

Mainers Feeding Mainers



Recipe Book



Good Shepherd
FOOD BANK OF MAINE

partnering to end hunger



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Applesauce

Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 6 apples, peeled and chopped
- 1/4 teaspoon cinnamon
- 1/2 cup water to cover bottom of pot

Directions:

1. Chop apples, the smaller the pieces of chopped apple the faster the cook time.
2. Place all of the ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with a lid.
3. Simmer apples for about 20 minutes or until soft.
4. Remove the pot from the heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.

<http://www.kimshetheats.com/easy-homemade-applesauce/>



Baked Apples

Servings: 6 (1 apple per serving)

Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients:

- 6 apples
- 1 large lemon
- 3/4 cup chopped nuts (optional)
- 1/2 cup raisins
- 1/4 cup brown sugar

Directions:

1. Preheat oven to 350 degrees.
2. Rinse apples.
3. Remove stems, cut 1-inch wide hole out of the top of each apple. Cut into the hole to remove and scoop out the core and seeds.
4. Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard seeds.
5. In a second small bowl, mix nuts (if using), raisins and brown sugar.
6. Stuff the center of each apple with 1 heaping Tablespoon of the walnut mixture. Sprinkle a pinch of cinnamon over the top of each apple. Place stuffed apples upright in the baking dish. Pour the lemon juice around them.
7. Bake for 35-45 minutes, or until the skin is wrinkly. Spoon some of the pan juice over the apples about halfway through cooking time to keep the apples moist.
8. Remove from oven. Let cool slightly before serving.



Applesauce Muffins

Servings: 12 muffins

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup unsweetened applesauce
- 1/2 cup butter, melted

Directions:

1. Heat oven to 375 degrees.
2. Spray muffin tins with nonstick spray.
3. Mix flour, sugar, baking powder, cinnamon and salt in a bowl.
4. Mix in beaten egg, applesauce and melted butter (by hand, not a mixer).
5. Evenly scoop mixture into muffin pans.
6. Bake for 18-20 minutes. Test to see if toothpick comes out clean.

<http://www.food.com/recipe/easy-applesauce-muffins-389287>



Applesauce Oatmeal

Servings: 4

Prep Time: 10 minutes

Cook Time: 4 minutes

Ingredients:

- 1 cup quick oats
- 2 cups water
- 1 pinch salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla
- 1 Tablespoon brown sugar (packed)
- 3/4 cup applesauce

Directions:

1. Mix the water, oats, salt, cinnamon, ginger, and vanilla in medium sauce pan.
2. Bring to a boil and reduce heat to just above medium.
3. Continue boiling for 3 minutes.
4. Add sugar and stir.
5. Add applesauce and stir.
6. Scoop into bowls and add small amount of milk (do not stir).

<http://www.food.com/recipe/applesauce-oatmeal-17006>



Servings: 10 (3/4 cup per serving)

Prep Time: 30 minutes

Ingredients:

- 1 (1-pound) head cabbage
- 3 medium carrots
- 1 cup walnuts
- 1/3 cup cider vinegar
- 1/4 cup canola oil
- 1 tablespoon sugar
- 1 teaspoon celery seed
- 1/4 teaspoon salt
- 1 cup dried cranberries

*For a basic coleslaw eliminate walnuts / cranberries

Directions:

1. Rinse cabbage and carrots. Thinly slice cabbage. Peel and grate carrots.
2. Chop walnuts (if using)
3. In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt/
4. Add cabbage, carrots, walnuts, and cranberries. Toss to mix well.



Servings: 6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1 small head white cabbage, including outer green leaves (2 1/2 pounds)
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground pepper

Directions:

1. Cut the cabbage in half then slice as thinly as possible around the core, as though you were making coleslaw. Discard core.
2. Melt butter in large sauté pan.
3. Add cabbage, salt and pepper. Sautee for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown.
4. Season to taste and serve warm.



