

# Feeding Mainers

A collection of recipes for  
our community.



Good Shepherd  
FOOD BANK OF MAINE

PARTNERING TO END HUNGER



# Good Shepherd

FOOD BANK OF MAINE

## Our Mission

The mission of Good Shepherd Food Bank is to eliminate hunger in Maine by improving access to nutritious food for people in need, building strong community partnerships, and mobilizing the public in the fight to end hunger.

Additional recipes can be found on the Food Bank's recipe website, [www.NutritionForME.org](http://www.NutritionForME.org).

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[www.FeedingMaine.org](http://www.FeedingMaine.org)  
[www.NutritionForME.org](http://www.NutritionForME.org)

All recipes are in Fahrenheit



**Mainers  
Feeding Mainers**



**Community  
Partnerships**



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# Apples

Maine-grown apples are harvested in September and come in red, yellow, and green shades. They are an excellent source of fiber and Vitamin C. Apples of every type not only make the perfect snack on their own but are a perfect addition to a wide variety of sweet and savory recipes.

# Applesauce

prep time: 10 minutes | cook time: 20 minutes | serves: 6

## Ingredients

*6 apples, peeled and chopped*

*1/4 teaspoon cinnamon*

*1/2 cup water to cover  
bottom of pot*

## Directions

**Chop apples, the smaller the pieces of chopped apple the faster the cook time.**

**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.**

**Simmer the apples for about 20 minutes or until soft.**

**Remove the pot from the heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for a smoother texture.**

Adapted from Kim's Healthy Eats  
source : [kimshealtheats.com/easy-homemade-applesauce](https://kimshealtheats.com/easy-homemade-applesauce)





# Baked Apples

prep time: 10 minutes | cook time: 45 minutes | serves: 6

## Ingredients

*6 apples*

*1 large lemon*

*3/4 cup chopped nuts  
(optional)*

*1/2 cup raisins*

*1/4 cup brown sugar*

## Directions

Preheat the oven to 350 degrees.

Rinse apples.

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.

Rinse lemon and cut in half. In a small bowl, squeeze the juice from each half. Discard seeds.

In a second small bowl mix nuts (if using), raisins, and brown sugar.

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.

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.

Remove from the oven. Let cool slightly before serving.





# Applesauce Muffins

prep time: 5 minutes | cook time: 20 minutes | serves: 12

## 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

Preheat oven to 375 degrees.

Spray muffin tins with nonstick spray.

Mix flour, sugar, baking powder, cinnamon, and salt in a bowl.

Mix in beaten egg, applesauce, and melted butter  
(by hand, not a mixer).

Evenly scoop mixture into muffin pans.

Bake for 18-20 minutes.

Test to see if toothpick comes out clean.

Adapted from Food.com

source : [food.com/recipe/easy-applesauce-muffins-389287](https://www.food.com/recipe/easy-applesauce-muffins-389287)





# Applesauce Oatmeal

prep time: 10 minutes | cook time: 4 minutes | serves: 4

## 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

Mix the water, oats, salt, cinnamon, ginger, and vanilla in a medium saucepan.

Bring to a boil and reduce heat to just above medium.

Continue boiling for 3 minutes.

Add sugar and stir.

Add applesauce and stir.

Scoop into bowls and add a small amount of milk.

Do not stir.

Adapted from Food.com  
source : [food.com/recipe/applesauce-oatmeal-17006](https://www.food.com/recipe/applesauce-oatmeal-17006)









# Beets

In Maine, beets are harvested in the late summer to fall months and are a great source of fiber, iron, and Vitamin C. Beets are delicious raw but are often cooked or pickled. Their leaves, known as beet greens, are edible and packed with nutrients.

## Beets

# Quick Pickled Beets

prep time: 10 minutes | cook time: 20 minutes | serves: 6

### Ingredients

*1 pound beets, about 2 bunches with greens removed and trimmed*

*1 large clove garlic, crushed and peeled (optional)*

*3 tablespoons olive oil (or another cooking oil)*

*2 tablespoons vinegar (any)*

*3/4 teaspoon salt*

### Directions

Place beets in a 3-quart saucepan and cover with cold water.

Bring to a boil over high heat.

Reduce heat to medium-low and simmer until the beets are tender and a fork inserted into the beets comes out easily, 40 to 55 minutes, depending on the size of the beets.

Drain and cool beets until cool enough to handle.

Whisk garlic, oil, vinegar, and salt in a medium bowl. Peel and slice beets. Add to the dressing and toss to coat. Cool beets completely in the dressing. Refrigerate or serve immediately.







# Beet Dip

prep time: 10 minutes | cook time: 20 minutes | serves: 6

## Ingredients

*4 beets, trimmed*

*3 cloves garlic or 1 teaspoon  
garlic powder (Optional)*

*1 1/2 cup whole Greek yogurt  
1/4 cup olive oil*

*1/2 teaspoon salt*

*Spices of your choice  
(Optional)*

## Directions

Put the beets in a small baking pan with a small amount of water on the bottom of the pan.

Roast in a 350 degree oven for 1 hour.

Peel and cut beets in half.

Add beets, garlic, yogurt, olive oil, and spices in a food processor or blender and pulse until smooth.

Garnish with nuts, cheese, or green onions (optional)

Adapted from [Sugarandcharm.com](http://Sugarandcharm.com)

# Beet and Apple Salad

prep time: 8 minutes | serves: 6

## Ingredients

*1 large beet*

*4 apples*

*1 tablespoon lemon juice*

*1 tablespoon honey*

*Salt to taste*

## Directions

Wash the beet and peel if desired. (If you peel the beet it will taste less earthy.)

Grate the beet and the apples into a large bowl.

For the dressing, mix the lemon juice, honey, and salt.

Pour the dressing over the grated beet and apples. Mix well.

Serve chilled.

Adapted from Eatfresh.org





# Beets, Beans, and Greens

prep time: 8 minutes | serves: 6

## Ingredients

*1/4 cup lemon juice  
(or white vinegar)*

*1 clove garlic, minced*

*2 teaspoons mustard*

*2 tablespoons vegetable oil*

*2 cups beets, cooked, sliced*

*1 head of lettuce, washed and  
torn into pieces*

*1 15-ounce can white beans,  
drained and rinsed*

## Directions

To make dressing, combine lemon juice, garlic, mustard, oil, salt, and black pepper in a large bowl.

Place the sliced beets in a separate bowl. Toss 1 tablespoon of the dressing with the beets to coat.

Toss the greens and beans with the remaining dressing in the large bowl.

Place greens mixture onto plates and top with beets.

Adapted from ClinknCook.com









# Squash

There are over 100 varieties of squash in the world that are categorized into both summer and winter varieties. Both summer and winter squash are harvested during the summer months. Summer squash is harvested much earlier than winter squash, giving it a soft and tender exterior. Summer squash is best chopped and sautéed and requires less time to cook than winter squash. Though harvested in the summer, winter squash earns its name based on how long it will keep.

# Buttercup Squash Soup

prep time: 5 minutes | cook time: 20 minutes | serves: 6

## Ingredients

*1/4 cup unsalted butter or  
olive oil*

*1 large onion, finely chopped*

*4 large cloves garlic, chopped*

*3 14.5-ounce cans of low-salt  
broth (veggie or chicken)*

*8 cups 1-inch pieces of peeled  
buttercup squash*

*1 1/4 teaspoons minced fresh  
thyme or 1/2 teaspoon of  
dried thyme*

*1 1/4 teaspoons minced fresh sage*

## Directions

Melt butter, or heat oil, in a large pot over medium heat.

Add onion and garlic and sauté until tender, about 10 minutes. Add broth, all squash and herbs bring to boil.

Reduce heat, cover, and simmer until squash is very tender, about 20 minutes.

Working in batches, puree soup, using a masher, blender, or an immersion blender.

Return soup to the same pot and bring to a simmer. Season with salt and pepper.

The soup can be made 1 day ahead. Chill. Rewarm over medium heat before serving.

Adapted from Allrecipes.com







### Ingredients:

*1 small buttercup or other winter squash (1 pound)*

*1/2 cup chopped apple*

*2 teaspoons packed brown sugar or honey*

*2 teaspoons butter or margarine, softened*

*1/2 teaspoon lemon juice*

*1/8 teaspoon ground nutmeg or cinnamon*

# Buttercup Squash with Apples

prep time: 10 minutes | cook time: 50 minutes | serves: 2

### Tip:

Sprinkle toasted nuts over the cooked squash for added crunch.

One-half cup of chopped pear makes a great stand-in for the apple.

### Directions

Heat oven to 400 degrees.

Cut squash in half; remove seeds and fibers.

Place squash halves, cut side up, in an ungreased baking dish, 11x7 x 1 1/2 inches.

Mix remaining ingredients; spoon into squash halves.

Cover and bake for 30 to 40 minutes or until squash is tender.

Adapted from [Bettycrocker.com](http://Bettycrocker.com)

# Easy Baked Zucchini

prep time: 5 minutes | cook time: 10 minutes | serves: 2

## Ingredients:

*2 medium zucchini, sliced into  
1/3" rounds*

*1 tablespoon olive oil*

*1/2 teaspoon of your favorite  
Italian seasonings*

*Salt & pepper to taste*

*1/3 cup shredded parmesan  
cheese, or another shredded  
cheese of your choice*

## Directions

Preheat oven to 425 degrees.

Toss zucchini slices with olive oil, seasoning, salt and pepper, and about 2 tablespoons of the parmesan cheese.

Place on a baking sheet and top with remaining parmesan cheese. Bake 5 minutes.

Turn oven to broil, place pan near the top, and broil 3-5 minutes or until zucchini is tender and cheese is melted lightly browned.

Adapted from [Spendwithpennies.com](http://Spendwithpennies.com)



# Stuffed Roasted Delicata Squash

prep time: 20 minutes | cook time: 45 minutes | serves: 4

## Ingredients:

*2 Delicata squash,  
cut lengthwise*

*2 teaspoon oil, divided*

*2 garlic cloves, minced or two  
teaspoons garlic powder*

*1 small onion, chopped finely*

*1 15-ounce can cannellini or  
white beans, rinsed and drained*

*3 handfuls spinach or kale,  
torn into small pieces*

*1/4 cup breadcrumbs*

*1/4 cup parmesan cheese*

*Salt and pepper*

## Directions

Preheat oven to 400 degrees. Scoop seeds out of each half of squash. Place on baking sheet and sprinkle salt, pepper, and 1 teaspoon oil. Cook for 20-25 minutes. Squash will be soft to the touch.

While squash is baking, make stuffing.

Heat 1 teaspoon of oil in a skillet over medium heat. Add garlic and chopped onion to the pan and cook for about 2-3 minutes. Add spinach to the pan, and cook until wilted. Add rinsed beans to pan and stir, cooking until warmed through.

Spoon stuffing into each squash half. In a small bowl, combine breadcrumbs and parmesan. Sprinkle evenly over each squash. Place into the oven for about 15 minutes until heated through and breadcrumbs and cheese are golden brown.

Serve immediately.





