

KIDS IN THE GARDEN RECIPES 2012

Spinach Salad with Orange Honey Vinaigrette Makes 4-6 servings.

1 T. Honey

2 T. frozen orange juice concentrate, softened

1 tsp minced shallot

1 T. red wine vinegar and 1 T. balsamic vinegar

½ C. olive oil

salt and pepper

1 bunch spinach

1 small red onion, sliced as thinly as possible

2 oranges, sectioned

1/3 c. roasted almonds

Whisk (with fork) honey, orange juice concentrate, shallots, and vinegars in a bowl. Gradually whisk in oil. Season to taste with salt and pepper.

Remove stems from spinach leaves and tear into bite-sized pieces if leaves are large. Place in bowl with oil/vinegar mixture.

Peel and section oranges, slice each section in half with table knife, add to bowl.

Add sliced onions and almonds to bowl. Mix all ingredients thoroughly to lightly coat.

Sweet Zucchini Biscuits – makes 5 dozen

Preheat oven to 350.

½ C. margarine or butter softened

1 C. packed light brown sugar

2 eggs

1T orange or lemon juice

2 ½ C. all-purpose flour

2 tsp. baking powder

½ tsp ground cinnamon,

½ tsp. ground mace,

¼ tsp. salt

1 ½ C. shredded, drained zucchini

½ C. chopped pecans

1 T. grated orange zest

powdered sugar & sifter

Beat butter/margarine until fluffy. Beat in sugar, eggs, and orange/lemon juice. Combine flour, baking powder, spices, and salt. Add this to margarine/sugar mixture.

Combine zucchini, pecans, and orange zest. Add this to the above mixture.

Drop the mixture by teaspoonfuls onto cookie sheets. Bake about 10 minutes. Sprinkle with powdered sugar before serving.

Spunky Red Bean Chile Dip – Makes about 1 ½ cups

3 C. dried beans , cooked (use any red-type: cranberry, kidney beans, Jacob’s Cattle, etc.)

1 T. minced garlic

¾ tsp. ground cumin

1 ½ tsp. bottled hot pepper sauce

¼ c. oil (add a little more if dip is too thick)

3 T. red wine vinegar

3 T. chopped fresh cilantro

ground pepper to taste

Tortilla chips, paper plates, napkins

Add all ingredients to food processor and puree until fairly smooth. Serve with chips.

Curry Pecan Deviled Eggs

Recipe courtesy Paula Deen

Serves:

24 deviled eggs halves

Ingredients

- 1 dozen hard-boiled eggs
- 1/2 cup mayonnaise
- 1/2 cup chopped toasted pecans
- 1 tablespoon whole milk
- 1/2 teaspoon curry powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh chives, optional

Directions: Peel the eggs and cut in half lengthwise, with adult help. Remove the yolks and place in a large bowl. Reserve the whites and place in a cupcake liner.

To the large bowl with egg yolks, add the mayonnaise, pecans, milk, curry powder, salt and pepper to the yolks, stirring to combine.

Fill a Ziplock or (pastry bag) with the yolk mixture, close tightly, and snip an opening in the corner. Pipe it into the egg white halves. Arrange on a platter and garnish with chives if desired.

L.O.V.E. Wrap Sandwich (Lettuce, Onion, Vegetable, Egg Salad)

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Serves: 12 half-wraps

Ingredients

- 12 hard boiled eggs
- 3 T. mayonnaise
- 1 ½ teaspoon Dijon mustard
- 3T. fresh chives, finely chopped
- Salt and pepper
- 6 pieces whole-wheat wrap bread (9 inches in diameter)
- 1 red bell pepper, cut into strips
- ½ C. chopped onion
- Leaves romaine lettuce, torn into pieces (about 1/2 cup)
- Toothpicks (35 total)

Directions

Dice 6 whole eggs and 6 egg whites (6 yolks will be unused and may be reserved for another use if desired) and put into a small bowl.

Add the mayonnaise and mustard and stir with a fork, mashing somewhat for desired consistency.

Stir in chives and season with salt and pepper.

Place wrap bread on a plate and spread the egg salad in the middle using a spoon. Top with the peppers, onion slices and the lettuce. Roll into a wrap sandwich. Secure each end with a toothpick. Cut each wrap in half to make 12 half-wraps. Place on serving trays.

Kale Caesar Salad – Makes 36 servings:

6 cups fresh bread crumbs

6 cloves garlic, split lengthwise

1 T. lemon zest

1 c. Olive oil

6 T. salt

6 pounds kale

8 T. lemon juice

6 oz. Parmigiano-Reggiano grated cheese

small plates, forks, napkins for serving – 1/person

Toast the breadcrumbs as follows:

Combine all breadcrumbs in a saucepan with the garlic, add the garlic, lemon zest, olive oil. Stir to coat well. There should only be a light coating of oil in the bottom of the pan. Season with salt and place over medium-high heat. Cook, stirring constantly, until the crumbs have darkened and toasted, about 5 mins. Set aside to cool.

