

Farmer in the Kitchen

Recipe Book

Chef: _____

After-School Cooking Class K-1
Winter 2020

Honey Lemon Dip

Source: <https://www.myrecipes.com/recipe/apple-chips-yogurt-dip>

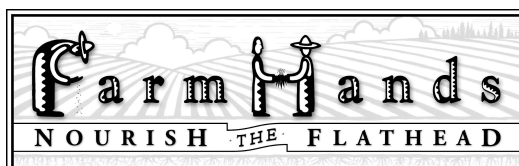
Ingredients:

- 1 cup yogurt
- 1 ½ Tbs honey
- 2 Tbs fresh mint, optional
- 1 tsp lemon zest
- 2 ½ Tbs lemon juice
- 2 cups fruit and vegetables for dipping

Directions:

1. Mince mint with scissors or a knife, zest lemon rind, juice lemon, and slice fruits and vegetables for dipping.
2. Combine all ingredients in a large bowl and mix well.
3. Taste dip and adjust as necessary.

Notes:



Nut/Seed Butter Honey Dip

Source: <https://lml.org/honey-peanut-butter-yogurt-dip/>

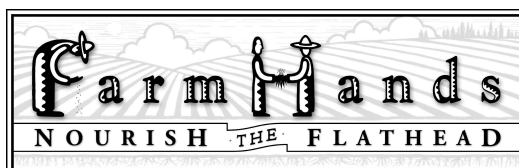
Ingredients:

- 1 cup yogurt
- 1 ½ Tbs honey
- ¼ tsp vanilla
- 2 Tbs nut or seed butter
- 2 cups fruit and vegetables for dipping

Directions:

1. Slice fruits and vegetables for dipping
2. Combine all ingredients in a large bowl and mix well. A whisk or fork might be best to incorporate the peanut butter. You can microwave the peanut butter for 15 seconds if you are having trouble whisking it.
3. Taste dip and adjust as necessary.

Notes:



Homemade Ranch Dip

Source: <https://www.superhealthykids.com/recipes/5-minute-homemade-ranch/>

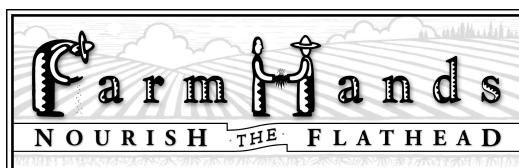
Ingredients:

- ½ cup yogurt
- 1 tsp apple cider vinegar
- ¼ tsp onion powder
- ¼ tsp dried dill weed or parsley
- ¼ tsp garlic powder
- ¼ tsp salt
- 2 cups fruit and vegetables for dipping

Directions:

1. Slice fruits and vegetables for dipping
2. Combine all ingredients in a large bowl and mix well.
3. Taste dip and adjust as necessary.

Notes:



Carrot Mint Salad

Source:

<https://www.serious-eats.com/recipes/2012/02/serious-salads-grated-carrot-and-mint-salad-w.html>

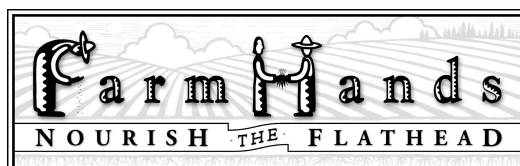
Ingredients:

- 1 pound carrots
- 1/4 cup fresh mint
- 2 Tbs dried currants, cranberries, or raisins
- 1 lemon (juice and zest)
- 3 Tbs olive oil
- 2 tsp honey
- 1/4 tsp salt
- ground black pepper

Directions:

1. Grate carrots, finely chop mint with a knife or scissors, and zest and juice lemon
2. Combine about 1 tsp lemon zest, about 1 Tbs lemon juice, olive oil, honey, and salt in a small bowl and mix until well combined
3. Combined grated carrots, mint, dried currants, cranberries, or raisins in a large bowl and add dressing. Mix well to combine. Taste and adjust seasoning and add black pepper to taste.
4. Cover and refrigerate until ready to serve (let sit for a few hours for flavor!)