### 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)*

# Zucchini Fries

prep time: 15 minutes | cook time: 15 minutes | serves: 4

### Directions

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or aluminum foil lightly greased with cooking spray.

Cut zucchini in half lengthwise and remove the seeds. Slice the zucchini into 1/2 x 1/2 x 4 inch pieces.

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.

Bake the zucchini in the preheated oven until the fries are golden and tender, about 15 minutes.

# Summer Squash Tots

prep time: 20 minutes | cook time: 45 minutes | serves: 4

## Ingredients:

*3 small yellow squashes or zucchini (about 1-1.5 lb)*

*1 egg*

*4 ounces grated cheddar cheese or other meltable cheese (about 1/2 cup grated)*

*3/4 cup breadcrumbs*

*1/2 medium onion, chopped*

*1/2 teaspoon garlic powder*

*1/2 teaspoon salt*

*Black pepper, to taste*

## Tip:

Dip your hands into a bowl of cold water in between every few tots - this will help keep the squash mixture from sticking to your hands!

## Directions

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper (or grease the baking sheet with oil).

Grate the squash on a fine grater (or use a food processor). Add 1/2 teaspoon salt, and mix it together. Put the grated squash in a colander. Let sit while you prepare the rest of the ingredients.

Use your hands to squeeze all the extra liquid from the grated squash in the colander. You should have about 1 cup of liquid for every pound of squash you use. Discard the liquid.

Combine all the tot ingredients in a large bowl and mix well. The mixture should be sticky and wet, like a thick paste. If it is too wet, add extra breadcrumbs. Form small tots with your hands (about 1.5-2 tablespoons squash mixture per tot).

Arrange the tots on baking sheet. Bake at 400 degrees for 25 minutes, or until golden on top and lightly browned on the bottom.

Adapted from Allrecipes.com

### Dip Ingredients:

*1/3 cup Greek yogurt*

*2 teaspoon lemon juice  
(about 1/2 lemon or to taste)*

*1 teaspoon finely minced parsley  
(or 1/2 tsp dried parsley)*

*1/4 teaspoon garlic powder  
(or 1 clove garlic, minced)*

*1/4 teaspoon salt*

*1/4 teaspoon black pepper*

### Dip Directions:

In a small bowl combine all the ingredients for the yogurt sauce while the tots are baking. Serve as a dip for the warm tots!







### Ingredients:

*4 zucchini, cut in half lengthwise or yellow squash*

*3 cups rice, brown, cooked from 1 cup dry*

*1 cup tomatoes, diced*

*1 cup squash pulp (from summer squash listed above)*

*1 cup beans, white, canned, drained and rinsed*

*1/3 cup sliced black olives*

*1 tablespoon basil*

*4 tablespoons grated parmesan*

## Stuffed Zucchini

prep time: 10 minutes | cook time: 40 minutes | serves: 2

### Directions

Preheat oven to 350 degrees. Place zucchini in a large microwaveable bowl with 3 tablespoons water. Cover and microwave on high for 5 minutes or until tender. Let cool.

Scoop out pulp from zucchini, leaving a long cavity for stuffing. Place pulp in a bowl and mix with brown rice, tomatoes, beans, olives, and basil.

Place the zucchini shells in a baking dish. Stuff the zucchini with the stuffing mixture.

Top with grated parmesan cheese. Bake for about 30 minutes, until cheese is golden brown.

# Roasted Delicata Squash Tacos

prep time: 20 minutes | cook time: 30 minutes | serves: 3

## Ingredients:

*1 Delicata Squash, halved, seeded, cut into 3/4" slices*

*1 tablespoons olive oil  
(or any cooking oil)*

*2 teaspoons chili powder  
or your favorite spices*

*1 teaspoons cumin, divided  
(optional)*

*Salt and pepper*

*1 can black beans, do not drain*

*1 tablespoon lime juice*

*6-8 whole wheat tortillas*

*1/2 cup shredded cheese  
(cheddar, or your preferred)*

*Cilantro fresh or dried,  
minced if fresh (optional)*

*Onion, thinly sliced*

*Sour cream or plain Greek  
yogurt (optional)*

## Directions

Preheat oven to 400 degrees.

Cut the delicata squash in half, lengthwise. Scoop out the seeds with a spoon. Cut the squash into 1/2-3/4" thick slices that resemble half moons. Place it on baking sheet. Sprinkle with spices of your choice, salt and pepper. Toss the squash so they are coated with oil and seasoning.

Bake until soft and tender, about 15-20 minutes, flipping halfway through.

In a small saucepan add squash, the other half of the spices and lime juice (optional). Cover and bring to a simmer, stirring occasionally.

To assemble the tacos, add a few pieces of roasted squash and scoops of black beans to the tacos.

Top with minced cilantro, onions, sour cream and cheese.

# Spaghetti Squash with Parmesan Cheese

prep time: 10 minutes | cook time: 60 minutes | serves: 6

## Ingredients:

*1 spaghetti squash*

*1/4 stick butter*

*1/2 cup grated parmesan cheese*

*Salt and pepper*

## Directions

Preheat the oven to 350 degrees.

Use a knife to prick the squash all over.

Place in a baking dish and bake for 1 hour or until soft.

Cut squash in half, scoop out and discard seeds.

Using a fork scrape flesh into strings into a serving bowl.

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.

Adapted from Food Network  
source: [foodnetwork.com/recipes/spaghetti-squash-with-parmesan-cheese-recipe.html](https://www.foodnetwork.com/recipes/spaghetti-squash-with-parmesan-cheese-recipe.html)





# Spaghetti Squash and Vegetables

prep time: 15 minutes | cook time: 30 minutes | serves: 6

## 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

Preheat oven to 350 degrees. Lightly grease a baking sheet.

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.

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.

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 Delicata Squash Pasta with Greens

prep time: 20 minutes | cook time: 25 minutes | serves: 4

## Ingredients:

*1 Delicata squash*

*3 teaspoons oil, divided*

*1/2 teaspoon salt*

*1/2 teaspoon black pepper*

*8 ounces whole wheat pasta*

*1/4 cup raw almonds, roughly  
chopped (optional)*

*2 tablespoons butter*

*2 large garlic cloves,  
finely chopped*

*2 packed cups of greens  
(kale, spinach, or your  
choice) finely chopped*

## Directions

Preheat your oven to 400 degrees. Cut off the ends of the Delicata squash and slice it in half lengthwise. Use a spoon to scoop out the seeds.

Slice each squash half into 1/2-inch wide half-moon shapes. Transfer the pieces to a baking sheet and toss with 2 teaspoons of oil, salt, and black pepper.

Roast the Delicata squash for 10 minutes. Flip pieces over and roast for 10 to 12 minutes more, until tender and slightly caramelized. Set the roasted squash aside.

Bring a large pot of salted water to a boil. Cook the pasta according to the package directions. Drain and rinse pasta and return it to the pot. Toss the cooked pasta with a teaspoon of oil to prevent the pieces from sticking together.

Place the chopped greens in a mixing bowl and sprinkle with 1/4 teaspoon salt (if using kale, massage with oil or lemon juice until softened and bright green). Scoop the massaged kale into the skillet and stir to combine.

Transfer the roasted squash to the skillet and stir to incorporate it with the pasta and greens.

Sprinkle with toasted nuts or parmesan cheese.

# Summer Squash Sauté

prep time: 5 minutes | cook time: 6 minutes | serves: 2

## Ingredients:

*1 1/2 tablespoons oil*

*1 large yellow squash, chopped*

*1 large zucchini, chopped*

*3 cloves garlic, chopped or  
2 teaspoons garlic powder*

*1 cup grape tomatoes*

*Dash crushed red pepper*

*2 tablespoons shredded  
parmesan cheese (optional)*

*Salt to taste*

## Directions

Heat oil in a large skillet on medium-high heat. Add yellow squash and zucchini and cook for 3 minutes, stirring occasionally.

Add in the garlic and tomatoes and cook for 2 to 3 minutes, gently stirring, or until vegetables are crisp-tender and tomatoes are about ready to burst.

Season with salt and crushed red pepper. Sprinkle with parmesan cheese.

Serve immediately.

Adapted from  
[Twopeasandtheirpod.com](http://Twopeasandtheirpod.com)

# Bow Tie Pasta with Zucchini Sauce

prep time: 10 minutes | cook time: 15 minutes | serves: 6

## Ingredients:

*2 cups whole wheat bow tie pasta*

*1 small clove garlic*

*2 medium zucchini  
(10 ounces or 2/3 of a pound)*

*1 tablespoon canola oil*

*1/2 cup parmesan cheese, grated*

*1/2 teaspoon salt Pinch ground  
black pepper*

## Directions

Cook pasta according to package instructions. Prepare zucchini sauce while pasta is cooking.

Peel and mince garlic.

Rinse and grate zucchini. Measure out 2 cups grated zucchini.

In a large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens and zucchini yields some liquid, about 5 minutes.

Drain pasta, reserving ½ cup cooking liquid.

Add 1-2 teaspoons cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed.

Transfer pasta to large bowl for serving. Sprinkle with grated parmesan. Season with salt and pepper. Toss to combine.

Adapted from [Cookingmatters.org](http://Cookingmatters.org)









# Creamy Macaroni and Cheese

prep time: 20 minutes | cook time: 45 minutes | serves: 8

## Ingredients:

*Non-stick cooking spray*

*12 ounces whole wheat macaroni*

*1 (1 1/2 pound) butternut or acorn 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

Preheat the oven to 375 degrees.

Coat a 9-inch square baking dish with non-stick cooking spray. Set aside.

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.

While pasta cooks, cut squash in half, scoop out seeds, and into large chunks. Place in a microwave-safe bowl with water. Cover with plastic wrap. Microwave on high until tender, about 10 minutes and cool.

While squash cooks and cools, grate cheese.

Peel cooked squash. Place in a pot and 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 the prepared baking dish. Sprinkle with breadcrumbs.

Bake until breadcrumbs are browned and the edges are bubbling, about 45 minutes.



# Roasted Butternut Squash

prep time: 10 minutes | cook time: 40 minutes | serves: 6

## 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

Preheat the oven to 375 degrees.

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.

Coarsely chop walnuts. Set aside.

In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.

Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.

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.

Gently toss cooked squash with cranberry mixture.

Recipe from:  
CookingMatters.com

# Mushroom Stuffed Squash

prep time: 10 minutes | cook time: 60 minutes | serves: 4

## Ingredients:

*4 zucchini or 4 yellow squash*

*1 tablespoon olive oil*

*1/3 cup onion finely chopped*

*2 cloves garlic finely minced*

*1 cup mushrooms, fresh,  
chopped*

*1 tomato, medium, chopped*

*4 tablespoons breadcrumbs, dry*

*1/4 teaspoon dried oregano or*

*1/4 teaspoon dried thyme or*

*1/4 teaspoon dried basil*

*1/2 teaspoon salt*

*Black pepper to taste*

*2 teaspoons parmesan cheese,  
grated*

## Directions

Preheat oven to 375 degrees. Cut squash in half lengthwise. Scoop out pulp with a teaspoon, making a 1/4 inch thick shell to hold the stuffing. Coarsely chop pulp and set aside.

