

2011 BCSD Farm to You Fest Recipe Contest

1. Double Chocolate Zucchini Muffins Owen Hunter 3rd grade Slingerlands

- 4 C flour
- 1 1/2 C sugar
- 1/2 C cocoa
- 1 t baking soda
- 1/2 t baking powder
- 3/4 t salt
- 1 t cinnamon
- 1 1/2 C oil
- 1 1/2 C milk
- 3 eggs
- 2 t vanilla
- 2 C shredded zucchini
- 1 1/2 C semi sweet chocolate chips

1. Mix the wet ingredients together in a bowl with a whisk. Add the zucchini to the wet ingredients.
2. Mix all of the dry ingredients in a separate bowl with a wooden spoon.
3. Pour the wet ingredients into the dry and stir, just until combined. Fold in the chocolate chips.
4. Line your muffin tin with cupcake holders and fill a bit more than 2/3 of the way full.
5. Bake at 350 for 17 minutes.

2. Mexican Stir Fry

Submitted by: Sophia Bronchetti, 5th Grade, Ms. Connors Class, Slingerlands Elementary

- 1 lb lean ground beef
- 1 cup of your favorite (organic) salsa
- 2 Tbsp (organic) corn starch or flour
- 2 Tbps olive oil
- 1 cup (organic or non-GMO) corn
- 3/4 cup green, red or mixed (organic) peppers, chopped small
- 4 scallions, chopped
- 1 cup (organic) cherry tomatoes, halved
- 1/2 cup shredded cheese - monteray jack or cheddar
- Small bowl of your favorite nacho type chips

- 1- Heat 2 Tbsp olive oil in pan on medium temperature. Add corn, peppers and scallions, cook, stirring occasionally for about 10 minutes until peppers are cooked through. Remove the vegetables from the pan into a bowl and set aside.
- 2- Mix the corn starch/flour with the salsa and set aside.
- 3- In same pan, lightly brown the ground beef. Once lightly browned, create a "hole" in the beef in the center of the pan. Add the salsa/corn starch mix and continue to cook for about 5 minutes, stirring occasionally. Then mix the beef and salsa together so they are well mixed.
- 4- Return the vegetables to the pan with the beef mixture and toss. Cover and cook another 5 minutes. Add the cherry tomatoes, toss, and cook another few minutes.
- 5- Serve in four bowls, sprinkled with cheese, with nacho chips on the side. Yum!

*** Can substitute ground chicken, pork or turkey for the beef

*** Can substitute any vegetables you prefer to the ones on the recipe

*** Possible Additions: Black olives, onions, etc

3. Classic Carrot Salad

Submitted by Audrey (1st) and Shen (K) Henson, Glenmont Elementary (**WINNER**)

3 - 4 cups freshly grated carrots
1/2 - 1 cup raisins
1 large apple cored and chopped
1/4 - 1/3 cup mayonnaise

Combine all ingredients in bowl.
(It doesn't get easier than that!)

4. Anna's delicious Chili

Anna Bernasconi, Eagle Elementary – grade 4

Ingredients:

1 TBSP olive oil
1 package ground turkey
2 medium celery, thinly sliced
2 medium carrots, thinly sliced
1 med onion, chopped
1 small zucchini, diced
¾ tsp salt
¼ cup flour
1 TBSP chili powder
2-small cans stew tomatoes
1 small can beef broth
3 cobs of corn (cooked and cut off the cob)
1 small can chopped mild green chilies
½ cup water
2 cans kidney beans, rinsed and drained

1. In 5 qt saucepan over medium-high heat, in hot olive oil, cook ground turkey, celery, carrots, onion, zucchini and salt, stirring frequently, until any liquid evaporates and turkey and vegetables begin to brown, about 15 minutes.
2. Over medium heat, stir in flour and chili powder. Cook 1 minute, stirring constantly. Add stewed tomatoes, beef broth, corn, chopped green chilies with their liquid, and ½ cup water.
3. Over high heat, heat to boiling. Reduce heat to low. Cover and simmer 15 minutes to blend flavors. Stir in kidney beans. Heat through.