Remove stems from kale and tear leaves into bite-sized pieces. Place in the large mixing bowl with 2 tsp. salt and 2 T. olive oil. Grab the leaves by the handful and massage them roughly. Don't be timid. After a minute or two, the coarse, stiff leaves will turn soft and silky. You'll have about half the volume of kale you started with.

Add the toasted bread crumbs and lemon juice and toss well. Season to taste with more salt and lemon juice if necessary. Sprinkle with cheese.

Three Sisters' Salad (doubled recipe)

Ingredients

- 4 cups corn kernels (4 or 6 cobs)
- 2 large tomatoes, diced
- 2 medium zucchinis, grated
- 4 medium carrots, grated
- 6 stalks celery, diced
- 1 cup chives, minced
- 1 cup cilantro
- 2 (19 ounce) cans black beans
- 2 (19 ounce) cans red kidney beans
- 2 (19 ounce) cans chickpeas
- 1/2 cup olive oil
- 1/2 cup vinegar
- 2 teaspoons ground cumin (use Mexican seasoning for milder taste)
- 1 teaspoon salt
- 1 teaspoon savory
- 1 teaspoon chervil
- 1 teaspoon ground celery seed
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Directions

1. Cook the corn briefly.
2. Drain and let cool.
3. Chop the tomato and prepare the remaining vegetables and herbs.
4. Rinse and drain the beans.
5. Mix the vegetables, herbs and beans together in a large bowl.
6. Mix the oil, vinegar and spices.

Directions

7. Toss all ingredients into the salad.
Serve chilled.

Cauliflower Broccoli Salad with Apples and Raisins (6-8 servings)

1 c. mayonnaise 3 C. chopped broccoli 3 C. chopped cauliflower
¼ c. sugar ½ C. raisins ¼ C. chopped red onion
2 T. vinegar 1 unpeeled apple, diced 2T. bacon bits
salt and pepper to taste small plates and forks 1/person

Break apart broccoli and cauliflower florets into small pieces. Place into mixing bowl. Core apple and cut apple sections into small pieces. Add diced red onion, raisins, and bacon bits. Measure into small bowl the mayonnaise, sugar, and vinegar and mix well with fork. Add the broccoli – cauliflower mixture and stir thoroughly. Add salt and pepper to taste.

Couscous with Kohlrabi and Chermoula Dressing

From “Asparagus to Zucchini”

1 ½ tsp. minced garlic 2 T minced cilantro 2 T. minced parsley
1 tsp. paprika salt
½ tsp. ground cumin (can substitute Mexican seasoning for a milder taste)
3 T lemon juice 3 T olive oil 3 C. cooked couscous
2 C peeled, diced Kohlrabi ½ C. diced radishes
16 kalamata olives, chopped ½ C. crumbled feta

Mix couscous with Kohlrabi, radishes, and olives. Combine lemon juice, olive oil, garlic, cilantro, parsley, cumin, paprika, and garlic. Add to Kohlrabi mixture and combine thoroughly. Add feta and stir. Season with salt as desired.

“Bug Crackers”



Ingredients:

Ritz crackers, cream cheese spread (use veggie cream cheese), cherry tomatoes, ripe olives, black sesame seeds (or poppy seeds), chives.

To make one bug cracker:

Place cracker on a plate and spread with cream cheese spread. Cut one cherry tomato in half. Place one half of cherry tomato on cracker being sure to place it closer to one side to allow for olive placement. Add one ripe olive next to the tomato cherry half in a position to look like a head. Be sure to have the hole facing upward for placement of “antennae.” Add black sesame seeds or poppy seeds to look like spots. Using scissors, trim chives to a shorter length. Place inside hole of olive to look like “antennae.”

GARDEN RANCH PIZZA (to make 12 servings)

1 package (13.8 ounces) refrigerated pizza crust
½ c. mayonnaise
½ pkg. (1 oz) ranch seasoning and salad dressing mix (2 T.)
1 garlic clove, pressed
2 c. shredded mozzarella cheese, divided
1 c. coarsely chopped broccoli
½ c. diced red bell pepper
1 medium carrot, sliced (or use matchstick carrots)
½ c. pitted ripe olives, sliced
¼ c. grated Parmesan cheese

Preheat oven to 425 degrees. Line baking sheet with parchment paper. Unroll pizza dough onto baking sheet, shaping into a large triangle. (Large enough to cut into 12 servings) In a bowl, combine mayonnaise, ranch seasoning mix and garlic. Spread over pizza crust evenly to within ½ inch of edge. Top with half of mozzarella.

Sprinkle broccoli, bell peppers, carrots, and olives over pizza; top with remaining mozzarella cheese. Bake 18-22 minutes until edges are golden brown. Remove from oven, let cool 10 minutes. Cut into 12 servings.