In a skillet, heat oil over medium heat. Add onion and cook for 3 minutes. Add garlic and cook for an additional minute.

Add squash pulp and mushrooms. Cook for 2 to 3 minutes until the pulp is tender, stirring frequently. Remove from heat. Stir in tomato, breadcrumbs, herbs, salt, and pepper.

Spoon mixture into zucchini shells. Arrange zucchini in a baking dish and cover with foil. Bake for 20 minutes

Remove foil and sprinkle with parmesan cheese. Bake 15 to 20 minutes, until shells are tender. Let cool 5 minutes before serving.

Adapted from: [EatFresh.org](http://EatFresh.org)

# Cinnamon Baked Pumpkin

prep time: 10 minutes | cook time: 60 minutes | serves: 6

## Ingredients:

*1/4 cup packed brown sugar*

*1 teaspoon ground cinnamon*

*1/2 teaspoon salt*

*3 pounds baking pumpkin or winter squash (butternut or acorn), peeled, seeded*

*2 tablespoons cooking oil, or butter (melted)*

## Directions

Preheat the oven to 325 degrees.

Line a 3-quart rectangular baking dish with foil.

In a small bowl, stir together brown sugar, cinnamon, and salt; set aside.

In prepared 3-quart rectangular baking dish toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin.

Bake, covered with foil, for 40 minutes.

Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender. Makes 10 (3/4-cup) servings.

Adapted from: EatingWell.com



### Ingredients:

*1 1/2 cups brown rice dry or 1 cup brown rice cooked*

*3 cups water*

*1/2 teaspoon salt*

*2 cups pumpkin raw or 2 cups butternut squash*

*1 tablespoon sugar*

*1/2 teaspoon vanilla extract*

*1 teaspoon cinnamon*



# Pumpkin Rice Pudding

prep time: 15 minutes | cook time: 60 minutes | serves: 6

### Directions

Combine rice with water and salt in a large pot. Bring to a boil, and then reduce to a simmer. Cover pot, and cook rice until very soft and sticky, about 45 minutes.

Pierce squash with a knife in several places to allow steam to escape. Put whole squash in microwave. Cook for 10-15 minutes on high.

Remove from microwave. Allow to cool for at least 5 minutes or until cool to touch.

Cut squash lengthwise. Scoop out the seeds, and discard.

With a spoon, scrape out the flesh into the pot with the rice. Stir in sugar and vanilla. Add water, if needed, for a porridge consistency. Simmer 2 to 3 minutes over low heat to warm through.

Adapted from: [EatFresh.org](http://EatFresh.org)

### Tip:

You can substitute 2 cups of canned pumpkin for the whole fresh pumpkin or squash; eliminate steps 2-4.

# New England Walnut Bread

prep time: 25 minutes | cook time: 60 minutes | serves: 16

## Ingredients:

*1 can (15-ounces) solid-pack pumpkin*

*4 large eggs*

*3/4 cup canola oil or vegetable oil*

*2/3 cup water*

*1 cup sugar*

*1 cup honey*

*1 1/2 teaspoons vanilla extract*

*3 1/2 cups all-purpose flour*

*2 teaspoons baking soda*

*1 1/2 teaspoons salt*

*1 1/2 teaspoons ground cinnamon*

*1 teaspoon ground nutmeg*

*1/2 teaspoon ground cloves*

*1/2 teaspoon ground ginger*

*1 cup coarsely chopped walnuts, toasted*

## Topping Ingredients:

*1/2 cup old-fashioned oats*

*1/4 teaspoon sugar*

*1/8 teaspoon ground cinnamon*

## Directions

Preheat oven to 350 degrees. In a small skillet, combine oats, sugar and cinnamon; cook and stir over medium heat 4-6 minutes or until oats are toasted. Remove from heat.

For bread, in a large bowl, beat pumpkin, eggs, oil, water, sugar, honey and vanilla until well blended.

In another bowl, whisk flour, baking soda, salt and spices; gradually beat into pumpkin mixture. Fold in walnuts.

Transfer to two greased 9x 5-inch loaf pans. Sprinkle tops with oat mixture.

Bake 60-70 minutes or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes before removing to a wire rack to cool.

**Editor's Tip:**

To toast nuts, bake in a shallow pan in a 350 degree oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

Try experimenting with whole wheat flour, substitute half of the all-purpose flour for whole wheat.









# Fish

The Maine coast offers a wide variety of fish. Cod, haddock, hake, and pollock, whitefish are low in fat and an excellent source of vitamins and minerals such as Vitamin B and Omega-3. Whitefish are an excellent alternative to red and processed meats, generally high in saturated fat. Try fish grilled, sautéed, baked, or in a chowder or stew!

# Basic Fish Cooking Techniques

Regardless of the cooking technique, a good rule of thumb to follow is that it will take approximately 8-9 minutes per inch of thickness. That said, it is always a good idea to keep an eye on your fish when it is cooking.

Don't be afraid to take a fork and check your fish when it is cooking. Fish must reach an internal temperature of 135 degrees. You will always want to brush it with a little oil before cooking and a squeeze of lemon compliments any fish.

## Poaching

Poaching is simply cooking in liquid. A little stock, water, or a combination of the two mixed with herbs or seasonings you like works great. You will want enough liquid to cover your fish. Bring your poaching liquid to a boil in a skillet and let boil for a few minutes to reduce a bit and develop the flavors. Place the fish gently in the liquid and cook until done.

## Grilling

Start with a hot fire and a clean grill rack that has been coated with non-stick spray. You can also use aluminum foil to partially wrap fillets. Brush the fish lightly with oil and season with salt and pepper and any herbs or spices you enjoy. If the fish has skin on it, start it with the skin side down and turn when it starts to look firm. If it is not a very thick fillet, you can cover and never turn at all.



### Broiling

You can broil any kind of fish unless it is a very large whole fish (more than 3 pounds, which would be better done roasted). Preheat your broiler for 15 minutes or so. Position the rack as close to the heat source as you can and put the fish in a baking sheet or glass dish. If the fish is less than 1 inch thick, do not turn as there is enough heat in the oven to cooktop and bottom. If your fish has skin, it should be skin-side down in the pan.

### Sautéing

Sautéing is probably the easiest way to prepare fish. You will want to preheat a skillet to medium-high heat with some oil or butter to just cover the bottom of the skillet. Place on the heat and let cook until lightly browned on the underside, turn, and continue to watch until done.

A nice preparation for almost any kind of fish is to sauté the fish until just underdone. Remove from the heat and set aside. Saute your favorite vegetables and when they are nearly done, just add the fish back in and finish cooking. A cup of marinara or a dash of teriyaki sauce can finish it off.

### Baking or Roasting

Baking is done at a more moderate temperature (350 degrees) and roasting at a much higher temperature (400 to 500 degrees). Roasting is best for whole fish or very large fillets. Your fish will also get done more quickly when roasting. Bake or roast on a baking sheet or in a baking pan that has been coated with non-stick spray. When baking or roasting fish, it is nice to put a few vegetables in the pan – onions, carrots, zucchini, whatever you like.

A little bit of white wine or chicken stock in the pan (just to barely cover the bottom) will add flavor and will keep fish moist.

# Pan-Roasted Hake

prep time: 5 minutes | cook time: 15 minutes | serves: 4

## Ingredients:

*1/4 cup canola oil*

*4 (7-ounce) hake fillets, skin removed*

*1 tablespoon unsalted butter*

*3 tablespoons freshly squeezed lemon juice*

*1 teaspoon fresh thyme leaves*

*Salt and black pepper*

## Directions

Preheat the oven to 375 degrees.

In a large, oven-safe saute pan, heat the oil over medium-high heat. Place the hake in the hot oil, presentation side down. Cook for 2 minutes, then lower the heat. Add the butter to the pan and let it brown around the fish for 3 to 4 minutes. Remove the pan from the heat and carefully flip the fish over. Transfer the sauté pan to the oven and bake for 5 minutes.

Remove the fish fillets to a serving platter.

Brush the fillets with the lemon juice and garnish with thyme leaves. Season with salt and white pepper.

Recipe from  
[www.splendidtable.org/story/2014/12/09/pan-roasted-hake](http://www.splendidtable.org/story/2014/12/09/pan-roasted-hake)





# Monkfish in Tomato Garlic Sauce

prep time: 20 minutes | cook time: 25 minutes | serves: 8

## Ingredients:

*1/4 cup plus 3 tablespoons of  
your preferred cooking oil*

*Optional: 4-8 cloves of garlic,  
peeled and thinly sliced (powder  
or minced garlic is great too)*

*1 cup canned crushed tomatoes*

*2 cups water*

*Salt and freshly ground pepper*

*8 6-ounce cleaned monkfish  
fillets, about 2 inches thick*

## Directions

Preheat the oven to 400 degrees. In a large skillet, warm 1/4 cup of oil. Add the sliced garlic and cook slowly over very low heat, shaking the skillet, until the garlic is deep golden, 15 minutes. Remove about 1/4 of garlic slices to a plate and reserve. Add the tomatoes and cook over moderately high heat for 1 minute. Add the water and simmer until the sauce has reduced to 1 1/2 cups, about 10 minutes. Season with salt and pepper.

In a very large skillet, heat the 3 tablespoons of oil. Season the fish with salt and pepper. Cook over high heat until browned on the bottom, 2 minutes. Turn the fish, transfer to the oven, and roast until just cooked through, about 15 minutes.

Transfer the fish to a large, warmed platter. Pour any juices from the skillet into the sauce and simmer for 2 minutes. Spoon the sauce onto plates and set the fish on top.

Optional: Sprinkle the fried garlic over the fish before serving.

# Steamed Monkfish with Ginger and Spring Onions

prep time: 10 minutes | cook time: 30 minutes | serves: 2

## Ingredients:

*2-3 monkfish fillets*

*2-3 teaspoon grated or finely chopped ginger or 1-2 teaspoon of ground ginger*

*2 cloves garlic, finely chopped  
Salt and freshly ground black pepper, to taste*

*2 teaspoon sesame oil*

*1 tablespoon soy sauce*

*Optional: 2 green onions, finely sliced on the diagonal*

## Directions

Cut fish into big chunks. Mix with the ginger and garlic and season to taste. Place on a dinner plate in one layer. Half fill a large saucepan with water and bring to a boil.

Place the plate with the fish on top of the saucepan and cover with the saucepan lid.

Steam for 7-8 minutes or until opaque and cooked through but not quite flaking. Timing will depend on how close the plate is to the boiling water – be careful not to overcook.

Meanwhile, heat sesame oil and soy sauce in a saucepan or in the microwave. Arrange fish on 2 serving plates. Drizzle with the soy sauce mixture and sprinkle with the spring onions. Serve with rice.



### Ingredients:

*2 hake fillets*

*1 teaspoon garlic, fresh and minced or garlic powder*

*1/2 teaspoon black pepper*

*1 tablespoon of flour*

*1 teaspoon oil*

*Lemon juice to taste (optional)*

# Pan-Fried Garlic and Peppered White Fish Fillets

prep time: 10 minutes | cook time: 40 minutes | serves: 2

## Directions

Heat the oil in a frying pan over low heat.

