

# BCSD Farm to You Fest, 2010

## Farm Fresh Recipe Contest Entries and Winners!

---

### **WINNER!! Spaghetti Squash**

Ashley Martucci, Grade 3, Slingerlands,

Cut a Spaghetti squash in half, roast cut side down at 400 degrees for 45 min. Pull out strands of roasted squash with a fork, Add 2 tbs butter, salt and pepper to taste and 3/4 cup grated parmesan or romano cheese and serve.

### **WINNER!! Mashed Sweet Potatoes**

Nolan Powers, Grade 2, Hamagrael Elementary  
Callan Powers, Grade 5, Hamagrael Elementary

3-4 medium sweet potatoes (about 2 pounds)  
1/4 teaspoon salt  
2 tablespoons butter  
2 tablespoons maple syrup  
cinnamon, to taste  
3 to 4 tablespoons half-and-half or milk

Cook sweet potatoes in boiling water until tender. Let cool slightly; peel. Mash with salt, butter, and maple syrup. Add cinnamon to taste then continue to mash with the milk (or half-and-half) to desired consistency.

Serves 4 to 6.

### **WINNER!! Chick Pea Salad**

Submitted by Natalie Bronchetti, Mrs Reddy's K Class, Slingerlands

2 cups drained rinsed chick peas  
1/4 cup diced red pepper  
1/4 cup diced green pepper  
1/4 cup black olives, drained and rinsed  
1/4 cup red onion, diced  
1/8 cup chopped parsley  
1/8 cup shredded carrots  
1/6 cup equal parts olive oil and lemon juice  
1/2 tsp kosher salt

1/3 tsp pepper  
1/4 tsp dried or fresh mint

Combine all vegetable ingredients and parsley, toss, add oil/lemon juice mixture, toss, add salt, pepper and mint, toss and serve.

## **WINNER!! BUTTERNUT SQUASH AND LEEK SOUP**

Megan Martucci, Grade 5, Slingerlands Elementary

4 1/2 LBS. BUTTERNUT SQUASH, HALVED LENGTHWISE  
5 TBS. BUTTER  
4 LEEKS, CHOPPED  
1 TSP DRIED THYME OR FRESH  
5 CUPS CHICKEN STOCK  
1 1/4 TEA SALT  
1/2 TEA BLACK PEPPER  
1 CUP HEAVY CREAM

1. PLACE SQUASH CUT SIDE DOWN ON BAKING SHEET, 350 DEGREES, FOR 1 HOUR
2. SCOOP OUT FLESH
3. IN PAN, MELT BUTTER, ADD LEEKS AND THYME COOK UNTIL SOFT
4. STIR IN STOCK AND SQUASH, SIMMER FOR 20 MIN.
5. PUREE SOUP, SEASON WITH SALT AND PEPPER
6. ADD HEAVY CREAM
7. GARNISH WITH SOUR CREAM AND CHIVES (OPTIONAL)

## **WINNER!! Pasta Fagiole**

Cella Labarge, Glenmont School, Mr. Rawitsch, Grade 1

Ingredients:

1 small can tomato sauce (or equivalent of fresh tomato sauce - see below)  
1/2 to 1 whole small onion - chopped small  
1 to 2 cloves garlic - minced  
1 tsp oregano  
salt as needed  
pepper as needed  
Olive oil as needed for saute  
1 16 oz can cannelloni beans with juice (or equivalent in prepared dry beans)  
1 box whole wheat elbow macaroni cooked

saute onion in olive oil until soft.  
add Garlic and oregano until fragrant  
add tomato sauce  
simmer for 30 minutes  
add beans with juice  
season with salt and pepper

For homemade tomato sauce:  
Bring water to a boil  
drop tomatoes in for 2 to 3 minutes, until skins crack  
remove tomatoes from water and cool  
peel skins off and remove seeds  
puree in a food processor

