

Roasted Brussel Sprouts by Katelyn Daniels, Clarksville 4th grd

2 lb Brussel Sprouts  
1 Onion  
1/4 cup Olive Oil  
4 Tb Butter  
Salt and Pepper to taste

Wash Sprouts and dice onion. Add together and toss with oil and seasonings. Place in roasting pan and top with butter. Roast for approx an hour until done.

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Student Name: Bowen Chen  
Student Grade: 5th  
Student School: Glenmont Elementary School

### **Dry Cooked Green Beans**

#### **Ingredients:**

1¼ lbs. Green Beans  
5 Cup Oil  
2 Teaspoon Salt  
1 Tablespoon Soysauce

#### **Procedure:**

Choose young, tender and short green beans and remove tips and strings, but do not cut smaller.

Heat oil very hot, deep fry green beans until they are wrinkled (about 2-3 minutes.)

Remove green beans and drain off oil from frying pan.

Pour green beans into the pan. Add salt and soysause and stir well over high heat.

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Here is a recipe my kids, Stephen and Andrew Gower, love and wanted to submit for the Farm Fresh Recipe contest. It couldn't be simpler or more delicious!

Oven Roasted Sweet Potatoes

Peel and cut up sweet potatoes into bite size pieces.  
Toss in a bowl with olive oil, salt and pepper to coat-we like a little extra salt  
Roast in the oven on a cookie sheet (estimate 375 for 45 minutes)

I use the papered chef crinkle cutter to cut them up.

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### Confetti Chili with Rice (with sour cream, cheddar toppings)

(Amelia Shaw, Hamagrael, 2nd grade, Salmonsens)

3 cups cooked black beans  
1 large can diced tomatoes  
2 cups frozen corn  
1 cup chopped red bell peppers  
1 cup chopped green bell peppers  
2 cloves minced fresh garlic  
1 Tbsp cumin  
2 cups cooked brown rice  
sour cream and shredded cheddar for toppings!

Combine first seven ingredients in a large pot and let simmer till flavors marry (30 min.). Pour chili over warm, cooked rice and top with cheddar and sour cream as desired. This chili is a full meal and serves as a complete protein (rice plus beans = complete protein). It is also very pretty as it has yellow, black, red, and green. My kids gobble it up!

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From the kitchen of Lucy (5), Zoe (3) and Elliot (K) Barrett  
Slingerlands Elementary School

### Black Bean and Sweet Potato Quesadillas

6 flour tortillas  
1 15-oz can black beans, drained  
2 sweet potatoes, peeled  
2 cups shredded monterey jack cheese  
a few T cilantro  
salsa

Boil the sweet potatoes until tender, about 20 minutes, drain and mash with a little of the

cooking liquid. Drain and mash the black beans. On each tortilla, layer 1/2 with a scoop of beans, potatoes and cheese. Sprinkle a little cilantro on top. Fold over and cook in a frying pan with a little oil over medium low heat for about 3-4 minutes. Flip and cook on the other side until the cheese is melted and the tortilla is brown.

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### Anna's Pasta

Submitted by Anna Goodwin, Slingerlands School, Mrs. Bacher's 2<sup>nd</sup> grade class

1 pound whole wheat pasta, rotini works well  
1 head of broccoli  
1 head of cauliflower  
3 cloves of garlic, sliced thick  
2-3 tablespoons Olive oil  
Kosher salt  
Pepper  
Parmesan cheese

Boil pasta according to instructions

Wash broccoli and cauliflower and break up into florets. Add garlic and toss with olive oil and kosher salt and pepper. Spread on a baking sheet and cook at 475, stirring, tossing occasionally until tender but not over-cooked—about 7 or 8 minutes. It should have brown edges but still have a slight crunch.

Drain pasta and toss with olive oil and parmesan cheese, add roasted veggies to pasta and stir, add more parmesan if desired.

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Recipe by: Connor and Caitlin Chung

### Baked Winter Squash:

1 acorn squash, butternut squash or kabocha squash (known as the winter squashes)

1-2 tablespoons New York maple syrup (depending on size of squash)  
1-2 tablespoons butter (depending on size of squash)  
a pinch cinnamon

### Recipe

Makes 2-4 servings

1. Bake 1 winter squash until it's soft.
2. Once it's soft, scrape the squash out of the skin and put it into a bowl.
3. Mix what is in the bowl with 1-2 tablespoon of butter.
4. Mix what is in the bowl with 1-2 tablespoon of NY maple syrup.
5. Add a pinch of cinnamon to the bowl.
6. Enjoy!!!!!!!!!!!!!!

Please note: if you want your squish squash to be more buttery, feel free to add more butter.

Please note: if you want your squish squash to be sweeter, feel free to add more maple syrup.

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Green Beans Marinara Submitted by

Paul Commisso, BCMS, Patroon 7-1

1 Lb fresh picked green beans

2 tablespoons of olive oil

1/2 onion - sliced

1 can Hunts tomato sauce

1 tsp. fresh chopped parsley

1/2 tsp. fresh chopped basil

Clean and snap ends off of green beans. Bring to a boil a pot of water, add salt and green beans. Cook green beans until fork tender. Remove beans from pot and set aside. In another pot add olive oil and sautee sliced onion until tender and translucent. Add can of tomato sauce, chopped parsley and basil, cook for five minutes at medium heat. Add beans and stir. Salt and Pepper to taste. Cover and cook on low for 1/2 hour and then serve.

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