Roasted Butternut Squash

Servings: 6 (3/4 cup per serving)

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients:

- 2 pounds butternut squash
- 1/4 cup walnuts (optional)
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- 1/4 teaspoon salt
- 1 1/2 tablespoons maple syrup
- 1/4 teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- 1/4 cup dried cranberries (optional)
- 1 1/2 Tablespoons maple syrup



Directions:

1. Preheat oven to 375 degrees.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into 3/4-inch, even-size cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Creamy Macaroni & Cheese

Servings: 8 (1 cup per serving)

Cook Time: 45 minutes

Ingredients:

- Non-stick cooking spray
- 12 ounces whole wheat macaroni
- 1 (1 1/2 pound) butternut or accord squash
- 6 ounces reduced-fat sharp cheddar cheese
- 1 (16-ounce) container nonfat cottage cheese
- 1 cup nonfat milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup dry whole wheat breadcrumbs



Directions:

1. Preheat oven to 375 degrees.
2. Coat 9-inch square baking dish with non-stick cooking spray. Set aside.
3. Bring a large pot of water to a boil. Cook macaroni for 2 minutes less than package directions. Drain and set aside. Reserve pot for later.
4. While pasta cooks, cut squash in half and scoop out seeds. Cut into large chunks. Place in microwave-safe bowl with water. Cover with plastic wrap. Microwave on high until tender, about 10 minutes. Let cool.
5. While squash cooks and cools, grate cheddar cheese.
6. Peel cooled squash. Place in pot used to cook pasta. Mash with a fork. Add cottage cheese and milk. Stir until smooth. Add pasta, cheddar cheese, salt, and pepper. Stir until combined. Spread evenly in prepared baking dish. Sprinkle with breadcrumbs.
7. Bake until breadcrumbs are browned and the edges are bubbling, about 45 minutes.

Spaghetti Squash with Parmesan Cheese

Servings: 6

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients:

- 1 spaghetti squash
- 1/2 cup grated parmesan cheese
- 1/2 stick butter
- Salt and pepper

Directions:

1. Preheat oven to 350 degrees.
2. Use a knife to prick the squash all over.
3. Place in a baking dish and bake for 1 hour or until soft.
4. Cut squash in half, scoop out and discard seeds.
5. Using a fork scrape flesh into strings into a serving bowl.
6. Toss with Parmesan cheese and butter and season to taste with salt and pepper.

*An alternative option is to serve spaghetti squash with tomato sauce instead of Parmesan cheese.

<http://www.foodnetwork.com/recipes/spaghetti-squash-with-parmesan-cheese-recipe.html>



Spaghetti Squash & Vegetables

Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups chopped tomatoes
- 3/4 cup crumbled feta cheese
- 3 Tablespoons sliced black olives
- 2 tablespoons chopped fresh or dried basil (optional)

Directions:

1. Preheat oven to 350 degrees. Lightly grease a baking sheet.
2. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
4. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.



Roasted Rutabaga

Servings: 4

Cook Time: 25-40 minutes

Ingredients:

- 1 large rutabaga, about 1 1/2 pounds
- 4 Tablespoons unsalted butter
- salt and black pepper
- Juice of 1/2 lemon
- 2 Tablespoons finely chopped or dried parsley (optional)

Directions:

1. Heat the oven to 450 degrees. Peel the rutabaga with a vegetable peeler and cut into 1/2-inch to 3/4-inch cubes.
2. Melt the butter in a saucepan over medium heat and cook for about 5 minutes, until the butter foams then browns into a nutty, toasty-smelling liquid.
3. Toss the rutabaga with the browned butter and season with salt and pepper. Transfer the rutabaga to a large baking sheet and spread into a single layer. Roast for 25 to 40 minutes or until browned and tender. Remove from the baking sheet and toss with lemon juice and parsley.