Adapted Cooking Light recipe

5. Butternut Squash Soup

Favorite of Katy (Eagle) and Matt Wilson (Middle School) (**WINNER**)

Ingredient

2lbs. of butternut squash
Ham bone or small chunk of a ham end from the deli
1 quart homemade chicken broth or stock
1 large onion, chopped
1 clove garlic, minced
dash of pepper and nutmeg to taste

Peel and cut squash into thin slices or small chunks. Place in a pot with ham, onion, garlic,

and chicken stock. Cook until squash is mushy. Remove ham. Process soup in blender until creamy. Cut up ham and put back in pot with soup. Add pepper and nutmeg. ENJOY!

Any winter squash can work with this soup.

6. No Gravy Mashed Potatoes

Recipe Entry from: The Walsh Family Hamagrael Elementary
Taylor Walsh, 5th grade and Kelley Walsh, 3rd grade

Ingredients:

potatoes
chicken broth
fresh garlic
butter
milk
salt and pepper

Directions:

Peel one clove of garlic for each whole potato you will use.

(If they are large potatoes, use a little more garlic).

Peel and cut potatoes into 1 1/2 to 2-inch pieces.

Place potatoes and whole, peeled garlic cloves in large saucepan and cover with broth.

Simmer until potatoes are soft, approximately 15 minutes.

Pour potatoes and garlic into a colander and discard garlic.

Transfer potatoes to a large mixing bowl.

Using an electric mixer, mash potatoes with one pat of butter for each whole potato used.

(If they are large potatoes, use a little more butter).

Carefully add milk in small portions to make potatoes smoother.

Salt and pepper to taste.

That's it...no gravy needed!

7. Mashed Butternut Squash: Daniel Commisso, BCMS 7th Grade, Patroon 1 (WINNER)

1 Butternut Squash- peeled and diced into 1inch cubes

2 tablespoons of butter

1/2 tsp. salt

1/2tsp. black pepper

1tbs. brown sugar

1tsp. ground cinnamon

Bring a pot of salted water to a boil and toss in diced butternut squash and boil until fork tender.

Drain and return to pot.

Add salt and pepper and beat with electric mixer until soft like mashed potatoes. Stir in butter, brown sugar and cinnamon and serve hot.

This is my Mom's recipe

8. ZUCCHINI PANCAKES Nick Mertik Grade 6 BCMS

Makes 6-8 4" pancakes

1 1/2 lbs. zucchini

Black pepper to taste

1 t. salt

1 large egg
¾ c. plain bread crumbs
Vegetable oil for lightly frying
¼ c. thinly sliced onion

Grate zucchini on the large holes of a grater into a colander and combine well with salt. Let zucchini drain for 30 minutes; using hands, squeeze as much liquid from zucchini as possible. In a bowl stir together zucchini, onion, egg, bread crumbs, and pepper to taste until combined well. Add about a tablespoon of oil to a 12" non-stick skillet and heat over moderately high heat until hot but not smoking. Drop four 1/8 cup measures of zucchini mixture into the skillet and with a spatula flatten into 1/4 inch thick pancakes.

Cook pancakes 2-4 minutes on each side, or until golden and cooked through; transfer cooked pancakes onto an ovenproof plate. Keep pancakes warm in oven while making more pancakes in the same manner. Serve pancakes warm and garnish with Parmesan cheese to taste.

9. Roasted Beet Salad by the Food Network

Student: Yuna Chung

Grade: K

School: Hamagrael Elementary

Directions

Toss 4 beets in a [baking dish](#) with [olive oil](#), salt and pepper. Cover and roast at 425 degrees F until tender, about 40 minutes; let cool, then rub off the skins. Cut into wedges; toss with any juices from the baking dish, [capers](#), chopped pickles, a dash each of Worcestershire and hot sauce, and chopped [parsley](#).