Meanwhile, add the garlic and black pepper to the flour, and coat the skinless side of the hake fillets with the seasoned flour.

Put the hake fillets into the pan, skin side down (if there is skin on it), and fry over a gentle heat for 5 to 7 minutes, until the skin is crispy and the fish is just starting to turn opaque.

Gently turn the fillets over and cook for a further 2 minutes on the skinless side, before taking it out of the pan and serving.



# Baked Pollock

prep time: 30 - 60 minutes | serves: 4

## Ingredients:

*1 1/2 pound pollock*

*3/4 cup sour cream*

*1/2 cup parmesan cheese*

*1/4 cup melted butter*

*1/2 teaspoon salt*

*1/8 teaspoon black pepper*

## Directions

Preheat the oven to 350 degrees. Grease a 9 x 13 baking dish.

Place the fish in the greased baking dish in a single layer.

In a bowl, stir together the sour cream, parmesan cheese, melted butter, salt, and pepper. Mix well then spread evenly over the pollock fillets.

Place the baking dish in the oven and cook, uncovered, at 350 degrees for 30 minutes or until the fish is cooked and flakes easily with a fork.

Serve hot.

Recipe from  
[www.cdktichen.com/recipes/recs/43/Baked-Pollock83755.shtml](http://www.cdktichen.com/recipes/recs/43/Baked-Pollock83755.shtml)

# Fish Chowder

serves: 4

## Ingredients:

*1 tablespoon oil*

*Optional: 3 slices bacon, diced*

*2/3 cup diced onion*

*2 medium white potatoes, peeled and diced*

*2 cups chicken or vegetable broth*

*1.5 – 2 pounds white fish fillets, skin removed*

*1–2 teaspoon seasoning of your choice*

*Salt and pepper, to taste*

*3 cups of milk (any kind)*

## Directions

Heat oil in a large pot or dutch oven over medium heat. Sauté bacon (optional), onion and potatoes for 10 minutes, stirring frequently.

Add broth and lay fish on top of potatoes in the pot. (Don't worry about cutting it up. It will flake apart when cooked)

Add seasonings of your choice, salt and pepper. Bring the mixture to a boil, reduce heat to medium, cover and cook until fish and potatoes are cooked through (about 10 minutes). Use a spatula to break the fish into chunks.

Reduce the heat and add the milk or half and half. Heat through but don't boil.



# Garlic Butter Poached Pollock

prep time: 5 minutes | cook time: 25 minutes | serves: 4

## Ingredients:

*4 fillet pollock (defrosted)*

*2 clove garlic (minced) or 1  
teaspoon garlic powder*

*1/2 cup butter*

*1 tablespoon seasonings of your  
choice*

*2 tablespoons lemon juice*

## Directions

In a frying pan large enough to hold pollock, melt the butter over medium low heat.

Add the garlic and cook until golden brown. Stir in lemon juice and your choice of seasonings and combine.

Place the pollock fillets in the pan and cook over medium low heat for 5-6 minutes per side, continually basting the fish with the poaching liquid.

Once the fish flakes easily with a fork, it is done. Remove from the frying pan and serve with fresh greens.







# Root Vegetables

Root vegetables harvested in Maine are super versatile, which makes them perfect to pair with multiple flavors. They are rich in calcium, potassium, and offer immune-boosting vitamins, such as Vitamin C. Commonly harvested in the fall and winter months, root vegetables make a great addition to any meal.

# Orange Glazed Carrots

prep time: 15 minutes | cook time: 10 minutes | serves: 4

## Ingredients:

*1 pound carrots*

*1 cup orange juice*

*1/4 teaspoon salt*

*1/2 teaspoon dried basil*

*Pinch ground black pepper*

## Directions

Fill a large pot half-full with water. Bring to a boil.

While waiting for water to boil, rinse, peel, and slice carrots into 1/4-inch slices.

In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about 3/4. Watch carefully after it reduces by 1/2 so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.

Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7–10 minutes.

In a colander, drain carrots. Rinse under cold water.

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.

Recipe from:  
[www.cookingmatters.com](http://www.cookingmatters.com)





# Shepherd's Pie

prep time: 15 minutes | cook time: 25 minutes | serves: 4

## Ingredients:

*1 pound lean ground beef or ground turkey*

*1/2 cup onion, chopped*

*1/2 cup celery, chopped*

*1 15-ounce can low-sodium vegetable soup*

*3 cups mashed potatoes (any kind)*

*1/2 cup cheddar cheese, shredded*

## Directions

Preheat oven to 350 degrees.

In a large skillet over medium-high heat, brown beef, onion and celery. Drain fat.

Mix in vegetable soup and place in a 2-quart baking dish.

Top with mashed potatoes.

Bake for 20 minutes, uncovered.

Top with shredded cheese and bake an additional 5 minutes, until cheese has melted.

Adapted from  
[Clickncook.org](http://Clickncook.org)





# Potato and Cheddar Soup

prep time: 15 minutes | cook time: 30 minutes | serves: 10

## Ingredients:

*2 cups water*

*2 cups peeled and cubed red potatoes*

*3 tablespoons melted butter*

*1 small onion, chopped*

*3 tablespoons all-purpose flour  
salt and pepper to taste*

*3 cups milk*

*1 cup shredded cheddar cheese*

*1 cup diced ham (optional)*

## Directions

Using a medium sized stock pot bring water to a boil, add potatoes and cook until tender. Drain reserving 1 cup liquid.

Stir in butter, onion and flour. Season with salt and pepper. Gradually stir in potatoes, reserved liquid, milk, sugar, cheese, and ham. Simmer for 30 minutes, stirring frequently.

Adapted from  
allrecipes.com



**Ingredients:**

*1 pound of potatoes*

*1 teaspoon butter*

*1/4 cup low-fat milk*

*Salt and pepper to taste*

# Mashed Potatoes

prep time: 10 minutes | cook time: 20 minutes | serves: 4

## Directions

Cut potatoes in half. Place in a large stovetop pot, cover with cold water and bring to a boil.

Reduce heat to a gentle boil and cook until potatoes are tender.

When potatoes are tender, drain and mash the potatoes with a fork or a potato masher.

Stir in butter, salt, pepper and milk; return to low heat and stir until warm if needed.

# Roasted Potatoes

prep time: 10 minutes | cook time: 60 minutes | serves: 8

## Directions

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.

Transfer the potatoes to a sheet pan and spread out into 1 layer.

Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice during cooking in order to ensure even browning.

Recipe from  
[www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html](http://www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html)

## 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)*



# Sweet Potato Shepherd's Pie

serves: 6

## Ingredients:

### 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*

### 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*

## Directions

Preheat oven to 450 degrees. Coat a 9-inch baking dish with cooking spray.

Scrub potatoes and pierce several times with a fork. Place in a 9 x1 3-inch baking pan and bake until soft, 45 minutes to 1 hour. Let cool while you make the filling.

While the sweet potatoes are baking, wash and slice mushrooms. Peel onion and garlic. Dice onion. Mince garlic.

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.



### Directions Continued

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.

Recipe from  
[www.cookingmatters.com](http://www.cookingmatters.com)





### 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*

# Sweet Potato Fries

prep time: 20 minutes | cook time: 30 minutes | serves: 6

## Directions

Preheat the oven to 450 degrees.

Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.

Leaving skin on, cut into thick French fry strips, about 1/2-inch wide.

In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps. Add sweet potato strips to the bowl. Toss until they are coated on all sides.

Coat a baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.

Bake for 15 minutes. Turn over and bake for another 10-15 minutes, or until fries are tender.

Recipe from  
[www.cookingmatters.com](http://www.cookingmatters.com)



# Roasted Rutabaga

cook time: 25 - 40 minutes | serves: 4

## Directions

Heat the oven to 450 degrees. Peel the rutabaga with a vegetable peeler and cut into 1/2-inch to 3/4-inch cubes.

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.

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.

Adapted from:  
[www.thekitchn.com/recipe-roasted-rutabaga-in-brown-butter-side-dish-re](http://www.thekitchn.com/recipe-roasted-rutabaga-in-brown-butter-side-dish-re)



## 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)*



# Mashed Rutabaga

prep time: 10 minutes | cook time: 30 - 40 minutes | serves: 4 - 6

## 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

Preheat the oven to 375 degrees.

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.

Drain cooked rutabaga and return to the pot.

Reduce the heat to low and let the rutabaga steam for a minute or two.

Mash with a potato masher, add butter, sour cream and salt and pepper to taste.

Just before serving mix in chopped dill or chives.



# Turnip Pancakes (Latkes)

prep time: 10 minutes | cook time: 10 minutes | serves: 10

## Ingredients:

*1 onion*

*1 1/2 pounds turnips (6-8 small)*

*3 eggs beaten*

*1/4 cup all-purpose flour*

*1/2 teaspoon black pepper*

*3/4 teaspoon salt to taste*

*Vegetable oil for frying*

## Directions

Grate the onion and turnips on the large holes of the grater. Mix the onion, turnip, eggs, flour, salt, and pepper thoroughly in a large bowl.

In a large skillet or griddle, swirl two teaspoons of oil over medium-high heat. Spoon two tablespoons of mixture for each pancake into the hot pan, leaving space in between.

With a spatula, lightly press the pancakes into a flat round shape. Cook until dark golden brown on each side. Repeat until all the batter is done. Enjoy alone or with your favorite condiments.

Adapted from: [www.eatfresh.org](http://www.eatfresh.org)

# Turnips with Cabbage and White Beans

prep time: 15 minutes | cook time: 15 minutes | serves: 4

## Ingredients:

*1 tablespoon olive oil (or cooking oil)*

*1 cup turnips, peeled and cubed*

*1 tablespoon fresh thyme, chopped (or 1 teaspoon dried thyme)*

*1/2 medium onion, thinly sliced*

*1/2 teaspoon salt*

*1 15-ounce can white beans, drained and rinsed*

*4 cups green cabbage, thinly sliced*

*1/4 cup water*

*1 tablespoon cider vinegar (or white vinegar)*

*1/2 teaspoon ground black pepper*

*1/2 cup parmesan cheese, grated*

## Directions

Heat a large skillet over medium-high heat. Add oil.

Add turnip, thyme, onion, and salt. Saute for 2-3 minutes.

Reduce heat to low, cover, and cook until turnips are slightly tender, about 6 minutes. Stir occasionally.

Increase heat to medium-high and add beans. Cook 2 minutes to warm through.

Add cabbage, water, vinegar, and pepper. Cook until cabbage is slightly wilted, stirring occasionally. Top with cheese.

Adapted from:  
ClicknCook.com



# Orange Glazed Turnips

prep time: 10 minutes | cook time: 10 minutes | serves: 4

## Ingredients:

*1 pound turnips small to medium, peeled and quartered*

*3/4 cup water*

*1 orange thinly sliced rind from one whole*

*1/2 cup orange juice fresh, about two oranges*

*1 tablespoon olive oil*

*1 tablespoon honey*

*1/2 teaspoon salt*

*2 teaspoons parsley chopped, optional*

## Directions

Arrange turnips in a large skillet and add enough water to reach halfway up turnips. Add orange rind, orange juice, olive oil, sugar, and salt. Boil for ten minutes over medium-high heat, covered, stirring occasionally.