<http://www.thekitchn.com/recipe-roasted-rutabaga-in-brown-butter-side-dish-recipes-from-the-kitchn-215695>



Mashed Rutabaga

Servings: 4-6

Prep Time: 10 minutes

Cook Time: 30-40 minutes

Ingredients:

- 2 to 3 pounds of rutabagas, peeled and chopped into 1 inch chunks
- Salt and black pepper
- 2 teaspoons butter
- 1/4 cup to 1/2 cup low-fat sour cream (more or less to taste)
- 2 Tablespoons chopped fresh dill or chives (optional)

Directions:

1. Preheat oven to 375 degrees.
2. Cover the chopped rutabaga with about 1 inch of cold water and bring to a boil. Add a pinch of salt and boil until tender, about 30-40 minutes.
3. Drain cooked rutabaga and return to pot.
4. Reduce the heat to low and let the rutabaga steam for a minute or two.
5. Mash with a potato masher, add butter, sour cream and salt and pepper to taste.
6. Just before serving mix in chopped dill or chives.



Mashed Potatoes

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 1 pound of potatoes
- 1 teaspoon butter
- 1/4 cup low-fat milk
- Salt and pepper to taste



Directions:

1. Cut potatoes in half. Place in large stovetop pot, cover with cold water and bring to a boil.
2. Reduce heat to a gentle boil and cook until potatoes are tender.
3. When potatoes are tender, drain and mash the potatoes with a fork or a potato masher.
4. Stir in butter, salt, pepper and milk; return to low heat and stir until warm if needed.

Roasted Potatoes

Servings: 8

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients:

- 3 pounds small red or white potatoes
- 1/4 cup olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 Tablespoons minced garlic (optional)
- 2 Tablespoons parsley (optional)

Directions:

1. Preheat the oven to 400 degrees.
Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic (if using); toss until the potatoes are well coated.
2. Transfer the potatoes to a sheet pan and spread out into 1 layer.
3. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.



<http://www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html>

Sweet Potato Fries

Servings: 6 (8-10 fries per serving)

Prep Time: 20 minutes

Cook Time: 25-30 minutes

Ingredients:

- 4 medium sweet potatoes
- 1 1/2 teaspoons paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Directions:

1. Preheat oven to 450 degrees.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about 1/2-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.



Sweet Potato Shepherd's Pie

Servings: 6 (1 1/3 cups per serving)

Prep Time: 20 minutes

Cook Time: 120 minutes

Ingredients:

Topping

- 4 medium sweet potatoes
- 1/4 cup nonfat milk
- 1 1/2 teaspoon unsalted butter
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper

Filling

- 8 ounces mushrooms
- 1 small onion
- 3 cloves garlic
- 1 1/2 pounds 93% lean ground beef or turkey
- 1 teaspoon dried thyme leaves
- 1/4 cup all-purpose flour
- 1 (15 ounce) can reduced sodium
- 3 Tablespoons Worcestershire sauce
- 1 cup fresh, frozen, or canned green peas
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper



Directions:

1. Preheat oven to 450 degrees. Coat a 9-inch baking dish with cooking spray.
2. Scrub potatoes and pierce several times with a fork. Place in a 9x13-inch baking pan and bake until soft, 45 minutes to 1 hour. Let cool while you make the filling.
3. While the sweet potatoes are baking, wash and slice mushrooms. Peel onion and garlic. Dice onion. Mince garlic.
4. While the sweet potatoes are cooling, in a large skillet over medium-high, cook beef or turkey, mushrooms and onion, crumbling the meat with a spatula or wooden spoon as it cooks, until the meat is no longer pink, about 30 minutes.
5. In a colander, drain off liquid and return to pan. Add thyme and garlic and cook for 30 seconds. Sprinkle with flour and stir to coat. Add broth and Worcestershire sauce and bring to a simmer. Cook until mixture thickens, 2 to 3 minutes. Stir in peas, salt and pepper. Transfer to the prepared baking dish.