10. Applesauce Ellie and Charlotte Higgs Grades 3 and 1 Hamagrael Elementary (WINNER)

Use fresh picked apples if you can.

8 tart apples

sugar

cinnamon

Peel and core the apples. Cut them into chunks. Put them in a large pan and add a very small amount of water (this is unnecessary if they are very fresh and juicy). Add about 2 Tablespoons sugar and a sprinkle of cinnamon. Cover and cook slowly until very tender, about 30 minutes. Stir and stir until they are all mixed in.

This applesauce is best if it is served warm. Enjoy

11. Vegetable Cake Madalyn & Isabelle Brand

Submitted by: Slingerlands Grades 2 (Mrs. Reiss) & 1 (Mrs. Valentini)

Ingredients:

1 large eggplant, sliced lengthwise into ½-inch thick pieces

1 large zucchini, sliced lengthwise into ½-inch thick pieces

1 large yellow squash, sliced lengthwise into ½-inch thick pieces

3 eggs, beaten with a fork

2 cups panko bread crumbs (or regular breadcrumbs, if you don't have panko)

2 Tbsp olive oil

1 jar (25-oz) pasta sauce

1 1/2 cups shredded mozzarella (fresh mozzarella works best)

1/2 cup shredded parmesan cheese

Directions:

Preheat oven 375.

Coat vegetable slices with beaten egg, then bread with panko crumbs. Spread oil on hot baking sheet and place slices on it in a single layer. Bake 15 minutes, flip and bake another 10 minutes.

Increase oven to 475. In an 8 x 10 ovenproof dish, layer pasta sauce, then vegetable slices, and top with cheeses. Repeat, finishing with cheese. Bake until the cheese melts and turns golden in spots, about 15 minutes.

Notes:

- If you use enough cheese, especially fresh mozzarella, the dish resembles a cake – a plus for enticing kids!
- Any vegetable slices can be substituted. We generally use whatever our local CSA delivers that week. And, instead of jarred tomato sauce, you can use fresh diced tomatoes.
- Quantities can be easily altered to accommodate a crowd

12. ZUCCHINI BREAD Submitted by Connor Reilly, Grade 1 at Elsmere

3 Eggs

1 Cup Oil

2 Cups Sugar

1 Teaspoon Vanilla

Beat together until well blended. Add 2 cups grated freshly grown zucchini to above and blend.

Mix Together:

3 Cups Flour

1 Teaspoon Baking Soda

1 ½ Teaspoon Baking Powder

3 Teaspoons Cinnamon

1 Teaspoon Salt

Mix together and add to zucchini mixture.

When blended well, add ½ cup chopped nuts. (You may also add raisins if you like.)

Pour into 2 greased and floured loaf pans.

Bake at 350 degrees until firm and golden brown - about 1 hour.

Makes 2 loaves, may be frozen.

13. Colorful Lasagna Submitted by Teddy Shaw, 2nd grade, Hamagrael

Assemble lasagna in layers with these two sauces in between uncooked lasagna noodles (they cook while baking with the sauces):

Sauce one: cottage cheese, chopped spinach (can be thawed from frozen), grated carrots, oregano and basil

Sauce two: tomato sauce with basil and oregano (and cooked sausage if you want to have meat in the dish)

Top with shredded parmesan cheese (lots!) and extra oregano.

Bake covered with foil at 375 degrees for about an hour (depending on size and depth of your pan).

Remove foil for last 15 min. to brown the cheese a bit.

Enjoy steaming hot - and find all the colors in the layers when you serve!