Notes:



Plant Part Wraps

Source: FoodCorps "Plant Part Wraps"

Ingredient Ideas (by plant part):

| | | | | |
|----------------|------------------------|-------------------------|----------------------|----------------------------------|
| Roots | carrots | beets | parsnips | radishes |
| Stems | celery | asparagus | green onions | |
| Leaves | cabbage | kale | chard | romaine lettuce, basil |
| Flowers | broccoli | cauliflower | nasturtiums | violets or borage |
| Fruits | tomatoes | apples or pears | peppers or cucumbers | grapes or berries or clementines |
| Seeds | sunflower olive oil | pumpkin rice vinegar | pomegranate honey | salt |

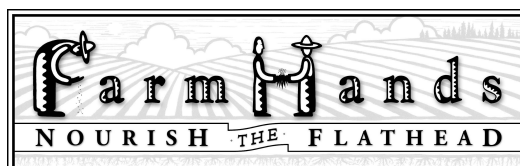
Salad Dressing Ingredients:

- 3 parts olive oil
- 1 part rice vinegar
- 1 Tbs honey
- salt to taste

Directions:

1. Prep all ingredients (rinse, chop, grate, slice, peel each of the ingredients as needed).
2. Create wraps by starting with a "leaf" and adding at least one of each plant part to your wrap, add salad dressing and enjoy!
3. Create a simple salad dressing with 3 parts olive oil, 1 part rice vinegar, 1 Tbs honey, and salt to taste.

Notes:



Apple Cinnamon Pancakes

Source:

<https://www.twopeasandtheirpod.com/whole-wheat-apple-cinnamon-pancakes-with-cinnamon-syrup/>

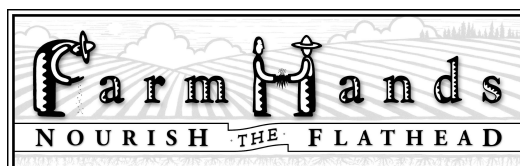
Ingredients:

- 1 cup whole wheat flour
- 2 ½ Tbs brown sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 1 tsp ground cinnamon
- 1 cup buttermilk
- 1 Tbs oil (canola, safflower, olive, etc)
- 1 large egg
- 1 tsp vanilla
- 1 cup diced apple

Directions:

1. Core and dice the apple. In a medium bowl, whisk together the dry ingredients (flour, sugar, baking powder, baking soda, salt, and cinnamon). Set aside.
2. In a small bowl, whisk together wet ingredients (buttermilk, oil, egg, and vanilla). Pour wet ingredients over dry ingredients and whisk until combined. It's okay to leave some lumps. Fold in the apples
3. Heat a griddle or pan over medium heat. Add a small amount of oil or butter and pour the pancake batter (about ¼ cup at a time) onto the hot pan. Keep the pancakes a few inches apart. When the pancakes start to bubble and the edges firm up, flip the pancakes and cook the other side.

Notes:



Pumpkin Bread

Source: <https://www.100daysofrealfood.com/recipe-pumpkin-bread/>

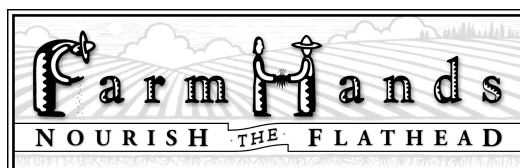
Ingredients:

- 1 ½ cups whole wheat flour
- 1 ½ tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ⅛ tsp ground cloves (optional)
- 1 tsp baking soda
- ¼ tsp baking powder
- ½ tsp salt
- 2 eggs
- ½ cup oil (vegetable, coconut, etc)
- ½ cup honey or maple syrup or agave
- ½ tsp vanilla
- 1 cup pumpkin puree
- ½ cup chopped nuts (optional)

Directions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, whisk together all dry ingredients (flour to salt).
3. Make a well (hole) in the center and add the eggs, oil, honey, and vanilla. Stir together with a fork, but do not over mix. Fold in the pumpkin puree and nuts.
5. Generously grease a loaf pan and pour in the batter.
6. Bake for 30-40 minutes. Check for doneness by inserting a toothpick or a butter knife into the center of the bread. When ready, it will come out clean.
7. Let the loaf cool in the pan for about 10 minutes before slicing and enjoying!