Remove cover and boil turnips about 8 minutes, stirring until they are tender and liquid has evaporated.

Continue sautéing turnips until they turn golden brown. Add 1 tablespoon water and toss turnips until well-coated with glaze.

Adapted from:  
EatFresh.org

# Oven Roasted Root Vegetables

cook time: 45 - 60 minutes | serves: 8

## 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

Place 2 baking sheets in the oven and preheat to 425 degrees.

Cut all vegetables into 1 1/2 inch pieces. Toss all vegetables with garlic and olive oil in a large bowl. Season with salt and pepper.

Carefully remove heated baking sheets from the oven, brush or drizzle with olive oil. Divide the vegetables evenly between the two pans.

Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes to 1 hour.

Adapted from:  
[www.foodnetwork.com/recipes/food-network-kitchens/roasted-root-vegetables-recipe.html](http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-root-vegetables-recipe.html)







# Garden Greens

Garden greens grown in Maine are mostly harvested in the spring and fall. These are a staple ingredient for salads, sandwiches, and side dishes alike. Packed with nutrition and low in calories, greens are the perfect addition to your diet. Be sure to wash well and remove the leaves from stems of certain varieties before cooking.





### 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*

# Cranberry Walnut Coleslaw

prep time: 1 minutes | serves: 10

### Directions

Rinse cabbage and carrots. Thinly slice cabbage. Peel and grate carrots.

Chop walnuts (if using).

In a large bowl, use a fork to whisk together vinegar, oil, sugar, celery seed, and salt.

Add cabbage, carrots, walnuts, and cranberries. Toss to mix well.

Adapted from [CookingMatters.com](http://CookingMatters.com)



# Sauteed Cabbage

prep time: 10 minutes | cook time: 15 minutes | serves: 6

## Directions

Cut the cabbage in half then slice as thinly as possible around the core, as though you were making coleslaw. Discard core.

Melt butter in a large sauté pan.

Add cabbage, salt and pepper. Sautee for 10-15 minutes, stirring occasionally, until tender and begin to brown.

Season to taste and serve warm.

## 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*



# Black-Eyed Peas and Collards

cook time: 60 minutes | serves: 4

## Ingredients:

*1 cup black-eyed peas, if using dried beans, soak overnight in 4 cups of water*

*1 tablespoon oil*

*1 onion finely chopped*

*3 cloves garlic finely chopped, or 2 teaspoons garlic powder*

*1/4 teaspoon smoked paprika (optional)*

*1 bay leaf (optional)*

*1 bunch collard greens*

*1 teaspoon salt*

*Black pepper to taste*

## Directions

Heat the olive oil in a large saucepan on medium heat. Add the onion, garlic, smoked paprika, and bay leaf. Cover the pan with a lid and leave it for 2 minutes. Stir occasionally and cook until the onions are translucent. Drain the soaked peas and then pour them into the saucepan. Cover them with water and turn the heat down to medium-low. Cook for 30 minutes to 2 hours.

The cooking time will depend on how old the peas are, which is difficult to predict. The peas are done when you can easily squish them on the countertop with the back of a spoon. Check on them every half hour or so, and if water boils off, add more to cover them.

While the peas cook, line up several collards leaves on your cutting board and slice the tough central stem away from the leaves. Discard the stems.

Thoroughly wash the collards, then chop them into bite-sized pieces. You could also use your hands to tear the collards into small pieces instead of chopping.

Once the peas are cooked, add the collards to the pot and put the lid back on.

Add 1 teaspoon of salt and some freshly ground pepper, then stir. Cover the pan with a lid and leave for about 10 to 15 minutes. Once the collards are tender, turn off the heat.

Serve this over rice or any other grain, or with some toast or flatbread.

Adapted from:  
EatFresh.org





# Simple Garlic Sauteed Collard Greens

prep time: 15 minutes | cook time: 15 minutes | serves: 4

## Ingredients:

*1 bunch collard greens*

*1 tablespoon oil*

*4 cloves garlic minced (or 2  
teaspoons garlic powder)*

*1/4 teaspoon salt, plus more to  
taste*

*1/4 teaspoon ground black  
pepper*

*1/8 teaspoon red pepper flakes  
(optional)*

*1 tablespoon vinegar*

## Directions

Warm the oil in a wide skillet.

Add the garlic and cook, stirring frequently, until fragrant, about 90 seconds. Add the spices, stir, and cook for 30 seconds more until toasted.

Stir in the collard greens, stirring well to coat with the spices, and continue to cook, stirring frequently, until softened and reduced in size by about half. Add vinegar and cover the pan with a lid. Reduce the heat to medium-low and let steam, covered, for about 5 minutes.

Remove the lid and stir well. If needed, continue cooking until desired softness is reached. Serve warm.

# Caesar Chicken Pasta Salad

prep time: 10 minutes | cook time: 25 minutes | serves: 6

## Directions

Cook pasta by following package directions, drain and lightly rinse with cold water.

While pasta cooks, chop the other ingredients.

In a large bowl: combine all ingredients and toss until all ingredients are coated with dressing.

## Tips:

To reduce sodium, use plain cooked chicken in place of the commercial roasted varieties which can be high in sodium.

Substitute the basil/parsley with cilantro.

Substitute cheese for one of your choice.

Try a different type of pasta: Fusilli, Rigatoni, Rotelle, Rotini.

Try it with your favorite dressing.

Add sliced olives.

## Ingredients:

*3 cups chicken breast, grilled, skinned, shredded*

*6 ounces penne pasta, dry*

*6 cups Romaine lettuce, cut into 1 inch wide strips*

*1 1/2 cups cherry tomatoes, halved*

*1/2 cup fresh basil, finely chopped (1 tablespoon dry basil)*

*1/2 cup green onions, chopped*

*1/4 cup fresh parsley, chopped (dry or optional)*

*4 ounces feta cheese, crumbled*

*2 cloves garlic, minced*

*1/3 cup Caesar dressing*





## **Ground Chicken Lettuce Wrap**



## Ingredients:

*Ground chicken*

*1/2 onion, chopped*

*Salt to taste*

*Black pepper to taste*

*2 cloves garlic, minced or 1  
teaspoon garlic Powder*

*1 tablespoon fresh ginger  
equivalent to 1-inch peeled and  
minced or 1/2 teaspoon ground  
ginger*

*1 cup celery, chopped*

*1 carrot, grated*

*1/4 cup sesame salad dressing*

*12 lettuce leaves, rinsed and  
patted dry*

*1 teaspoon chili powder  
(optional)*

*1/4 cup peanuts, chopped  
(optional)*

## Microwave Directions - 10 minutes

Microwave chicken and onion for 2 minutes.  
Stir in garlic, ginger, and celery. Microwave 2-3  
more minutes until cooked.

Add carrots, dressing or teriyaki sauce, and  
optional chili flakes. Cook for 2 more minutes.

Roll about 1/2 cup filling in each lettuce leaf like  
a taco. Sprinkle with optional crushed peanuts.

You can make your own teriyaki sauce. Heat  
2 tablespoons soy sauce with 1 tablespoon  
sugar and 1 tablespoon white vinegar in your  
microwave for about 1 minute. Stir to dissolve  
the sugar.

## Stovetop Directions - 20 Minutes

Heat 1 tablespoon oil in the bottom of a skillet.

Add onion and cook for 3 minutes.

Add garlic, ginger, celery, and ground chicken.  
Sauté until chicken is cooked through.

Add carrot, dressing or sauce, and optional  
chili flakes and cook for 2 more minutes.  
Roll 1/2 cup of filling into each lettuce leaf.

Adapted from:  
EatFresh.org

**Ingredients:**

*6 cups broccoli, chopped*

*1 bell pepper, chopped*

*1 pound lean ground beef*

*3/4 teaspoon ground ginger*

*5 cloves garlic, minced*

*2 tablespoons honey*

*2 tablespoons ketchup*

*1/2 teaspoon hot sauce*

*1/4 cup soy sauce*

*1/2 cup green onions, diced  
(optional)*

# Beef and Broccoli

prep time: 5 minutes | cook time: 25 minutes | serves: 4

**Directions**

Sauté broccoli and bell pepper until tender in a large frying pan.

Remove vegetables from the pan, cook ground beef, ginger, and garlic in a little bit of oil.

Mix together sauces with honey, ketchup, hot sauce, soy sauce, and ground pepper.

Add sauce to beef and simmer for about 3-5 minutes.

Add vegetables back to beef and sprinkle with green onions.

Recipe from  
[www.EatFresh.org](http://www.EatFresh.org)

**Tip:**

Two tablespoons of chopped fresh ginger can be substituted for the ground ginger.

Use gluten-free soy sauce to make this recipe gluten-free.

# Garlic Chicken and Broccoli

cook time: 10 | cook time: 30 | serves: 4

## Directions

Defrost frozen broccoli florets and drain excess water.

Heat 2 tablespoons oil in a sauté pan and cook the chicken strips. Season the chicken strips and cook through on medium/high heat. Once cooked through transfer to a bowl and cover.

In the same sauté pan heat remaining oil with crushed garlic. Add the broccoli florets and cook for approximately 5 minutes (or just until tender).

Return the chicken to the pan; sauté for a few minutes more and then add the vermouth and chicken stock.

Partially cover and simmer for 5 minutes and transfer to a serving bowl.

Serve alone or over pasta/rice.

## Ingredients:

*1 bag of frozen broccoli florets*

*1 lb of chicken breasts cut into strips*

*5-6 cloves of crushed garlic (or 2-3 teaspoons garlic powder)*

*1/4 cup of vermouth or dry white wine*

*1/4 chicken stock*

*Salt and pepper to taste*

*1/3 cup of olive oil divided (or another cooking oil)*

Adapted from:  
[www.cheftini.com](http://www.cheftini.com)







## Stovetop Broccoli Macaroni and Cheese

prep time: 10 minutes | cook time: 25 minutes | serves: 16

## Ingredients:

*1 small head broccoli*

*5 ounces cheddar or Monterey Jack cheese*

*1 (16-ounce) package whole wheat macaroni*

*1 1/2 cups nonfat milk*

*1 1/2 tablespoons unsalted butter*

*2 tablespoons all-purpose flour*

*1/2 teaspoon salt*

*1/2 teaspoon ground black pepper*

*4 tablespoons light cream cheese*

## Microwave Directions - 10 minutes

Rinse and chop broccoli.

Grate cheddar or Monterey Jack cheese.

In a microwave-safe bowl, add broccoli and just enough water to cover halfway. Heat in microwave until bright green and tender, about 6–8 minutes.

Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.

In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.

In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.

Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.

Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.

Add macaroni to cheese sauce. Stir to coat.