14. Butternut Squash Salad submitted by Sarah Socha of Mrs. Skiba's 4th grade, Slingerlands

1 1/2 pounds butternut squash, peeled, seeded and cut into 1-inch pieces
4-5 tablespoons olive oil
kosher salt and pepper
1/2 cup toasted walnuts (or nut of your choice)
1 tablespoon red wine vinegar
1 teaspoon dijon mustard
6 cups salad greens of your choice
1/2 small red onion, thinly sliced
1 cup crumbled blue cheese (feta could also be used)

- Preheat oven to 400F. Toss squash with 1-2 tablespoons olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper and place on rimmed baking sheet. Roast, tossing once, until golden and tender, about 20-25 minutes. Let cool slightly.
- In a large bowl, whisk together vinegar, mustard, 2-3 tablespoons olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Add the greens, squash, onions and walnuts. Toss to combine.
- Sprinkle with blue cheese

15. Creamy Roast Pumpkin Soup of Creamy Roast Butternut Squash Soup

submitted by Sarah Socha of Mrs. Skiba's 4th grade, Slingerlands

1 3-pound sugar pumpkin or butternut squash, peeled, seeded and cut into 1-inch pieces
4 tablespoons olive oil
kosher salt and pepper
4 leeks, chopped
4-6 cups low-sodium chicken broth
sour cream, croutons and paprika - optional

- Preheat oven to 400F. Toss squash with 1-2 tablespoons olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper and place on rimmed baking sheet. Roast, tossing once, until golden and tender, about 20-25 minutes.
- Heat 2 tablespoons olive oil in large saucepan. Add the leeks and cook until tender, 4-6 minutes. Add the roasted pumpkin or butternut squash, 5 cups of broth, 1/2 teaspoon salt and bring to boil. Reduce heat and simmer 5 minutes.
- Puree the soup until desired consistency, adding remaining broth in desired. An immersion blender works really well, but a traditional blender can be used too.
- Top with sour cream, croutons and paprika for serving.

Both recipes were adapted from recipes seen in Real Simple Magazine.

16. Italian Wedding Soup

Foodnetwork.com - Barefoot Contessa

Submitted by Charlie Labarge, Glenmont School, Grade 1, Mr. Rawitsch

Ingredients

For the meatballs: (in a hurry – just use sliced sausage in place of meatballs)

3/4 pound ground chicken
1/2 pound chicken sausage, casings removed

2/3 cup fresh white bread crumbs
2 teaspoons minced garlic (2 cloves)
3 tablespoons chopped fresh parsley leaves
1/4 cup freshly grated Pecorino Romano
1/4 cup freshly grated Parmesan, plus extra for serving
3 tablespoons milk
1 extra-large egg, lightly beaten
Kosher salt and freshly ground black pepper

For the soup:

2 tablespoons olive oil or canola oil
1 cup minced yellow onion
1 cup diced carrots (3 carrots), cut into 1/4 inch pieces
3/4 cup diced celery (2 stalks), cut into 1/4 inch pieces
10 cups chicken stock
1/2 cup dry white wine
1 cup small pasta such as tubetini or stars
1/4 cup minced fresh dill or parsley
12 ounces escarole or baby spinach, washed and trimmed

Directions

Preheat the oven to 350 degrees F.

For the meatballs, place the ground chicken, sausage, bread crumbs, garlic, parsley, Pecorino, Parmesan, milk, egg, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl and combine gently with a fork. With a teaspoon, drop 1 to 1 1/4-inch meatballs onto a sheet pan lined with parchment paper. (You should have about 40 meatballs. They don't have to be perfectly round.) Bake for 30 minutes, until cooked through and lightly browned. Set aside.

In the meantime, for the soup, heat the oil over medium-low heat in a large heavy-bottomed soup pot. Add the onion, carrots, and celery and saute until softened, 5 to 6 minutes, stirring occasionally. Add the chicken stock and wine and bring to a boil. Add the pasta to the simmering broth and cook for 6 to 8 minutes, until the pasta is tender. Add the fresh dill or parsley and then the meatballs to the soup and simmer for 1 minute. Taste for salt and pepper. Stir in the fresh escarole/spinach and cook for 1 minute, until the escarole/spinach is just wilted. Ladle into soup bowls and sprinkle each serving with extra grated Parmesan.

