

Maine Harvest Lunch

Food Service Class

March 2009



Name:

Welcome to the 2009

Maine Harvest

Lunch

Local Foods

Cooking Class!

Brought to you by:

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The Maine Organic Farmers and Gardeners Association's purpose is to help farmers and gardeners grow organic food, protect the environment, recycle natural resources, increase local food production, support rural communities, and illuminate for consumers the connection between healthful food and environmentally sound growing practices.

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Made possible by:

The 2008 Cumberland County Maine Harvest Lunch Mini-Grant Program sponsors – PROP's Communities Promoting Health Coalition, Healthy Portland and Healthy Casco Bay Healthy Maine Partnerships, and the Cumberland County Soil & Water Conservation District.

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RULES OF THE KITCHEN

1. Read the whole recipe. Make sure you understand it before starting.
2. Assemble the ingredients and cooking tools before starting.
3. Ask for help if you need it.
4. Clean up as you go. Always leave the kitchen cleaner than when you started.
5. Don't apologize if your food didn't meet your standards. Make a note on the recipe on how to make it better next time.
6. Use the proper tool for the job.
7. Be sanitary. Wash your hands. Wear an apron. Secure your hair. Bleach the counters between each use.
8. Set a pretty table and take the time to enjoy your food.
9. Have fun!!



Maine Organic Farmers and Gardeners Association

Common Ground Education Center

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MAINE LOCAL TWENTY

Twenty food items that Maine has the capacity to produce for its citizens to enjoy all year.

1. POTATOES
2. APPLES
3. MILK / CHEESE /DAIRY
4. BLUEBERRIES
5. EGGS
6. MAPLE SYRUP, HONEY
7. CARROTS
8. FRESH TOMATOES --- PROCESSED TOMATOES
9. GRAINS
10. DRY BEANS
11. GARLIC
12. ONIONS
13. GREENS, SPINACH, KALE
14. SEAFOOD: SHRIMP, SCALLOPS, LOBSTER, MUSSELS, CLAMS, FISH
15. GROUND MEATS: BEEF, TURKEY, LAMB, CHICKEN, SAUSAGE, PORK
16. ROOT VEGETABLES: BEETS, PARSNIPS, TURNIP, RUTABEGA, SUNCHOKEs, LEEKS, CELERIAC
17. WINTER SQUASH & PUMPKIN
18. CABBAGE
19. PROCESSED VEGETABLES: CORN, BEANS, BROCCOLI, PEPPERS, PEAS
20. MUSHROOMS

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2009 MAINE HARVEST LUNCH

~ MENU SUGGESTIONS ~

* * * * *

CARROT CHOWDER
(ground beef, carrots, tomato sauce, veggies)

HOT & SOUR SLAW
(red and green cabbage, onions, peppers, dressing)

BROCCOLI CALZONES
(broccoli, tomatoes, basil, ricotta and mozzarella cheese)

CHICKEN POTPIE with MASHED POTATOES
(chicken, potatoes, carrots, celeriac, thyme)

BLUEBERRY COBBLER
(wild Maine blueberries, Aroostook whole meal flour)

* * * * *

CARROT CHOWDER (FS)

This recipe is very adaptable to lots of different vegetables. Carrot Chowder may be thickened with heavy cream, but in this non-dairy version, pureed tofu is used instead. For a vegetarian version, wheat berries or bulgur may be substituted for the ground beef.

INGREDIENTS:

2 pounds ground beef
2 quarts tomato sauce or chopped tomatoes
5 cups shredded carrots
1 cup chopped celery or celeriac
1 cup chopped onion
1 cup chopped green peppers
6 cloves garlic, minced (or more to taste)
3 cups water
Sea salt and fresh pepper
Celery salt or celery seed
20 ounces soft tofu, pureed in the blender with a bit of olive oil

DIRECTIONS:

In a heavy soup pot, brown the meat in oil over a medium flame. Drain off the excess fat. Add the tomato sauce, vegetables and water and cook until tender. Slowly add the pureed tofu and gently heat, do not boil. Season the soup with the celery salt, sea salt and fresh pepper. Carrot Chowder may be garnished with grated cheese and a crouton.

Makes approximately 25 servings.