## **Pumpkin Soup**

Nick Mertik, Age 10, Eagle Elementary

1 lb fresh mushrooms, sliced  
1 cup chopped onion  
4 tbsp butter or margarine  
4 tbsp flour  
2 tbsp curry powder  
6 cups vegetable broth  
2 cans (15 oz) solid pack pumpkin  
2 cans (12 oz) evaporated milk  
2 tbsp honey  
1 tsp salt  
½ tsp pepper  
½ tsp nutmeg

In a Large saucepan on medium / high heat, sauté mushrooms and onions in butter until soft. Stir in flour and curry until coated. Gradually add broth Bring to a boil. Cook 2 minutes until thick while stirring. Add pumpkin, milk, honey, salt, pepper and nutmeg. Heat through.

## **APPLE CORN SALAD**

Original Recipe by Emma Edgar  
Glenmont Elementary School / Miss Rainville / Grade 2

3 apples, peeled and chopped fine (we used 1 Granny Smith, 2 Honey Crisp and left the skin on one of the Honey crisp to add a bit of red color to the salad)

1 tsp. lemon juice (to prevent apples from discoloring)

1 (11 oz.) can of corn (We like white shoepeg corn but fresh or frozen corn would be great)

1/2 C. green peas

2 tsp. minced fresh parsley

### **Dressing:**

1/3 C. vanilla yogurt (We used Stoneyfield)

3 Tbsp. fresh cider

1 Large pinch ground nutmeg

Toss apples and lemon juice together in a bowl. Add veggies and toss again. Whisk dressing ingredients together in separate smaller bowl. Pour dressing over other ingredients and mix to coat them.

(You may want to wait to pour dressing over apples & veggies until after transporting to each individual school)

## **Asparagus with Penne**

Submitted by Aidan and Finn Ryan, Hamagrael Elementary

1 lb. asparagus, tough ends trimmed

1 t. fresh lemon zest

¼ c. olive oil

1 lb. penne

½ c. parmesan cheese

1. Wash and cut asparagus into 2-inch pieces, reserving tips.
2. Cook asparagus in 5 – 6 qts. boiling water w/ 2 T salt until very tender, 6 – 8 min. Transfer with slotted spoon to a colander and drain under cold water. Drain well and then transfer asparagus to blender.
3. Cook asparagus tips in same water until just tender, 3 – 5 minutes. Transfer w/ slotted spoon to colander, reserving boiling water in pot. Rinse well under cold water and drain.
4. Puree asparagus stems with zest, oil and 1/2 c. of the asparagus cooking water. Transfer this sauce to a 4-qt. saucepan.
5. Cook pasta in boiling water until it still offers considerable resistance to the tooth (This is before the point of al dente.), around ¾ of the recommended cooking time. Reserve 2 cups of the cooking water and drain pasta.
6. Add pasta, asparagus tips and ½ cup of the reserved cooking water to asparagus sauce and cook over high heat stirring for 3 – 5 minutes or until

pasta is almost al dente and sauce coats pasta. Add more cooking water ¼ c. at a time until sauce coats pasta but is a little loose. (The cheese will thicken it slightly.)

7. Stir in cheese and salt and pepper to taste and cook and stir until cheese is melted. Serve immediately.

## **Chicken Pot Pie**

Charles Labarge, Glenmont School, Mrs. Keese, Grade K

1 large boneless chicken breast (or thighs) cooked and shredded (for Thanksgiving season, use turkey)

1 cup orange squash, sweet potato or carrots cut into ½” chunks or smaller

1 cup green peas

1/2 cup sliced celery

1/3 cup butter

1/3 cup chopped onion

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon celery seed

1 ¾ cups chicken broth

2/3 cup milk

1 (9 inch) unbaked pie crusts (could use whole wheat crust if available)

Preheat oven to 425 degrees F (220 degrees C.)

Steam or boil squash/carrots, peas, and celery. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken and veggies in pie pan. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for at least 10 minutes before serving.