17. Split Pea and Ham Soup I

Allrecipes.com

Teetoe

Submitted by Cella Labarge, Glenmont School, Grade 2, Mrs. Flanagan

Ingredients

1 cup chopped onion
1 teaspoon vegetable oil
1 pound dried split peas
1 pound ham bone
1 pinch salt and pepper to taste

Directions

In a medium pot, saute onions in oil. Add the split peas, ham bone, and enough water to cover

ingredients; season with salt and pepper.

Cover, and cook until there are no peas left, just a green liquid, 2 hours. While it is cooking, check to see if water has evaporated. You may need to add more water as the soup continues to cook.

Once the soup is a green liquid remove from heat, and let stand so it will thicken. Once thickened you may need to heat through to serve.

Using a pressure cooker this cooks in about 40 minutes.

Serve with crusty bread.

18. **"Shaw-sta" Salad** submitted by Amelia Shaw, Hamagrael, 4th grade, Mr. Hotaling
(WINNER)

Elbow macaroni (we use Barilla for more protein and fiber)
pitted calamata olives
peeled, seeded and diced cucumbers
halved cherry tomatoes
broccoli florettes, chopped finely
green peppers, chopped finely
chives, cut up with scissors

Dressing: EV olive oil, white balsamic vinegar, sea salt, black pepper

19. **Mexican Coleslaw** submitted by: Natalie Bronchetti, Mrs. MacMillan's Grade 1,
Slingerlands **(WINNER)**

1/2 cup shredded red cabbage
1/2 cup shredded green cabbage
1 medium carrot, pared & grated or chopped
1/4 cup low fat organic yogurt (plain)
1/4 tsp ground cumin (or more)
1/8 tsp salt
1 pinch fresh ground pepper

Combine all ingredients in bowl. Refrigerate and serve when cold. Even better flavor the next day. Add chopped peppers for more color.

Great side dish for the Mexican Stir Fry (submitted by Sophia) or for tacos. Also great as the veggies on a sandwich or sub.

20. **APPLE PANCAKES WITH CIDER SYRUP** submitted by Desiree Larrivee, 8th grade,
BCMS

2 servings
Prep/Total Time: 30 minutes

1/2 C flour

1/4 C whole wheat flour
2 tsp sugar
1/4 tsp baking soda
1/4 tsp salt
1/4 tsp cinnamon
2/3 Cup finely chopped peeled apple
1/4 Cup raisins
2/3 Cup buttermilk
1 egg, separated
2 tsp butter, melted
1/4 t vanilla extract

SYRUP

1/4 c sugar
2 tsp cornstarch
2/3 Cup apple cider
1 cinnamon stick (1 1/2")
Dash ground nutmeg
Additional butter, optional

DIRECTIONS

In small bowl, combine first six ingredients; stir in apple and raisins. Combine buttermilk, egg yolk, butter and vanilla; stir into dry ingredients. In small bowl, beat egg white until soft peaks form; fold into batter.

Pour batter by heaping 1/4 cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until the second side is lightly browned.

Meanwhile, in a small saucepan, combine the sugar, cornstarch and cider until smooth; add cinnamon stick. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Discard cinnamon stick. Stir nutmeg into syrup. Serve pancakes with warm syrup and additional butter if desired.

Yield: 6 pancakes (2/3 cup syrup)

My Mom even uses local eggs and butter for this recipe too!!

21. Candied Carrots

submitted by Sara Hunter, 1st grade, Slingerlands (**WINNER**)

1 lb carrots, Peeled and cut into coarse chunks
1 Tbsp brown sugar

Steam carrots. Toss in brown sugar. Viola! Candied carrots... our very favorite!