Nutritional analysis per serving: 137 calories, 9 grams protein, 10 grams carbohydrates, 7 grams fat (0 grams trans fat), 456 mg. sodium, 2.1 grams fiber.

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HOT AND SOUR SLAW (FS)

My coleslaw always needs a boost in the dead of winter. The dressing is the key to the flavors in Hot and Sour Slaw, be sure to taste it to get just the right spiciness. Be creative and vary the root vegetables; carrots and broccoli are nice additions.

DRESSING INGREDIENTS:

$\frac{3}{4}$ cup rice vinegar
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{4}$ cup sesame oil
3 tablespoons grated fresh ginger
Sea salt and red pepper flakes to taste.

DIRECTIONS:

Whisk the ingredients together in a small bowl. Taste and adjust seasonings.

SALAD INGREDIENTS:

8 cups grated red cabbage
8 cups grated green cabbage
2 cups scallions or chopped onion
4 thinly sliced colored bell peppers

DIRECTIONS:

In a large bowl, toss together the vegetables. Sprinkle with the dressing and mix to coat well. Serve. This salad will keep well for a day or two in the refrigerator.

Makes 25 servings.

Nutritional analysis per serving: 48 calories, 1.2 grams protein, 6 grams carbohydrates, 2.4 grams fat (0 grams trans fat), 184 mg. sodium, 2 grams fiber.

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BROCCOLI CALZONES (FS)

These nutritional and nifty pockets can easily be tucked into a lunchbox. To make them a meal, serve with a green salad and fruit for dessert.

INGREDIENTS:

6 cups chopped broccoli
6 cups chopped tomato (may used canned, drain juice)
4 cups part-skim mozzarella cheese, grated
2.5 cups low-fat ricotta cheese
1 cup finely minced onion
3 tablespoons dried basil
Garlic salt
Fresh pepper
5 pounds whole-wheat pizza dough (recipe follows)
Cooking spray or parchment sheets

DIRECTIONS:

Preheat the oven to 475 degrees. Divide the pizza dough into 25 equal-sized pieces, each weighing about 3.2 ounces. Dust the counter with flour and roll each piece of dough into a circle about 8 inches in diameter. In the bowl of the mixer, combine the chopped broccoli, tomato, mozzarella cheese, ricotta cheese, and dried basil. Season to taste with garlic salt and fresh pepper. Spray baking sheets with cooking spray or line with parchment sheets. Scoop a portion of the filling on half of the circle of each piece of dough. Fold the dough over and pinch the edges to seal. Make 2 slits in the top to allow the steam to escape. Place on baking sheets and bake until they are golden brown, about 12 – 15 minutes. Serve. Makes 25 calzones.

Nutritional analysis per serving: 379 calories, 18 grams protein, 53 grams carbohydrates, 12 grams fat (0 grams trans fat), 906 mg. sodium, 8 grams fiber. Bonus: 45% RDA of Vitamin C, 29% RDA of calcium, 32% RDA of Vitamin K.

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WHOLE-WHEAT PIZZA DOUGH (FS)

This the dough recipe I've used for years to make the crust for the pizzas that Kindergarten students make when they visit my kitchen. If you like, you may use a combination of both bread flour and whole wheat flour, although the children never didn't eat their pizza because it was a whole grain product. This recipe also makes 8 nice loaves of French bread, and is suitable for vegans.

INGREDIENTS:

4.5 cups water
3 tablespoons yeast
6 tablespoons olive oil
1 tablespoon sea salt
3 tablespoons sugar
15 cups, more or less, whole wheat flour

DIRECTIONS:

Equip the Hobart mixer with the dough hook. In the bowl of the mixer, add the water, yeast, olive oil, sea salt and sugar. Add the flour and beat until the dough forms a ball and comes away from the side of the bowl. Remove to a greased bowl and cover with a damp towel to rise.

This dough may be shaped into pizzas, calzones, or individual loaves of French bread. The yield is approximately 5 pounds dough.

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CHICKEN POT PIE WITH MAINE MASHED POTATOES

I love anything smothered with Maine mashed potatoes. Vary the vegetables in this savory pie, and in the winter, use frozen peas, corn and carrots. Be sure to save the carcasses from roast chicken and prepare your own stock.

INGREDIENTS:

1/2 cup butter
1 1/2 cup all purpose flour
1 gallon chicken stock, hot
1 teaspoon dried thyme
Sea salt and fresh pepper
2 pounds cooked chicken, diced
1 pound zucchini and/or summer squash, diced
1/2 pound celeriac or celery, chopped
1/2 pound onion, chopped
1/2 pound carrots, sliced and cooked until al dente
5 pounds potatoes, cooked and made into mashed potatoes

DIRECTIONS:

In a large pot, melt the butter and whisk in the flour. Add the stock slowly, simmering and whisking to form a smooth sauce. Stir in the thyme and season to taste with sea salt and fresh pepper.

Scrub the potatoes. Cook in boiling water on top of the stove until tender. Drain, reserving the water. Add milk, butter, salt and pepper, and some of the cooking liquid. Mash.

Cut up the vegetables. Steam or cook them briefly. In a large bowl, mix together the vegetables, chicken and gravy. Spoon into a hotel pan. Smooth the mashed potato over the top. Cook in a 350 degree oven until hot and the top is golden brown. Makes 25 servings.

Nutritional analysis per serving: 272 calories, 13 grams protein, 23 grams carbohydrates, 14 grams fat (0 grams trans fat), 722 mg. sodium, 2.3 grams fiber.

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WILD BLUEBERRY COBBLER (FS)

This delicious, low-sugar cobbler can also be prepared with blackberries. Both fruits are excellent sources of phytochemicals and antioxidants. Recipe was adapted from The New Vegetarian Epicure by Anna Thomas.

INGREDIENTS:

12 cups frozen or fresh Maine wild blueberries
1 ½ cups sugar
3 tablespoons cornstarch
1 1/3 cups water
1/3 cup lemon juice
2 2/3 cups whole meal flour (or 2 cup all purpose and 2/3 cup wheat germ)
1/3 cup sugar
Generous 1 teaspoon baking soda
Generous 2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon freshly grated nutmeg
8 tablespoons butter, melted
1 1/3 cups liquid buttermilk

DIRECTIONS:

Preheat the oven to 400 degrees. In a large, non-reactive pot, combine the water, 1 ½ cups cup sugar, cornstarch and lemon juice. Stir to dissolve, then add the fruit. Bring the mixture to a simmer over medium heat and cook for a few minutes to cook the cornstarch. Taste and correct the sugar or lemon juice if necessary. Pour the mixture into a greased full –sized hotel baking pan.

In a medium bowl, mix together the dry ingredients (flour, baking soda and baking powder, sugar, and spices) Melt the butter and whisk into the buttermilk. Pour into the dry ingredients and stir until just combined. The batter will be sticky. Drop by spoonfuls onto the fruit. Bake until the topping is golden, about 25 minutes. Makes 25 servings.

Nutritional analysis per serving: 184 calories, 3 grams protein, 36 grams carbohydrates, 4 grams fat (0 grams trans fat), 111 mg. sodium, 4 grams fiber.

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ADDITIONAL MAINE HARVEST LUNCH MENU SUGGESTIONS

~ SALADS ~

SUNBURST SALAD

CARROT RAISIN SLAW

AROOSTOOK WHEAT BERRY FRUIT SALAD

~ SOUPS ~

CARROT–GINGER SOUP

~ ENTREES ~

BLACK BEAN QUESADILLAS

AUTUMN HARVEST CORN & CHEVRE PUDDING

ITALIAN-INSPIRED PASTA with MAINE WHITE BEANS & VEGGIES

TURKEY OR BEEF BARBEQUE BURGERS

~ SIDES ~

MAPLE ROASTED ROOT VEGETABLES

HEIRLOOM TOMATO SALSA

~ DESSERTS & SNACKS ~

PUMPKIN SNACK CAKES

APPLE GINGERBREAD SNACK CAKES

SUNBURST SALAD

This recipe was adapted from one published in “Simply in Season” and was first tested at MOFGA’s “Great Carrot Cook-Off”. It’s a versatile and easy recipe that can be prepared with a food processor and adapted to the ingredients on hand. In the winter, use celeriac, and in the fall, fresh celery is tasty. Dried sweet cranberries and chopped fresh herbs provide the “sunburst.”

DRESSING INGREDIENTS:

1/2 cup lemon or lime juice
1/2 cup orange juice
2 tablespoons honey

DRESSING DIRECTIONS:

Whisk together in a small bowl until honey is dissolved.

