



Appetizer

Alix Arugula's Zucchini Bread Mini Loaves

*Servings:
2 mini loaves*

Ingredients

1 1/2 cups all-purpose flour
1 tsp baking powder
1/2 tsp salt
1/2 tsp ground cinnamon
1/4 tsp baking soda
2 large eggs
1 cup shredded zucchini (fresh or frozen from the past growing season)
2/3 cup sugar
1/2 cup oil
1 tbsp molasses
1 1/2 tsp vanilla extract

Optional:

A few pinches of raw sugar
Nuts
Cranberries
Chocolate chips

Instructions

1. Preheat oven to 350 degrees.
 2. Butter and flour two approximately 5 x 4 x 2 in. loaf pans.
 3. In a large bowl, combine the flour, baking powder, salt, cinnamon, and baking soda.
 4. In a small bowl, whisk the eggs, zucchini, sugar, oil, molasses, and vanilla.
 5. Stir into dry ingredients just until moistened.
 6. Gently fold in nuts, cranberries, or chocolate chips, if using.
 7. Evenly distribute between two prepared mini loaf pans.
 8. Sprinkle raw sugar on top of the loaves.
 9. Bake for 38-40 minutes or until a toothpick inserted in the center comes out clean.
 10. Cool for 10 minutes before removing from pans.
Continue cooling loaves on wire rack.
- Enjoy!

Story

As a very young adult, I discovered a love for baking after finding this recipe online and baking it with success! It's stayed with me over the years through some creative modifications (cranberries being a favorite around the holidays!). This sweet bread has been shared with countless friends, colleagues, neighbors, and family members - becoming a comfort food for me that brings back many cherished memories.

Submitted by: Alix Davidson

Appetizer



Tempura Fried Crab Stuffed Squash Blossoms

Servings: 4

Appetizer

Ingredients

Tempura Batter:

1/2 lb rice flour

Soda water

Blossoms:

16 squash flowers

3/4 lb cream cheese, softened

1/2 lb lump crab

1 roasted garlic head, fine mince

1 tbsp chives, fine chop

1 tbsp basil, fine chop

2 tbsp shallot, fine chop

Salt and pepper to taste

Instructions

1. For tempura: Whisk in soda water until it resembles thin pancake batter.
2. Mix all ingredients together except blossoms and season to taste.
3. Using piping bag fill the blossoms with the mix.
4. Lightly flour each blossom and dip in tempura batter.
5. Lightly fry in 350-degree.

Submitted by: John Varanese



Tomato Herb Salsa

Servings: 6

Appetizer

Ingredients

1 green bell pepper (hot peppers to taste, optional!)
1 red or white onion
2-4 ripe tomatoes
1 clove of garlic
Basil (to taste)
Dill (to taste)
Salt (to taste)

Instructions

1. Slice the bell pepper in half and remove the seeds. Dice into small pieces.
2. Dice the onion, garlic and tomatoes.
3. Finely dice or shred the herbs if using fresh.
4. Combine all ingredients in a bowl.
5. Add salt and pepper to taste.
6. Enjoy with chips or fresh veggies!

Story

Another FLP classic, this recipe is great for practicing knife skills and is sure to delight all the senses!

*Submitted by:
JCAP Crew Fall 2021*



Appetizer



Sweet Potato Tots

Servings: 25 tots

Ingredients

3 medium sweet potatoes
1 egg yolk
1/2 cup grated cheese of your choice
1 small onion, finely grated
3 garlic cloves, minced or crushed
1 cup breadcrumbs
1/4 cup fresh parsley or cilantro
3/4 tsp salt

Instructions

1. Wash sweet potatoes and stick with a fork, then bake in a 400F oven for 30 minutes or until a skew goes in easily.
2. Allow to cool, then scrape the insides into a bowl and discard the skins. Mix all other ingredients together until well combined.
3. Lightly oil a baking tray or cover with nonstick parchment paper.
4. Form tots with your hands and place on the baking tray about 1/2 inch apart.
5. Bake at 400F for 20-30 minutes, until outside is crunch and slightly golden brown. Allow to cool and enjoy!