## **Cinnamon apples**

by Cristina Grigas/ 2nd grade - Mrs. Raffe/ Slingerlands

Ingredients 4 people:

- 4 or 6 apples (golden delicious/ granny smith)

- 2 tbs butter

- 1 tbs sugar

- salt
- 1/4 cup dry cranberries
- 1/4 chopped dry apricots (optional)
- 2 tsp cinnamon
- 1/4 chopped walnuts or pecans (optional)

- 1.- Peel, core and slice apples.
- 2.- In a saucepan, melt butter. Add apples and pinch of salt. Cook until soft.
- 3.- Add 2 tbs water, cranberries, apricots, nuts, sugar and cinnamon. Cook 3-4 min.
- 4.- Add cinnamon/sugar to taste

## **Cucumber sandwiches**

by Dylan Grigas/ 3rd grade - Mrs Brands/Slingerlands

Ingredients 4 people:

- 1 or 2 cucumbers
- 8 slices of white bread
- butter
- lemon
- salt

- 1.- Peel and slice (very thin) cucumbers. Place on a plate. Squeeze some fresh lemon over. Lightly salt them.
- 2.- Cut slices of bread into triangles. Discard crust. Butter one side of each piece of bread.
- 3.- Assemble sandwich. Serve immediately.

## **Harvest Chili**

Submitted by: Sophia Bronchetti, Mrs. Fitzpatrick's 4th Grade Class, Slingerlands

- 2 Tablespoons Olive Oil
- 1 Large Onion, peeled and chopped
- 1.5 Teaspoons Ground Cumin
- 1 Teaspoon Chili Powder or Chipotle Chili Powder
- 2 28 oz Cans Diced Tomatoes
- 1 Medium Califlower, cut into small (1 inch) pieces or florets (about 4 cups)
- 2 Medium Sweet Potatoes (about 1 lb), peeled and cut into 1/2 inch cubes
- 4 Large Carrots, peeled and cut into 1/4 inch coins

1 Large Green Bell Pepper, cored, seeded, and cut into 1/2 inch dice  
1/2 Teaspoon Salt (depending on how much salt is contained in the tomatoes)  
1 Can Beans - Kidney, Cannellini, Navy, Chili, your choice  
Sliced Scallions, for garnish  
Cooked Brown Rice, to serve on the side

Heat olive oil in large pot over medium heat. Add onion and cook for 5 minutes, stirring occasionally. Stir in cumin and chili powder.; cook 1 minute. Stir in tomatoes and heat through. Stir, add cauliflower, sweet potatoes, carrots and cook over medium heat for about 20 minutes until sweet potatoes pieces are soft when pierced with fork. Stir, add peppers and beans, cook for another 10 minutes. Serve in bowl with 1-2 scallions on the side of the bowl, with a bowl of brown rice as a side dish. This recipe is EASY, you can use whatever root vegetables are on hand (turnips, potatoes, squash, add some kale?), and add as much chili powder as you like! the tomato -ey broth with the vegetables is YUMMY!

## **Chunky Applesauce**

From Fiona and Grady McSharry – Slingerlands Elementary

This is a great way to use up all the apples you pick at Indian Ladder each fall. Coat a large casserole dish (that you have a cover for) with cooking spray/oil. Wash, peel, core and cut (size of pieces isn't as important as that the pieces are uniform) as many apples as will fit in the dish. Sprinkle cinnamon liberally over apples. Drizzle honey over apples – again don't be stingy. Bake, covered, at 450 degrees for approximately 40-45 minutes. A fork should easily pierce the cooked apples. Mash apples with potato masher, leaving some chunks. Great plain or as an ice cream topper.