SALAD INGREDIENTS:

4 cups apples, grated into the bowl, then pour dressing over it to keep apples from browning)
4 cups chopped celery or celeriac (celery root)
4 cups carrots, shredded or grated
1 cup dried cranberries (plumped in hot water)
.5 cups toasted sesame seeds
Sea salt and fresh pepper
.5 cups chopped fresh herb like mint, basil, parsley

DIRECTIONS:

Toss all ingredients except for the sesame seeds. Sprinkle seeds on top and served.

Makes 25 servings

* This recipe can serve as a starting point for many other options, including cabbage, nuts, grated turnip and / or rutabaga. Creativity is the key when working with seasonal vegetables.

Nutritional analysis per serving: 71 calories, 1 gram protein, 15 grams carbohydrates, 1.6 grams fat (0 grams trans fat), 30 mg. sodium, 2.2 grams fiber.

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CARROT RAISIN SLAW (FS)

This salad contrasts the sharp taste of cumin with the sweetness of raisins. Nutritional benefits include 71% RDA of Vitamin A, 51% RDA of Vitamin K, and 21% RDA of Vitamin C.

INGREDIENTS:

6 large carrots, grated (about 1 1/2 pounds or 6 cups)
6 cups grated cabbage (about 1 1/2 pounds)
1 1/2 cups raisins
1 cup hot water
5 ounces rice vinegar or fresh lemon juice
3 ounces canola oil
1 1/2 teaspoons cumin
Scant, 1/2 teaspoon cayenne pepper
1 tablespoon sugar
1/3 cup chopped fresh parsley
Sea salt and fresh pepper to taste

DIRECTIONS:

Grate the carrots and the cabbage into a medium bowl, either by hand or food processor. Add the hot water to the raisins in a small bowl and let set so the raisins will plump. In a small bowl, whisk together the rice vinegar, canola oil, cumin, sugar, cayenne pepper and fresh chopped parsley – this is the dressing (season to taste with sea salt and fresh pepper). Drain the raisins and add to the carrots and cabbage. Stir the dressing into the salad and serve. Makes about 24, 1/2 cup servings.

Nutritional analysis per serving: 81 calories, 1 grams protein, 12 grams carbohydrates, 3 grams fat (0 grams trans fat), 27 mg. sodium, 2 grams fiber.

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AROOSTOOK WHEAT BERRY FRUIT SALAD (FS)

Wheat berries are the whole, unprocessed kernels of wheat. Packed with B vitamins, zinc, iron, and fiber, they have a chewy texture and nutty flavor. To cook, combine 4 cups berries with 14 cups water in a large pot. Bring to a boil and simmer, covered, until tender, about 45 minutes or more. Drain and rinse. Cooked berries may be stored in the refrigerator or freezer.

INGREDIENTS:

7 cups cooked wheat berries
1 cup orange juice
1 cup dried cranberries
4 apples, cored, unpeeled, and cut into cubes
1 1/2 cups toasted, chopped pecans
1/2 cup raspberry vinegar
1/2 cup olive oil
1/2 cup chopped fresh parsley
Sea salt and fresh pepper to taste

DIRECTIONS:

In a small bowl, combine the dried cranberries and orange juice. Warm a bit in the microwave, let soak, set aside. In a large bowl, combine the wheat berries, pecans and apple chunks. Add the cranberries and orange juice, stirring gently. In a small bowl, whisk together the raspberry vinegar, chopped parsley and olive oil. Add to the wheat berries. Season to taste with sea salt and fresh pepper. Makes 25, 1/2 cup servings.

Nutritional analysis per serving: 218 calories, 5.5 grams protein, 30 grams carbohydrates, 9.6 grams fat (0 grams trans fat), 120 mg. sodium, 5 grams fiber.

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CARROT GINGER SOUP (FS)

This velvety soup is a snap to make and can be served either cold or hot. I have also substituted orange juice for the stock for the extra Vitamin C. Carrot Ginger Soup may also be an encore, using carrots cooked with fresh ginger from a previous meal. This soup freezes well.