Story

Fall of 2022 was a great time for sweet potatoes at Iroquois Urban Farm with the YCAP Crew. FLP loves taking classic lunchroom favorites and giving them a veggie twist, and sweet potato tots are just that! Sweet potato harvest photo included.

*Submitted by:
YCAP Crew Fall 2022*

Summer Garden Pizza

Servings: 8-10

Appetizer

Ingredients

1 package of crescent rolls
1/3 cup mayonaise or salad dressing
8 oz cream cheese
1 tsp dill
Your preferred seasonal vegetables
Grated cheese

Instructions

1. Lay rolls out flat for crust and bake until brown.
2. Mix mayo, cheese, and dill together & spread on cooled crust.
3. Add toppings just like making a pizza. Chill.

Story

My cousin, Linda, gave this to me years ago when she found it. She always had a garden and would use whatever veggies were ripe or on sale. I've used broccoli, cauliflower, carrots, radishes, cucumbers, tomatoes. Every combination has always been delicious. I prefer cheddar cheese. It's a favorite with my bunco club and whenever I take a dish somewhere.

Submitted by: Donna Probst



Different Leaf Salad

Servings: 4

Ingredients

Few handfuls of baby lettuce, spinach, swiss chard and kale
6-8 radishes, thinly sliced
Few pansy or nasturtium flowers
1 tsp mustard
2-3 tbsp olive oil
1-2 tbsp apple cider vinegar
1 tbsp honey
Pinch of salt
Two sprigs of herbs (rosemary, thyme, lemon balm, basil)

Instructions

1. Tear the leaves into small pieces and place into a large bowl.
2. Wash and thinly slice the radishes, then add them into the bowl.
3. Pour vinegar, mustard, oil, honey, salt and herbs into a small bowl and whisk to combine into a dressing.
4. Toss the dressing with the greens and radishes and enjoy!

Story

All program participants learn about the plant parts when they engage with FLP! Can you get all your plant parts into one salad?!

Submitted by: Grace at FLP

Salad



Linguine with Mussels & Marinara

Servings: 2

Main

Ingredients

14 mussels
2 cloves of garlic, minced
1 oz olive oil
6 oz marinara
1/4 tsp crushed red pepper
2 oz white wine
Salt and pepper, to taste
1 tbsp italian parsley, chopped
1 handful linguine

Instructions

1. In a skillet on medium heat, add olive oil, garlic and mussels.
2. Once mussels open and garlic cooks lightly, deglaze pan with white wine.
3. Add marinara, pepper and cooked pasta
4. Toss well and let reduce slightly
5. Plate in warm bowl and garnish with parsley

*Submitted by:
Chef Allen M. Hubbard Sr. of
Martini Italian Bistro*





Main

Orzo Shrimp Salad

Servings: 2

Ingredients

3/4 lb orzo, cooked al dente
1 large cucumber, seeded, quartered lengthwise, and sliced
3 green onions, thinly sliced
1 pint grape tomatoes, halved
1/4 cup chopped fresh dill, plus extra for garnish
1/4 cup white wine vinegar
3 tbsp dijon mustard
1/2 cup olive oil, plus additional for brushing shrimp
Salt and freshly ground pepper
3/4 lb feta cheese, crumbled
16 medium shrimp, peeled and de-veined
Any other seasonal vegetables you have on hand that you would like to add! Asparagus is a family favorite in this recipe!

