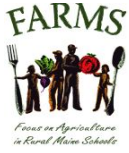
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# Apple Crisp

Serves 16 (2 x 2" piece)

## Ingredients

- 4 cups sliced peeled apples(a mix of varieties is always good) (about  $\frac{1}{4}$  " thick)
- 2 t. lemon juice
- Variation: add 1 cup dried cranberries or frozen blueberries

## Directions

- Preheat oven to 350.
- Lightly butter an 8 x 8 baking dish.
- Toss apples with lemon juice.
- Put them in the baking dish.
- Sprinkle the topping over the apples.
- Bake for 25-30 minutes or until the apples begin to juice and are soft when pierced with a paring knife.

## Topping Ingredients

- $\frac{1}{2}$  cup flour or gluten-free flour
- $\frac{1}{2}$  cup packed light brown sugar
- $\frac{1}{2}$  t. cinnamon
- $\frac{1}{4}$  cup vegetable oil or butter

## Directions

- Mix together first 3 ingredients.
- Blend the oil into the dry ingredients. Do not overmix. The topping needs to be crumbly not oily.