INGREDIENTS:

6 cups chopped onion
6 cups peeled and roughly chopped carrots (about 1 1/2 pounds)
1/3 cup olive oil
1–3 inch piece of fresh ginger, peeled and finely chopped
12 cups stock (chicken or vegetable)
Sea salt and fresh pepper to taste

DIRECTIONS:

Heat the oil in a heavy soup pot over medium heat. Add the onions and sauté briefly. Add the chopped carrots and ginger, sautéing for about 5 minutes, until the ginger starts to become fragrant. Add the stock, bring the mixture to a boil, reduce the heat to a simmer, cover the pot and cook until the carrots are tender. Let the mixture cool slightly. Puree the soup in a blender in batches (be careful not to fill the blender more than half-way!) Return the soup to the pot and season to taste with sea salt and fresh pepper. Ladle the soup into hot soup plates or cups. If desired, the top may be garnished with sour cream, yogurt or crème fraîche. The soup may also be chilled and served cold. Makes about 25, 1 cup servings.

Nutritional analysis per serving: 49 calories, 2 grams protein, 8 grams carbohydrates, 1 gram fat (0 grams trans fat), 300 mg. sodium, 1.5 grams fiber. Bonus: 73% RDA Vitamin A.

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BLACK BEAN QUESADILLAS (FS)

This recipe was originally developed for the Lose & Win Program of Hancock County as a Super Bowl snack that wouldn't break the calorie bank. Black Bean Quesadillas are rich in calcium, folate and fiber.

INGREDIENTS:

4 cups cooked black beans
.5 cup hot jalapeno relish or spicy salsa
48 – 6 inch corn tortillas
4 cups whole kernel corn
12 ounces grated cheddar cheese
1 cup chopped fresh cilantro
1.5 cup chopped fresh scallions or green onions

DIRECTIONS:

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.

Combine the black beans, spicy salsa, corn, chopped scallions and fresh cilantro. Place a layer of corn tortillas on the baking sheet. Scoop bean mixture on the tortillas and spread evenly. Top the beans with the grated cheese. Place the remaining corn tortillas on top and gently press to seal.

Bake in the oven until lightly crisped and browned, about 10 – 12 minutes.

Cut each quesadilla into 4 wedges. Serve with additional salsa for dipping. Makes 96 wedges to serve 24 people. Serving size is 4 wedges.

Nutritional analysis per 4 wedges: 237 calories, 10 grams protein, 6 grams fat, 37 grams carbohydrates, 212 mg. sodium, 6 grams fiber.

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AUTUMN HARVEST CORN & CHEVRE PUDDING (FS)

This is a delicious custard that is thickened by puréeing half of the corn in the food processor. In this recipe, fresh basil and Maine goat cheese contribute to the flavors. You could also make this versatile pudding with other cooked vegetables, dried herbs, even Maine shrimp or lobster. Autumn Harvest Corn Pudding is perfect for utilizing extra corn-on-the-cob from a prior meal, or you may use frozen corn, just be sure it is extra-sweet.

INGREDIENTS:

8 cups sweet corn
2 cups fresh basil leaves, chopped
1/3 cup all purpose flour
4 cups whole milk
8 eggs
Sea salt and fresh pepper to taste
8 ounces chevre (Maine goat cheese) (optional)

DIRECTIONS:

Grease a large hotel baking pan. Preheat the oven to 350 degrees.

In the bowl of your food processor, pulse 4 cups of the sweet corn until chopped. Scrape into a large bowl. Stir in the remaining corn, basil and flour. Whisk in the milk and eggs. Season with sea salt and fresh pepper. Pour the mixture into the baking dish. Sprinkle the goat cheese over the mixture. Bake in the oven until set, about 45 minutes to one hour. Let stand 15 minutes before serving. Autumn Harvest Corn & Chevre Pudding may be served hot, cold or at room temperature. Makes 25 servings.

Nutritional analysis per serving: 130 calories, 7 grams protein, 15 grams carbohydrates, 5 grams fat (0 grams trans fat), 76 mg. sodium, 1.5 grams fiber.