Recipe from:  
[www.CookingMatters.com](http://www.CookingMatters.com)

# Garden Vegetable Lasagna

prep time: 50 minutes | cook time: 45 minutes | serves: 8

## 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-ounces) sliced  
fresh mushrooms*

*1 medium red, yellow or orange  
bell pepper, chopped (about 1 cup)*

*1 egg*

*1 (15-ounces) container ricotta  
cheese*

*1 teaspoon dried Italian seasoning*

*1 (26 to 28-ounces) jar chunky  
vegetable tomato pasta sauce*

*8-ounces (2 cups) shredded cheese*

## Directions

Cook lasagna noodles as directed on the package. Drain; place in cold water to cool.

Heat oven to 350 degrees. Heat oil in a 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.

Beat egg in small bowl with wire whisk. Add ricotta cheese and Italian seasoning; mix well.

Drain cooled lasagna noodles. Spread 1/2 cup of the pasta sauce in an ungreased 13 x 9 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.

Bake for 45 to 50 minutes or until hot and bubbly. If the cheese is getting too brown, cover the baking dish loosely with foil. Let stand 15 minutes before serving.

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











# Halal Meat

Halal is an Arabic word that means “permissible” and/or “lawful.” Beef, lamb, chicken, camel, and goat are the most common meats consumed in the Muslim community. The best way to keep halal meat handled and stored is to keep them separated during the cutting, packaging, and distributing process.



# Pan Roasted Lamb

prep time: 15 minutes | cook time: 1 hour 30 minutes | serves: 8

## Ingredients:

*1 4 - 4 1/2 pound boneless  
shoulder meat, cubed*

*5 Yukon gold potato, peeled and  
roughly chopped (about 1 cup)*

*5 carrots, peeled and chopped*

*3-4 garlic cloves, chopped*

*2 shallots, diced*

*3 tablespoons fresh oregano*

*3 tablespoons fresh parsley*

*2 sprigs of fresh rosemary*

*1 sprig fresh thyme*

*2 bay leaves*

*2-4 teaspoons sea salt, or to taste*

*1-2 tablespoons olive oil*

*2 cups lamb broth or water*

## Directions

Preheat an oven to 325 degrees.

Use a paper towel to pat the meat dry. If using a whole roast, cut it into medium-size chunks.

In a large, deep-bottomed roasting pan, place the meat then surround it with potatoes, carrots, garlic, and shallots. Add the salt, then all the fresh and dried herbs.

Sprinkle the meat with salt then drizzle with olive oil. Pour the broth into the bottom of the pan.

Cover the pan and place in the middle of the oven. Cook for 1 1/2 hours, or until meat reads at least 165 degrees. For meat to brown remove the cover and let cook for an additional 10-15 minutes.

Let the meat rest, covered, for about 10 minutes before serving. Use a slotted spoon to serve on a platter, if you prefer not to serve with the liquids.

Adapted from myhalalkitchen.com

# Traditional Lamb Stew

prep time: 20 minutes | cook time: 60 minutes | serves: 6

## Ingredients:

*1 1/2 pounds lamb stew meat*

*2 tablespoons olive oil, divided*

*3 large onions, quartered*

*3 medium carrots, cut into 1 inch pieces*

*4 small potatoes, peeled and cubed*

*1 can (14 1/2-ounces) beef broth*

*3/4 teaspoon salt*

*1/4 teaspoon pepper*

*1 tablespoon butter*

*1 tablespoon all-purpose flour*

*1 1/2 teaspoons minced fresh parsley*

*1 1/2 teaspoons minced chives*

*1/2 teaspoon minced fresh thyme*

## Directions

In a large pot or Dutch oven, brown meat in 1 tablespoon oil over medium heat until meat is no longer pink. Remove with a slotted spoon; set aside. Add the onions, carrots, and remaining oil to pan. Cook for 5 minutes or until onions are tender, stirring occasionally. Add the potatoes, broth, salt, pepper and lamb; bring to a boil.

Remove from the heat. Cover and bake in a dutch oven or pan covered with tinfoil at 350 degrees for 50-60 minutes or until meat and vegetables are tender.

With a slotted spoon, remove meat and vegetables to a large bowl; set aside and keep warm. Pour pan juices into another bowl; set aside.

In the pot or Dutch oven, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the parsley, chives, thyme, meat, and vegetables; heat through.





### **Ingredients:**

*3 - 5 pounds goat meat*

*3 tablespoons curry powder*

*1 teaspoon black pepper*

*1 tablespoon oil or butter*

*1 large onion, chopped*

*3 cloves of garlic, chopped*

*Salt to taste*

# Curried Goat Meat

**total time: 4 minutes | serves: 8**

### **Directions**

Clean and wash goat meat.

Add curry powder, black pepper, salt, chopped onion, and chopped garlic to the meat. Rub seasonings well into goat meat.

On a cooking pan, place about 1 tablespoon of butter or oil, whichever you prefer.

Pour meat into the pan with the oil while it is still cold. Stir and cook until tender.

Adapted from:  
[backyardgoats.iamcountryside.com](http://backyardgoats.iamcountryside.com)



# Goat Stew

prep time: 15 minutes | cook time: 60 minutes | serves: 6

## Directions

Heat oil in a pan. Add the meat and sear on both sides on medium heat.

Add onion, potatoes, and carrots and sauté for about 5 minutes.

Add tomatoes and sauté for another 5 minutes.

Stir in garlic, cilantro, and spices, cook for 10 minutes stirring occasionally.

Add a cup of water and cook covered until the stew is thick and the vegetables are tender.

Serve warm and enjoy.

## Ingredients:

*1 to 2 pounds goat meat, small pieces*

*3 medium potatoes, cut into cubes*

*2 medium carrots, cut into pieces*

*2 cups chopped tomato*

*1 large onion, finely chopped*

*2 tablespoon tomato paste*

*2 cloves of garlic, finely chopped*

*2 tablespoons chopped cilantro*

*Salt and pepper to taste*

*1 teaspoon cumin powder*

*1 teaspoon coriander powder*

Adapted from:  
[mysomalifood.com](http://mysomalifood.com)





### Ingredients:

*2 to 3 pounds rabbit, cut into pieces*

*1 large onion*

*4 cloves of garlic*

*1/2 teaspoon paprika*

*4 medium ripe tomatoes, peeled, chopped*

*1/2 cup olive oil*

*2 medium carrots, peeled, chopped*

*1 2/3 cups peas*

*2 1/4 pounds potatoes, peeled, cut into cubes*

*Pepper (to taste)*

# Rabbit Stew

prep time: 15 minutes | cook time: 1 hour 15 minutes | serves: 4

### Directions

To a saucepan, add tomatoes, chopped onion, potatoes, rabbit, white wine, peas, carrots, chopped garlic, salt, pepper, paprika, and olive oil.

Stir, cover the pan with a lid, and cook over low heat for about 1 hour and 15 minutes.

Turn off the heat and serve immediately.

# Simple Roasted Rabbit

prep time: 45 - 60 minutes | cook time: 40 minutes | serves: 6 - 8

## Prep

Place the rabbit pieces in a roasting tin.

In a small bowl mix olive oil, 4 grated garlic cloves, rosemary (or spices of your choice), salt, and pepper.

Pour mixture over the meat and coat it all over.

Cover with plastic wrap/cling film and marinate for at least one hour, preferably 3-4.

Remove from the fridge about 30 minutes before cooking.

## Directions

Preheat the oven to 400 degrees.

Add 3-4 whole garlic cloves and the remaining rosemary (or spices) to the roasting pan. Pour in the water.

Bake for about 30 to 40 minutes, flipping the meat pieces about every 10 minutes.

Checking with a thermometer is the best way to ensure that the rabbit is safe to eat but not overcooked, meat should reach 160 degrees. Meat will become dry if overcooked.

Adapted from:  
[whereismyspoon.co](http://whereismyspoon.co)

## Ingredients:

*3 pounds of rabbit meat pieces*

*2 tablespoons olive oil*

*8 medium garlic cloves, divided*

*2 tablespoons rosemary, or  
spices of your choice*

*1/2 cup water*

*Salt and pepper to taste*







# Dips and Sauces

Sauces provide flavor, moisture, contrast, and texture to your meal. They come in liquid, cream, or semi-solid form and are used while preparing other foods or served on top.



# Zesty Ranch Dip

cook time: 5 minutes

## Ingredients

*1/2 cup mayonnaise*

*4 tablespoons milk or non-dairy alternative*

*3/4 tablespoon garlic powder*

*3/4 tablespoon onion powder*

*1 tablespoon Italian seasoning*

*1/4 teaspoon dry mustard*

*2 tablespoons fresh parsley, chopped or fresh cilantro, chopped or fresh dill, chopped*

*Salt to taste*

*Black pepper to taste*

## Directions

Combine all ingredients in a small bowl or food processor; whisk or pulse until combined.

Taste for salt and pepper and adjust consistency if needed.

Recipe from: [www.eatfresh.org/recipe/side-dish-snacks/zesty-ranch-dip-new](http://www.eatfresh.org/recipe/side-dish-snacks/zesty-ranch-dip-new)







# Italian Dressing

cook time: 5 minutes | serves: 8

## Ingredients

*3/4 cup olive oil*

*1/4 cup red or white wine vinegar*

*1 teaspoon garlic powder*

*1 teaspoon dried oregano*

*1 teaspoon dried basil*

*1/2 teaspoon onion powder*

*1/2 teaspoon crushed red pepper*

*3/4 teaspoon salt*

*1/2 teaspoon pepper*

*1 teaspoon lemon juice*

## Directions

Add all ingredients to a jar, place the lid on the jar, and give it a good shake.

Just like with all vinegar-based dressing you'll need to shake it up again before pouring to eliminate separation.

Recipe from [www.thewholecook.com/easy-homemade-italian-dressing/](http://www.thewholecook.com/easy-homemade-italian-dressing/)

**Ingredients:**

*1/4 cup dijon mustard*

*1/4 cup honey*

*1/4 cup apple cider vinegar*

*1/4 cup extra virgin olive oil*

*1 teaspoon salt*

*1/4 teaspoon black pepper*

# Honey Mustard Dressing

prep time: 5 minutes

**Directions**

Add all ingredients to a jar, place the lid on the jar, and give it a good shake.

Just like with all vinegar-based dressing you'll need to shake it up again before pouring to eliminate separation.

Recipe from: [www.wholefully.com/healthy-salad-dressing-recipes/](http://www.wholefully.com/healthy-salad-dressing-recipes/)

**Ingredients:**

*1 8-ounce package cream cheese,  
softened*

*3 tablespoons low fat milk*

*1 cup zucchini, shredded*

*3 tablespoons chives, fresh  
chopped*

*1/8 teaspoon salt*



# Zucchini and Chive Dip

cook time: 60 minutes | serves: 4

**Directions**

In a medium bowl, mix cream cheese and milk until well blended.

Mix in the zucchini, chives, and salt.

Chill in the refrigerator about 1 hour before serving.

Recipe from: [www.EatFresh.org](http://www.EatFresh.org)





## Mango Salsa

prep time: 15 minutes | serves: 6

**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*

*1 medium bell pepper (optional)*

*1/4 cup fresh cilantro (optional)*

**Directions**

Rinse mangoes, cucumber, bell pepper, green onions, jalapeño pepper, limes, and bell pepper, if using.