Mango Salsa

Servings: 6 (1/2 cup per serving)

Prep Time:

Cook Time:

Ingredients:

- 2 large ripe mangoes
 - 1 small cucumber
 - 1 medium bell pepper
 - 2 medium green onions
 - 1 medium jalapeño pepper
 - 2 medium limes
 - 1/2 teaspoon salt
 - 1 medium bell pepper
 - Pinch of cayenne pepper
- Optional Ingredients:*
- 1 medium bell pepper
 - 1/4 cup fresh cilantro



Directions:

1. Rinse mangoes, cucumber, bell pepper, green onions, jalapeño pepper, limes, and bell pepper, if using.
2. Peel mangoes. Cut mango flesh from the pits.
3. Cut cucumber in half lengthwise. Remove seeds. Cut bell pepper in half lengthwise. Remove stems and seeds.
4. Dice mangoes, cucumber, and bell pepper. Finely chop green onions.
5. Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.
6. If using, rinse and chop cilantro.
7. Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.
8. Add mangoes, cucumber, green onions, jalapeño, salt, and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.
9. Cover and refrigerate for at least one hour before serving.

Tomato Salsa

Servings: 6 (1/3 cup per serving)

Prep Time:

Cook Time:

Ingredients:

- 2 medium jalapeño peppers
- 1/2 medium red onion
- 2 cloves garlic
- 1 Tablespoon cider vinegar
- 1 (14½ ounce) can diced tomatoes, no salt added
or 2 cups fresh tomatoes

Optional Ingredients:

- 1/4 cup fresh cilantro leaves

Directions:

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onion, cider vinegar, and fresh or canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

<http://www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html>



Oven Roasted Root Vegetables

Servings: 8 (1 cup per serving)

Prep Time: 20 minutes

Cook Time: 45 minutes

Ingredients:

- 1 butternut squash, halved, seeded, peeled
- 3 large potatoes, scrubbed
- 1 bunch of beets, scrubbed and tops trimmed
- Medium onion (red or yellow)
- 2 parsnips
- 1 head garlic, cloves separated and peeled
- 2 Tablespoons oil
- salt and pepper



Directions:

1. Place 2 baking sheets in the oven and preheat to 425 degrees.
2. Cut all vegetables into 1 ½ inch pieces. Toss all vegetables with garlic and olive oil in a large bowl. Season with salt and pepper.
3. Carefully remove heated baking sheets from the oven, brush or drizzle with olive oil. Divide the vegetables evenly between the two pans.
4. Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes to 1 hour.

<http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-root-vegetables-recipe.html>

Garden Vegetable Lasagna

Servings: 8

Prep Time: 50 minutes

Cook Time: 45-50 minutes

Ingredients:

- 8 uncooked lasagna noodles
- 1 Tablespoon olive or vegetable oil
- 1 garlic clove, minced
- 3 cups broccoli (fresh or frozen)
- 1 1/2 cups (about 4 oz.) sliced fresh mushrooms
- 1 medium red, yellow or orange bell pepper, chopped (about 1 cup)
- 1 egg
- 1 (15-oz.) container ricotta cheese
- 1 teaspoon dried Italian seasoning
- 1 (26 to 28-oz.) jar chunky vegetable tomato pasta sauce
- 8 oz. (2 cups) shredded cheese



Directions:

1. Cook lasagna noodles as directed on package. Drain; place in cold water to cool.
2. Heat oven to 350°F. Heat oil in large skillet over medium-high heat until hot. Add garlic, broccoli, mushrooms and bell pepper; cook 3 to 4 minutes or until vegetables are crisp-tender, stirring frequently. Remove from heat.
3. Beat egg in small bowl with wire whisk. Add ricotta cheese and Italian seasoning; mix well.
4. Drain cooled lasagna noodles. Spread 1/2 cup of the pasta sauce in ungreased 13x9 baking dish. Top with 4 noodles, overlapping as necessary, half of ricotta mixture, half of cooked vegetables, half of remaining pasta sauce (about 2 1/4 cups) and 1 cup of the shredded cheese. Repeat layers, starting with noodles.
5. Bake for 45 to 50 minutes or until hot and bubbly. If cheese is getting too brown, cover baking dish loosely with foil. Let stand 15 minutes before serving.