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ITALIAN INSPIRED PASTA WITH MAINE WHITE BEANS & VEGGIES (FS)

*This classic Italian dish is usually served as a soup. Here we prepare it as a nutritional luncheon dish.
Feel free to vary the veggies and kinds of beans. Let your imagination run wild!*

INGREDIENTS:

3 ounces olive oil
3 cups onion, chopped (about 1 pound)
3 celery pieces with leaves, chopped
3 cups broccoli, chopped (about 1 pound)
3 sweet bell peppers, seeded and chopped
6 or more garlic cloves, peeled and chopped
3–15 ounce cans chopped Italian plum tomatoes and juice
1 1/2 pounds whole wheat pasta cooked until al dente (penne is a good shape)
4 1/2 cups cooked Maine white beans
1 tablespoon fresh rosemary, minced
2 tablespoons dried basil
1 tablespoon dried sage
1 teaspoon red pepper flakes (optional)
Freshly grated Parmesan cheese
Sea salt and fresh pepper

DIRECTIONS:

Heat the oil in a large pan on top of the stove over moderate heat. Add the onions and cook until they start to soften. Add the garlic, celery and sweet bell pepper and cook until they start to soften. Stir in the chopped tomatoes and juice, basil, broccoli, sage, rosemary, and red pepper flakes. Pour into a hotel pan. Stir in the pasta. Stir in the beans and heat thoroughly in a 350 degree oven, adding water if necessary. Season to taste with sea salt and fresh pepper and more herbs if necessary. Serve with freshly grated Parmesan cheese. Makes about 25 servings.

Nutritional analysis per serving: 205 calories, 8 grams protein, 35 grams carbohydrates, 4 grams fat, (0 grams trans fat), 250 mg. sodium, 5.5 grams fiber. Nutritional bonus: Good source of Vitamin C, thiamin, and folate.

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BARBEQUE BURGERS (FS)

These burgers freeze extremely well, and you can cook them on the grill directly from the freezer. Adding chopped vegetables and cooked wheat berries increases the nutritional value and fiber content. Vary the type of barbecue sauce according to your taste.

INGREDIENTS:

2 1/2 pounds ground beef or ground turkey
2 1/2 cups cooked wheat berries *
2 1/2 cups chopped veggies (onions, carrots, peppers)
10 ounces grated cheddar cheese
2 1/2 cups barbecue sauce
2 1/2 cups dried bread crumbs

* Wheat berries are the whole, uncooked kernels of wheat that are ground to make bread. To cook, add 2 cups dry berries to 7 cups water. Boil until berries are just tender, about 45 minutes. Drain and use. 2 cups of dry berries makes about 3 1/2 cups cooked berries.

DIRECTIONS:

Mix ingredients together in a large bowl. Shape into patties. Freeze or refrigerate until ready to use. To cook, bake in a hotel pan in a 350 degree oven. These burgers may also be cooked on the grill. Makes 25, 4-ounce burgers.

This mixture can also be used to make meatloaf or meatballs, just by adding one egg to the meat mixture, then shape.

Nutritional analysis per serving (made with lean ground beef): 276 calories, 18 grams protein, 24 grams carbohydrates, 12 grams fat (0 grams trans fat), 450 mg. sodium, 3 grams fiber.

Nutritional analysis per serving (made with ground turkey): 227 calories, 14 grams protein, 24 grams carbohydrates, 8 grams fat (0 grams trans fat), 450 mg. sodium, 3 grams fiber.

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MAPLE ROASTED ROOT VEGETABLES (FS)

The maple syrup highlights the natural sugars of root vegetables. Vary the root vegetables to include beets and potatoes. Maple Roasted Root Vegetables are an excellent way to utilize regional, seasonal ingredients, and provide over 200% of the RDA for Vitamin A, 41% RDA for Vitamin C, and 19% for Vitamin K.

INGREDIENTS:

2 1/2 pounds peeled and chopped sweet potato
2 pounds peeled and chopped turnip
2 pounds peeled and chopped parsnip
2 pounds peeled and chopped carrots
1 1/2 pounds onions, chopped
1 cup maple syrup
1/2 cup olive oil
Sea salt and fresh pepper

DIRECTIONS:

Spray a baking sheet with cooking spray. In large bowl, whisk together the maple syrup and olive oil. Coat the vegetables with the mixture and season to taste with sea salt and fresh pepper.

Roast the vegetables in a preheated 450 degree oven for about 35 minutes, until the vegetables are tender. Stir and shake the vegetables every few minutes to cook evenly. Season to taste (again) with sea salt and fresh pepper. Makes about 25 servings.