Peel mangoes. Cut mango flesh from the pits.

Cut cucumber in half lengthwise. Remove seeds. Cut bell pepper in half lengthwise. Remove stems and seeds.

Dice mangoes, cucumber, and bell pepper. Finely chop green onions.

Cut jalapeño pepper in half lengthwise. Remove stems and seeds and dice.

If using, rinse and chop cilantro.

Cut limes in half. Squeeze juice from each half into a medium bowl. Discard seeds.

Add mangoes, cucumber, green onions, jalapeño, salt, and cayenne pepper to bowl with juice. If using, add bell pepper and cilantro. Mix well.

Cover and refrigerate for at least one hour before serving.

Recipe from: [cookingmatters.com](http://cookingmatters.com)



### Ingredients:

*2 medium jalapeño peppers*

*1/2 medium red onion*

*2 cloves garlic*

*1 tablespoon cider vinegar*

*1 (14 1/2-ounce) can diced tomatoes, no salt added or 2 cups fresh tomatoes*

*1/4 cup fresh cilantro leaves (optional)*

## Tomato Salsa

### Directions

Rinse peppers. Remove seeds and mince.

Peel onion and garlic. Rinse onion and dice. Mince garlic.

If using, rinse and chop cilantro leaves.

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.

Chill before serving. If using, add cilantro to chilled salsa.

Adapted from: [www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html](http://www.foodnetwork.com/recipes/ina-garten/garlic-roasted-potatoes-recipe.html)



# Simple White Sauce

## Directions

In a small bowl, use a fork to whisk together 2 tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.

In a large saucepan over medium heat, add milk mixture.

Cook until thickened, stirring constantly, about 5 minutes.

Stir in 2 teaspoons of mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with 1/4 teaspoon and add to your taste.

Remove from heat. Add salt and pepper to taste. Serve hot.

## Ingredients:

*1 cup nonfat or low-fat milk*

*2 teaspoons mustard*

*Basil, parsley, dill (optional herbs)*

*Salt to taste*

*Pepper to taste*

Adapted from: [www.cookingmatters.com](http://www.cookingmatters.com)



# Quick Cheese Sauce

cook time: 5 minutes

## Directions

Grate 2 ounces low-fat cheddar cheese.

Follow instructions for Simple White Sauce on previous page.

Stir in cheese along with the mustard and seasonings, until melted.

Recipe from:  
[www.cookingmatters.com](http://www.cookingmatters.com)





# Peanut Butter Sauce

## Ingredients

*1 cup peanut butter, creamy*

*2 tablespoons tamari, low-sodium or 2 tablespoons soy sauce, low-sodium*

*2 tablespoons agave syrup*

*1 tablespoon chili garlic sauce*

*4 tablespoons lime juice*

*1/2 cup water*

## Directions

Combine ingredients in a saucepan over low-medium heat.

Stir mixture well and heat until warm.

Taste for salt and acidity – add more lime and/or tamari to adjust. Thin with water as needed to reach desired consistency.

Recipe from: [www.eatfresh.com](http://www.eatfresh.com)







# Spices

Spices can transform a meal by adding flavor and aroma. We often reach for salt when a meal tastes bland but try to bring out the natural flavors of food by reaching for complimentary spices instead.

# Make herbs and spices last longer.

## Fresh Herbs

Wrap the stems in damp paper towels. Store them in a plastic bag in the produce bin of your refrigerator. They will last about 1 week.

## Dried Herbs

Store in airtight containers away from heat (e.g., not above your stove), moisture, and direct sunlight. They will last about 1 year.

## Use them at the right time.

Fresh herbs add great flavor to uncooked dishes, like salads or cold pastas. If using them in a cooked dish, add in the last few minutes so flavor stays vibrant (unless the recipe says otherwise).

Dried herbs and spices are great for marinades, slow-cooked soups or stews, pastas, casseroles, and many other dishes. Add them near the start of cooking so they have time to soften and release their flavors.





### **Cut down on costs.**

Use dried herbs and spices, particularly if you would only use a small amount of the fresh. Dried are often cheaper.

Look for dried herbs and spices sold in bulk. Buy just the amount you need for the recipe, particularly if you do not use that spice often.

Check out ethnic food aisles or ethnic food stores for herbs and spices. They often have much cheaper prices for the same ingredient.

Substitute with more commonly used herbs or spices. If a recipe calls for an herb or spice you do not have on hand and will likely not use again, try using a more common item.



# Homemade Spice Mixes

Mix spices together in a small bowl. Store in an airtight container for up to 3 months.

## Taco Seasoning

- 4 1/2 teaspoons chili powder
- 4 1/2 teaspoons ground cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon salt

## Italian Seasoning

- 1 tablespoon dried basil leaves
- 1 tablespoon dried oregano leaves
- 1 tablespoon dried rosemary leaves
- 1 tablespoon dried thyme leaves

## Jerk Seasoning

- 1 tablespoon dried thyme leaves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper

## Pumpkin Pie Spice

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground nutmeg







# Herbs and Spice From Around the World

**Asian Flavors**

- Cinnamon
- Cloves
- Corander
- Curry
- Ginger
- Hot peppers
- Mint
- Mustard seeds
- Tumeric

**Italian Flavors**

- Basil
- Marjoram
- Oregano
- Rosemary
- Sage
- Thyme

**Latin/Caribbean Flavors**

- Allspice
- Cinnamon
- Chili powder
- Cilantro
- Cumin
- Curry
- Hot peppers
- Nutmeg
- Oregano

**Middle Eastern/ African Flavors**

- Allspice
- Caraway
- Cardamom
- Cinnamon
- Cumin
- Curry
- Dill
- Ginger
- Hot peppers
- Marjoram
- Mint
- Paprika
- Parsley

# Common Substitutions for Herbs and Spices

## 1 Tablespoon of fresh herbs equals 1 teaspoon of dried herbs

- Allspice (1 teaspoon) = 1/2 teaspoon ground cinnamon + 1/4 teaspoon ground cloves + 1/4 teaspoon ground nutmeg
- Basil = Oregano or thyme
- Cardamom = Ginger or cinnamon
- Chervil = Parsley or dill
- Cilantro = Parsley
- Cinnamon (1 teaspoon) = 1/4 teaspoon ground nutmeg or allspice
- Cloves = Allspice, cinnamon, or nutmeg
- Cumin = Chili powder
- Ginger, fresh (1 Tablespoon) = Ginger, ground (1/8 teaspoon)
- Marjoram = Basil or thyme
- Nutmeg = Cinnamon
- Oregano = Thyme, basil, or marjoram
- Rosemary = Thyme or tarragon
- Sage = Marjoram or rosemary
- Thyme = Basil, marjoram, or oregano





# Cooking Methods

Cooking techniques and methods vary widely across the world and reflect unique environments, economics, cultural traditions, and trends. The way a dish is prepared, alters and highlights the flavors of its ingredients. Different methods of cooking require a varying degree of skill and training.

# Roasting Times

Time (In Minutes):	15	20	25	30	35	40	45	60	90
Artichoke, whole									
Artichoke, hearts									
Asparagus									
Beans, green, snap, or wax									
Beans, butter, Lima, pinto, etc.									
Beets									
Broccoli, florets									
Brussel sprouts									
Cabbage, wedges									
Carrots									
Cauliflower, florets									
Corn, on the cob									
Corn, kernels									
Eggplant, cubed									
Eggplant, halved									
Fennel									
Garlic, heads									
Kohlrabi, wedges or cubes									
Murshrooms									
Okra									
Onions, chopped or rings									
Onions, halves									
Onions, whole									

Time (In Minutes):

	15	20	25	30	35	40	45	60	90
Parsnips									
Peas, field (Blackeye)									
Peas, green (shelled or in the pod)									
Peppers, chopped									
Potatoes, cubes or wedges									
Pumpkins, halved or quartered									
Radishes, chopped or whole									
Rutabagas, cubed									
Squash, Summer - cubes, rounds, strips									
Squash, Winter - cubed									
Squash, halved									
Sweet potatoes, cubed or wedges									
Sweet potatoes, rounds									
Tomatillos, halves									
Tomatoes, cherry, grape									
Tomatoes, plum									
Turnips, chopped									
Zucchini, cubes, rounds, or strips									



# Cooking Methods

Use the chart on the following pages to learn how to prepare and cook vegetables. Wash all vegetables well before using and use fresh vegetables within a few days for the best tasting dishes.

## **To Boil:**

In saucepan, heat 1 inch water to boiling, unless stated otherwise. Add vegetables. Heat to boiling; reduce heat to low. Cook for amount of time in chart; drain.

## **To Bake:**

Heat oven to 350 degrees. Place vegetables in oven as directed. Bake for amount of time in chart.

## **To Sauté:**

In skillet, cook in butter or oil over medium-high heat for amount of time in chart.

## **To Steam:**

In saucepan or skillet, place steamer basket in 1/2 inch water (water should not touch bottom of basket). Place vegetables in steamer basket. Cover tightly and heat to boiling; reduce heat to low. Steam for amount of time in chart.

**To Roast:**

Heat oven to 425 degrees. Toss cut vegetables with a tablespoon of olive oil and season as desired. Place vegetables in baking pan. Roast for amount of time in chart.

**To Microwave:**

Use microwavable dish with cover or use plastic wrap to cover. When using paper towels or plastic wrap in the microwave, use products that are microwave safe. Add 2 tablespoons water unless stated otherwise, to dish with vegetables. Microwave on High, unless stated otherwise, for amount of time in chart; drain. Stir or rearrange vegetables once or twice during cooking. Let vegetables stand covered for 1 to 2 minutes to finish cooking.

## Cooking Methods

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Artichokes, Globe (4 medium)	Remove discolored leaves; trim stem even with base. Cut 1 inch off top. Snip tips off leaves. To prevent discoloration, dip in cold water mixed with small amount of lemon juice.	Steam: 20 to 30 min., adding 2 tablespoons lemon juice to water, until leaves pull out easily and bottom is tender when pierced with knife.	Place 1 or 2 artichokes in dish; add 1/4 cup water. Microwave 5 to 7 minutes until leaves pull out easily.
Artichokes, Jerusalem (1 lb)	Leave whole, or cut as desired. To prevent discoloration, toss with cold water mixed with small amount of lemon juice.	Boil: Covered 7 to 9 min. or until crisp-tender. Steam: 15 to 20 min. or until crisp-tender.	Place in dish. Microwave 5 to 7 minutes or until crisp-tender.
Asparagus (1 1/2 lb)	Break off ends as far down as stalks snap easily. For spears, tie stalks in bundles with string, or hold together with band of foil. Or cut stalks into 1-inch pieces.	Boil: Uncovered 6 to 8 minutes or until crisp-tender. Steam: 6 to 8 minutes or until crisp-tender. Roast: (whole spears); 10 to 12 minutes.	Place in dish. Microwave 4 to 6 minutes or until crisp-tender.
Beans, Green, Purple Wax and Yellow Wax (1 lb)	Remove ends. Leave beans whole, or cut into 1-inch pieces.	Boil: Uncovered 6 to 8 minutes or until crisp-tender. Steam: 10 to 12 min. or until crisp-tender.	Place in dish. Microwave 8 to 10 minutes or until crisp-tender.
Beets (5 medium)	Cut off all but 1 to 2 inches of tops. Leave whole with root ends attached	Boil: Add water to cover and 1 tablespoon vinegar. Boil, covered 20 to 30 min. Steam: 45 to 50 min. or until tender. Roast: (before peeling); 35 to 40 min.	Place in dish with 2 tablespoons water. Microwave 12 to 16 min. or until tender.