<http://www.bettycrocker.com/recipes/garden-vegetable-lasagna/3ffb442e-024b-4475-a3f0-1cb6d271f947>

Orange Glazed Carrots

Servings: 4 (3/4 cups per serving)

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

- 1 pound carrots
- 1 cup orange juice
- 1/4 teaspoon salt
- 1/2 teaspoon dried basil
- Pinch ground black pepper

Directions:

1. Fill a large pot half-full with water. Bring to a boil.
2. While waiting for water to boil, rinse, peel, and slice carrots into ¼-inch slices.
3. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about ¾. Watch carefully after it reduces by ½ so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7–10 minutes.
5. In a colander, drain carrots. Rinse under cold water.
6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasonings as needed.



Oven Baked Zucchini Fries

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 3/4 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1 (9 inch) zucchini, (unpeeled or peeled)
- 1/4 cup margarine or butter, melted (optional)

Directions:

1. Preheat oven to 425 degrees. Line a baking sheet with parchment paper or aluminum foil lightly greased with cooking spray.
2. Cut zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 1/2 x 4 inch pieces.
3. Combine the bread crumbs, cheese, and salt in a pie plate. Dip the zucchini fries into the melted margarine, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded zucchini onto the prepared baking sheet.
4. Bake the zucchini in the preheated oven until the fries are golden and tender, about 15 minutes.

<http://allrecipes.com/recipe/217280/oven-baked-zucchini-fries/>



Storing and Preparing Potatoes

Storage: Store potatoes in a cool dark place (away from onions) for 10-12 weeks. Do not store in the refrigerator. Light will turn the outer skins green and cause a bitter flavor.



Preparing: Clean potatoes by scrubbing under running water. You can use your hands, a vegetable brush or the rough side of a sponge.

Oven Baked: Preheat oven to 425 degrees. Clean your potatoes. Lay potatoes directly on the oven rack or place them on a baking sheet. Cook the potatoes for 45 to 60 minutes, until tender. Try topping your baked potato with low-fat cheese, plain yogurt, chili, broccoli, onions, or taco filling.

Microwave: Clean your potatoes and prick them with a fork. Place potatoes in a microwave-safe dish and microwave for 5 minutes. Turn them over and microwave for another 3 to 5 minutes, or until cooked through. Serve and enjoy!

Boiled: Clean potatoes and cut into cubes (they can be peeled or unpeeled). Place potatoes in a large saucepan. Add enough cold water to cover the tops of potatoes. Bring water to a boil; reduce heat to simmer. Cook until tender, about 15-25 minutes.

Freezing Ideas

- Bake potatoes until tender, cut them into 1/2 inch matchsticks. Freeze in an airtight bag or in tinfoil. To use, thaw overnight in the fridge and use to make hash browns, baked French fries or mashed potatoes.
- Prepare mashed potatoes then spoon individual servings onto baking sheets and freeze until firm. Once firm, transfer to a container and freeze. Store in the freezer for 1 month.

Storing Tomatoes

Storage: Store in a cool, dry place. Do not store in a plastic bag. Store in a single layer, stacking tomatoes may cause them to become mushy.

Freezing: Fresh tomatoes may be frozen whole, chopped or sliced. Wash tomatoes and remove the stem. Place in a plastic bag, close tightly and freeze them for up to 8 months.



Other uses:

- Slice and top with salad dressing
- Slice and add to a sandwich or salad
- Add to a pasta dinner



Tomato Sauce

Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 4 Tablespoons olive oil
- 1 onion, chopped
- 3 tomatoes, chopped
- 1 Tablespoon tomato puree
- salt and pepper to taste

Directions:

1. In a large skillet over medium heat, cook onion in olive oil until translucent.
2. Stir in tomatoes, cook until juice begins to thicken.
3. Stir in puree, salt and pepper.
4. Reduce heat and simmer 15 minutes, until rich and thick.