## **Madalyn's Marvelous Apple-Pear Crisp**

This is submitted by Madalyn Brand, First Grade, Mrs. Ferrentino's class, Slingerlands

Apple layer:  
About 8-10 apples, different kinds  
About 5 pears, firm  
Grated lemon zest - pinch

Grated orange zest – pinch  
2 Tbsp orange juice  
1 Tbsp lemon juice  
½ C sugar  
2 tsp cinnamon  
1 tsp ground nutmeg  
¼ tsp ground cloves

Topping:

1 C flour  
½ C sugar  
½ C brown sugar  
pinch salt

1 Cup oatmeal  
1 stick butter

1. Oven to 350 degrees. Lightly grease the bottom and sides of a 9 x 13 inch baking dish.

2. Slice and core fruit. Mix fruit with zests, juices sugar and spices. Put in dish.

3. Combine flour, sugars, salt, oatmeal and butter. Mix until crumbs form. Scatter over apple layer.

4. Bake for about 1 hour, until top browns and fruit is bubbly. Serve warm with vanilla frozen yogurt.

## **Treasure Tacos**

Josie Rosenthal 5MC, Slingerlands

1 small head Napa, or Savoy Cabbage center of leaves removed, and rest of the leaves chopped into small bits

- 1 pound of ground turkey
- 2 Tablespoons of Olive Oil
- 1 package of low salt mild taco seasoning mix
- 1 pack of taco shells

1)Heat Olive oil in large pan

2)Add ground turkey and brown the meat on medium high heat

3)Stir in seasoning mix and 1 cup of water

4)Add chopped cabbage and cook together for about 5 min or until it dries

5)Heat the taco shells ( if you want, but you don't have to )

6) Fill the taco shells with the meat and cabbage mixture

This is the way I like them, but you can add any of the following;

raw avocados, tomatoes, lettuces, or shredded cheese.

## **Ellie's Favorite Pizza**

Ellie Kanz, Grade K, Hamagrael

Ellie brings her own pizza every Friday and would like you to consider her favorite pizza recipe so she can buy pizza!

1 batch of basic pizza dough (using ½ whole wheat flour)  
1 jar (or can) of crushed tomatoes  
Grated mozzarella cheese  
Oregano/salt/pepper

Roll out dough. Spread tomatoes, sprinkle with oregano, salt, pepper. Sprinkle with cheese. Bake and 400 for 10 min. Enjoy!

## **Kanz Quinoa Salad**

Ellie (K) and Micah (1) Kanz, Hamagrael

1 cup quinoa, still warm  
1 tomato, diced  
1 orange/yellow/red pepper – diced  
1 ear corn off the cob  
1 carrot grated  
½ cucumber, diced and added RIGHT before serving

Dressing: ¼ cup olive oil, ½ cup balsamic vinegar, 1/8 tsp. thyme and basil, salt/pepper, pinch sugar: shake or whisk together.

Put prepared veggies in a big bowl and toss with dressing. Add warm quinoa and toss. Add remaining dressing to taste. Toss in cukes at the end. Serve over lettuce or just plain. Add cubed cheese for more substantial meal.

## **Ellie's Favorite Tomato Soup**

Made by Micah Kanz (for sister Ellie Kanz), grade 1, Hamagrael

1 jar (or can) of whole tomatoes

½ cup of whole or skim milk  
1 tsp. oregano  
1 Tbsp. sugar  
1 tsp. salt  
pepper to taste  
½ tsp. thyme

Blend all ingredients on high in a blender. Top should be slightly frothy. Simmer on stove for 20 min. over low heat. Adjust seasoning and serve. We like it with homemade croutons or grilled cheese or crackers!

## **Fruitey-Tootey Smoothies**

Luke Manley, Grade 3, Hamagrael

Place ingredients in a blender in the order listed and blend until smooth. Drink with a straw!

1 cup vanilla flavored Greek style yogurt  
1 frozen banana  
12 frozen strawberries  
1 cup frozen blueberries  
1 fresh, ripe nectarine  
1 Tbsp. honey  
1 cup low-fat milk (more may be added for desired consistency)  
Makes 6 8oz servings.

## **BBQ Flank Steak with Corn and Green Salad**

Olivia Williams, Grade 2, Hamagrael

Grilled flank steak with spices and BBQ sauce

Grilled corn on the cob.

Green Salad: Iceberg lettuce, onion, red peppers, carrot, pine-nuts, raisins, oil, vinegar, garlic, salt, pepper.