<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Broccoli (1 1/2 lb)	Trim off large leaves; remove tough ends of stems. Cut as desired.	Boil: Uncovered 4 to 6 min. or until crisp- tender. Steam: 10 to 12 min. or until crisp-tender.	Place in dish. Microwave 6 to 8 min. or until crisp-tender.
Brussels Sprouts (1 lb)	Remove discolored leaves; cut off stem ends. Cut large sprouts in half.	Boil: Uncovered 8 to 12 min. or until tender. Steam: 8 to 12 min. or until tender. Roast: 12 to 15 min.	Place in dish. Microwave 5 to 6 min. or until tender.
Carrots (6 to 7 medium)	Peel; cut off ends. Leave ready-to-eat baby-cut carrots whole or cut as desired.	Boil: Covered 7 to 10 min. or until tender. Steam: 8 to 12 min. or until tender. Roast: 25 to 30 min.	Place in dish. Microwave 5 to 9 min. or until crisp-tender.
Cauliflower (1 medium head)	Remove outer leaves and stalk; cut off any discoloration. Leave whole or separate into florets.	Boil: Uncovered 8 to 12 min. or until tender. Steam: 8 to 12. or until crisp-tender. Roast: 15 to 20 min.	Place in dish. Microwave 8 to 10 min. or until tender.
Corn (4 ears)	Husk ears and remove silk just before cooking.	Boil: Add water to cover and 1 tablespoon sugar. Boil: uncovered, 5 to 7 min. Steam: 5 to 7 min. or until crisp-tender.	Wrap ears in plastic wrap or place in dish. 1 ear: Microwave 2 to 3 min. 2 ears: Microwave 3 to 4 min.

## Cooking Methods

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Eggplant (1 medium)	Remove stems. Peel can be left on or peel if desired. Cut as desired.	Boil: Cover 5 to 8 min. or until tender. Steam: 5 to 7 min. or until tender. Sauté: With 2 tablespoons butter, 5 to 10 min. or until tender.	Place in dish. Microwave 7 to 9 min. or until tender.
Fennel (3 to 4 medium)	Remove feathery tops and tough or discolored outer ribs; trim base. Cut bulbs into fourths	Boil: Cover 8 to 11 min. or until tender. Steam: 12 to 15 min. or until tender. Roast: 20 to 25 min.	Place in dish. Microwave 4 to 5 min. or until tender.
Asparagus (1 1/2 lb)	Break off ends as far down as stalks snap easily. For spears, tie stalks in bundles with string, or hold together with foil, or cut stalks into 1-inch pieces.	Boil: Uncovered 6 to 8 min. or until crisp-tender. Steam: 6 to 8 min or until crisp-tender. Roast: (whole spears); 10 to 12 min.	Place in dish. Microwave 4 to 6 minutes or until crisp-tender.
Greens; Beet, Chicory, Collards, Escarole, Kale, Mustard, Spinach, Swiss Chard and Turnip (1 lb)	Remove root ends and imperfect leaves.	Steam: 5 to 8 min. or until tender	Beets, Chicory or Escarole: Place in dish. Microwave 8 to 10 min., until tender. Collards, Kale, Mustard, Spinach, Swiss Chard or Turnips: Place in dish. Microwave 4 to 6 min. or until tender.

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Kohlrabi (4 medium)	Cut off root ends and tops. Cut as desired.	Boil: Covered 15 to 20 min. or until tender. Steam: 8 to 12 min. or until tender.	Place in dish. Microwave 3 to 5 min. or until tender.
Leeks (6 medium)	Remove green tops to within 2 inches of white part. Peel outside layer of bulbs. Cut as desired.	Boil: Covered 10 to 12 min. or until tender. Steam: 10 to 12 min. or until tender. Roast: 12 to 15 min.	Place in dish. Microwave 4 to 5 min. or until tender.
Mushrooms (1 lb)	Trim off stem ends; do not peel. Leave whole, or cut as desired.	Sauté: With 1 table-spoon butter, 4 to 6 min, stirring frequently, until tender. Roast: 5 to 10 min.	Place in dish. Microwave 4 to 6 min or until crisp-tender.
Okra (1 lb)	Remove ends. Leave whole or cut into slices.	Boil: Uncovered 8 to 10 min. or until tender. Steam: 6 to 8 min. or until tender.	Place in dish; add 1/4 cup water. Microwave 7 to 9 min. or until tender.
Onions, White, Yellow and Red (8 to 10 small)	Peel onions in cold water to prevent eyes from watering. Cut as desired.	Boil, steam sauté, or roast	Place in dish; add 1/4 cup water. Microwave 7 to 9 minutes or until tender.



## Cooking Methods

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Parsnips (6 to 8 medium)	Peel; cut off ends. Leave whole or cut as desired.	Boil: Covered 9 to 15 min. or until tender. Steam: 9 to 15 min. or until tender. Roast: 25 to 30 min.	Place in dish. Microwave 5 to 6 min. or until tender.
Pea Pods, Snow or Chinese (1 lb)	Remove tips and strings.	Boil: Uncovered 2 to 3 min. or until crisp-tender. Steam: 3 to 5 min or until crisp-tender.	Place in dish. Microwave 6 to 7 min. or until crisp-tender.
Peas, Sweet (2 lb)	Shell just before cooking.	Boil: Uncovered 5 to 10 min or until tender. Steam: 15 to 20 min or until crisp-tender.	Place in dish. Microwave 4 to 6 min or until tender.
Peas, Sugar Snap (1 lb)	Snip off stem ends and remove strings.	Boil: Uncovered 4 to 5 min. or until crisp- tender. Steam: 6 to 7 min. or until crisp-tender.	Place in dish. Microwave 6 to 7 min. or until crisp-tender
Peppers, Bell (2 medium)	Remove stems, seeds and membranes. Leave whole to stuff and bake, or cut as desired.	Steam: 4 to 6 min. or until crisp-tender. Sauté: With 1 tablespoon butter, 3 to 5 min or until crisp- tender. Roast: 15 to 20 min.	Place in dish. Microwave 3 to 4 min. or until crisp-tender.

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Potatoes, Fingerling (10 to 12)	Leave whole, or cut as desired.	Boil: Add water to cover. Boil, uncovered, 15 to 20 min. or until tender. Steam: 18 to 22 min. or until tender. Roast: 25 to 30 min. Boil: Add water to cover. Boil, uncovered 15 to 20 min. or until tender.	Place in dish; add 1/4 cup water. Microwave 9 to 11 minutes or until tender. Pierce whole potatoes to allow steam to escape. Place on paper towel.
Potatoes, Red and White (6 medium)	Leave whole, or peel and cut as desired.	Boil: Add water to cover. Boil, uncovered 15 to 20 minutes or until tender. Steam: 15 to 20 minutes or until crisp-tender. Bake: Uncovered 1 hour or until tender. Roast: 40 to 45 min.	Pierce whole potatoes to allow steam to escape. Place on paper towel. 1 or 2 potatoes: Microwave 4 to 6 min until tender. Cover; let stand 5 min. 3 or 4 potatoes: Microwave 8 to 12 min or until tender. Cover; let stand 5 min.
Potatoes, Russet (4 medium)	Leave whole, or peel and cut as desired.	Boil: Add water to cover. Boil, uncovered, 15 to 20 min or until tender. Steam: 18 to 22 min or until tender. Roast: 30 to 40 min.	Pierce whole potatoes to allow steam to escape. Place on paper towel. 1 or 2 potatoes: Microwave 4 to 6 min. or until tender. Cover; let stand 5 min. 3 or 4 potatoes: Microwave 8 to 12 min. or until tender. Cover; let stand 5 min.
Potatoes, Small: Red and White (10 to 12)	Leave whole, or cut as desired.	Boil: Add water to cover. Boil, uncovered 15 to 20 min. or until tender. Steam: 18 to 22 min. or until tender.	Place in dish; add 1/4 up water. Microwave 9 to 11 min. or until tender.

## Cooking Methods

<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Potatoes, Yukon Gold (6 medium)	Leave whole, or peel and cut as desired.	Boil: Add water to cover. Boil, uncovered 15 to 20 min. or until tender. Steam: 18 to 22 min. or until tender. Roast: 25 to 30 min.	Pierce whole potatoes to allow steam to escape. Place on paper towel. 1 or 2 potatoes: Microwave 4 to 6 min. or until tender. Cover; let stand 5 min. 3 or 4 potatoes: Microwave 8 to 12 min. or until tender. Cover; let stand 5 min.
Rutabagas (2 medium)	Peel; cut as desired.	Boil: Covered 20 to 25 min or until tender. Steam: 20 to 25 min or until tender. Roast: 40 to 45 min.	Place in dish; add 1/4 cup water. Microwave 13 to 15 min. or until tender.
Squash, Summer, Zucchini (1/2 lb)	Remove stem and blossom ends, but do not peel. Cut as desired.	Boil: Uncovered 5 to 10 min or until tender. Steam: 5 to 7 min or until tender. Sauté: With 1 tablespoon olive oil, 5 to 10 min or until tender.	Place in dish. Microwave 4 to 6 min. or until almost tender.



<b>Vegetable &amp; 4 Serving Amount</b>	<b>Preparation</b>	<b>Conventional Directions</b>	<b>Microwave Directions</b>
Squash, Winter: Acorn, Buttercup, Butternut, Pumpkin, Spaghetti (2 lb)	Cook in halves or pieces with seeds removed.	Boil: Peeled and cut up; covered 10 to 15 min. or until tender. Steam: 10 to 15 min. Bake: Place squash halves cut side up in baking dish. Cover and bake 40 min. or until tender.	Whole Squash except spaghetti: Pierce with knife in several places to allow steam to escape. Place on paper towel. Microwave uncovered 5 min. or until squash feels warm to the touch. Cut in half; remove seeds. Arrange halves in dish. Microwave 5 to 8 min or until tender. Whole Spaghetti Squash: Pierce with knife in several places to allow steam to escape. Place on paper towel. Microwave uncovered 18 to 23 min or until tender. Cut in half; remove seeds and fibers.
Turnips (4 medium)	Cut off tops. Leave whole, or cut as desired.	Boil: Covered 20 to 25 min. or until tender. Steam: 15 to 20 min. or until tender. Roast: 30 to 35 min.	Place in dish. Microwave 6 to 8 min. or until tender.



Auburn | Hampden

(207) 782-3554

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