Story

My mom, Ann, started making this many years ago when she came across the recipe in a magazine. It was actually for Lemon Chicken Orzo, but we love shrimp in our family, so she tried the recipe with shrimp instead, and it has been a spring and summer party crowd pleaser ever since. I also love this recipe because you can adapt it so many ways to suit the dietary needs of your group -- it can be made vegetarian, vegan, gluten free, with some easy swaps, and is still delicious. You can also toss in all kinds of vegetables to make it a larger, more filling salad if it's for a bigger crowd. Finally, it's one of my mom's "easy" recipes and is hard to mess up, which is key for a novice chef like me :)

Included here is a photo of the original 2000s era magazine recipe from which my mom adapted her recipe.

Submitted by: Jill Seelmeyer



Main

Servings: 6-8

Calabasita

Ingredients

4 small zucchini, diced into 1/2" pieces
2 tsp salt
2 tbsp olive oil
1 medium onion, diced
1 garlic clove, minced
4 ears fresh corn, slice kernels off ears
1/2 - 1 cup cherry tomatoes, cut in half
Parmesan or mozzarella cheese (optional)

Instructions

Place diced zucchini in a colander and toss with salt. Let sit over a bowl or in sink for 30 minutes. Remove the zucchini and pat dry. (Removes the moisture and helps the zucchini cook.) In a medium sauté pan, heat olive oil over medium-high heat. Add onions and garlic. Sauté 3-5 minutes, stirring occasionally until onions are soft. Add the zucchini and corn and sauté another 10 minutes, stirring often. You may need to lower the heat so the vegetables do not brown. Add the tomatoes and sauté another 2-3 minutes. Add cheese, if desired, at the last minute.

Story

Take advantage of summer vegetables with this dish. Serve as a side dish, or add a protein for a full meal.

Submitted by: Sandy Merritt



Main

Asian-Mexi Lettuce Wraps

Servings: 4

Ingredients

Meat Mixture:

1lb ground turkey
1 pat butter
1 tbsp garlic, minced
1 tsp ginger, minced
1/2 yellow onion, chopped
Handful water chestnuts, chopped
Handful mushrooms, chopped
1 green onion, chopped
Palmful cilantro, chopped

Sauce:

3 tbsp hoisin sauce
1 tsp honey
2 tsp sriracha
1 tbsp rice vinegar
1 tbsp soy sauce
1 tbsp oyster sauce
1 tsp fish sauce

Guacamole:

2 avocados, mashed
Spoonful of cilantro
Squeeze of lime

Living lettuce and/or tortillas

Instructions

Combine all sauce ingredients and whisk.

Brown ground turkey in one pot.

In separate pan, add butter, saute ginger and garlic. Combine all chopped vegetables and cilantro and cook until slightly softened.

Add in sauce and cook for another 3 minutes.

On the side, make your guacamole with mashed avocado and combining cilantro and lime juice.

Serve with living lettuce cups and/or tortillas!

Story

Such a yummy comfort food. We love entertaining and this is always a guest favorite! The combination of different cultures in food is my favorite way to cook!

Submitted by: Alex Alsop

Purple Pancakes

Servings: 12

Ingredients

2-3 medium beets
1 1/4 cup milk (or non dairy milk)
1 cup plain Greek yogurt
1 large egg
1 tsp vanilla extract
1 cup white flour
3/4 cup whole wheat flour
3 tbsp brown sugar
1 tbsp baking powder
1 pinch of salt

Instructions

1. Roast the beets (stems and tails removed) (400F for about 1 hour). Allow to cool, then puree in a blender to yield 3/4 cup of beet purée.
2. Combine the wet ingredients in a bowl and whisk to combine.
3. Add the dry ingredients and stir to combine.
4. Pour 1/2 cup of batter into a hot, oiled skillet, and cook until bubbles rise to the top and the bottom is solid.
5. Flip and cook on the other side until solid, then serve with your favorite pancake toppings!

Story

Who doesn't love fun-colored food?! Beets are naturally sweet, and they lend a beautiful color to these pancakes, another fun FLP way to sneak some veggies into every meal!

Submitted by: Field to Fork Club

Dessert