Meal suggestion: Maple Roasted Root Vegetables, Grilled Chicken Breast or Hamburger, Sautéed Spinach, and Apple Slices for dessert.

Nutritional analysis per serving: 166 calories, 2 grams protein, 30 grams carbohydrates, 5 grams fat, 53 mg. sodium, 4.5 grams fiber.

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FRESH TOMATO SALSA

Salsa is literally the Spanish word for “sauce”. There are hundreds of variations, which usually include tomatoes, onion, garlic, hot peppers, cilantro, and an acid like vinegar or lime juice. Armed with a food processor, you too can become a whiz at making fresh salsas. Serve salsas over fish, with chicken, stir them into a salad, and eat them on a sandwich!

INGREDIENTS:

8 ripe tomatoes
1 large red or white onion
2 cloves garlic, more to taste if desired
2 limes, grated (for zest) and juiced
1 jalapeno or other hot chile pepper, more to taste if desired
1/2 cup or more chopped fresh cilantro
Sea salt and fresh pepper

DIRECTIONS:

In your food processor, finely chop the garlic. Add the onion and pulse to chop. Wearing gloves, remove the seeds from the chile peppers. Add to the food processor and chop. Add the tomatoes and pulse to chop. Stir in the lime zest, lime juice and season to taste with sea salt and fresh pepper. Garlic salt may also be used to season.

VARIATIONS: Instead of red tomatoes, use a combination of yellow tomatoes and “tomatillos”, Mexican green tomatoes. Try roasting the peppers in a hot oven or on the grill for a smoky flavor. To prepare guacamole, pulse a clove or two of garlic in the food processor. Add a ripe avocado and 1/2 cup more or less of salsa. Puree until smooth enough to eat. It’s that simple!

NOTES:

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PUMPKIN SNACK CAKES

My teenagers are always rummaging through the cupboards for a snack. I make Pumpkin Snack Cakes and store them in the freezer. Better than cookies, one little cake has over a gram of fiber and provides 20% of the RDA of Vitamin A. Dry milk powder and chopped apricots replace the sugar to add extra calcium and Vitamin C.

INGREDIENTS:

DIRECTIONS:

Stir dry mixture into pumpkin mixture. Stir in chocolate chips and finely chopped dried apricots.

Preheat oven to 350 degrees. Spray mini-muffin pans with cooking spray. Spoon batter into pans and bake for about 15 minutes, until a toothpick comes out clean. Let cool on rack. Store in tins, plastic bags or plastic containers. Makes 72 cakes.

Nutritional analysis per cake: 83 calories, 2 grams protein, 10 grams carbohydrates, 4 grams fat, 1 gram fiber, 29 mg sodium.

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APPLE GINGERBREAD SNACK CAKES

This is a wonderful snack based on a very old recipe for hot-water gingerbread. The chopped apples give these cakes extra moistness and a wonderful flavor. These Snack Cakes freeze well also.

INGREDIENTS:

$\frac{1}{4}$ cup canola oil
 $\frac{1}{2}$ cup applesauce
1 egg
 $\frac{3}{4}$ cup molasses
1 cup hot water
2 $\frac{1}{2}$ cups whole meal flour (available in health food stores or use whole wheat)*
1 teaspoon cinnamon
1 teaspoon ginger
1 $\frac{1}{2}$ teaspoons baking soda
3 medium apples, cored, unpeeled, chopped in the food processor

DIRECTIONS:

Preheat the oven to 375 degrees. Grease or spray 60 mini muffin tins.

In a small bowl, beat together the canola oil, applesauce, egg, and molasses. Set aside. In a large bowl, stir together the whole meal flour, cinnamon, ginger and baking soda. Fold in the chopped apples. Mix in the molasses mixture, then stir in the one cup of hot water. Bake in 375 degree oven until a toothpick comes out clean, about 15 - 20 minutes. Let cool on a rack for a few minutes, then remove from the muffin tin. Makes 60 mini muffins.

Nutritional analysis per serving: 44 calories, 1 grams protein, 8 grams carbohydrates, 1 grams fat (0 grams trans fat), 36 mg. sodium, 1 grams fiber.

* Whole meal flour is made by grinding grain (wheat berries) and contains the germ and bran of the wheat. It can often be purchased in health food stores, or you may substitute whole-wheat flour.

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