Notes:



Mashed Potatoes

Source: <https://www.foodandwine.com/recipes/red-skin-potato-mash>

Ingredients:

- 6 pounds potatoes
- 2 cups milk
- ½ pound unsalted butter, softened
- 2 scallions (green onions)
- dash salt
- dash black pepper

Directions:

1. Rinse and scrub the potatoes under cool water. Cut the potatoes into 2-inch chunks.
2. Put the potatoes in a large pot and cover with water. Cover the pot and bring it to a boil. Add a large pinch of salt and boil, uncovered, over medium-high heat, until fork tender, for about 25 minutes.
3. While the potatoes are cooking, thinly slice the scallions and set aside. When the potatoes are almost ready, gently warm the milk (and the butter if it isn't soft) on the stovetop or in the microwave.
3. Drain the water from the potatoes and return potatoes to the pot or add to a large bowl.
4. Lightly mash the potatoes with a masher, large fork, mixing spoon, or other tool.
5. Add the butter and milk and mash until incorporated. Add the scallion and taste. Season the potatoes with salt and pepper.

Notes:



Sautéed Greens

Source:

<https://www.washingtonpost.com/recipes/sauteed-greens-with-ginger-garlic-and-soy-sauce/9759/>

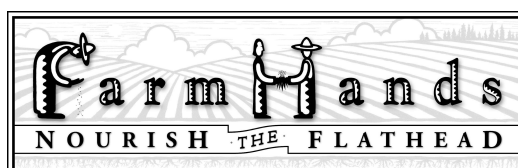
Ingredients:

- 4 Tbs olive oil, butter, or other oil
- 3 pounds of hardy greens (mustard, spinach, chard, kale, beet greens, arugula)
- 4 Tbs soy sauce
- 2-3 cloves garlic
- 1½ -inch piece of ginger
- salt
- black pepper

Directions:

1. Create your mise en place by peeling and finely mincing the garlic, and ginger. Wash the greens and tear or chop any large pieces into smaller pieces.
2. Heat the oil in a large skillet or sauté pan over medium heat. Add the garlic and ginger and cook for about two minutes, stirring occasionally, until softened.
3. Add as many greens as will fit in the skillet and use tongs to turn and coat them. Add a lid to the pan to speed up the process. Once the greens are wilted, add the rest of the greens.
4. Add the soy sauce and mix well. Add a little water if necessary to help the greens wilt and cook more quickly. Season with salt and pepper and cook for 2-3 more minutes.
5. Taste, season, and serve.

Notes:



Tomato Sauce + Spaghetti Squash

Source: <https://www.myrecipes.com/recipe/simple-tomato-sauce-pasta> and <https://www.thekitchn.com/how-to-cook-spaghetti-squash-in-the-microwave-223928>

Ingredients:

- 1 spaghetti squash (or pasta of any kind)
- 1 28oz can of whole tomatoes
- 8 fresh basil leaves or 1 TBS dried basil
- ½ tsp crushed red pepper (optional)
- 2 Tbs olive oil
- ¼ tsp salt
- 3 cloves garlic
- ground black pepper
- grated cheese for garnish (optional)

Directions:

1. Briefly pulse tomatoes with an immersion blender, blender, or food processor. Or remove the tomatoes and roughly chop them using a sharp knife.
2. Crush and peel garlic. Add oil, garlic, and red pepper in a heavy pot. Cover over medium heat, stirring frequently, until garlic is pale and golden, about 2 minutes. Add tomatoes, basil, and salt and simmer uncovered, stirring occasionally, until thickening and reduced (about 40 minutes).
3. Prepare your squash. Rinse the outside of the squash. Slice the spaghetti squash in half lengthwise and scoop out the seeds.
4. Flip the squash upside down on a microwave safe baking dish. Poke the outside of the squash with a fork. Fill the dish with an inch of water and microwave on high for 5 minutes. Check the squash and continue microwaving until a fork poked through the skin slides easily into the squash.
5. "Pull" squash strands by dragging a fork through the cooked squash across the squash from side to side (not lengthwise). Add these strands to a large bowl and season with olive oil, salt, and pepper.

Notes:

