



## Specialty Crops Recipe Resource Book

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Specialty Crop  
Block Grant  
Program

## **About Specialty Crops**

Specialty crops are defined as “fruits and vegetables, tree nuts, dried fruits, horticulture, and nursery crops (including floriculture).” Eligible plants must be intensively cultivated and used by people for food, medicinal purposes, and/or aesthetic gratification to be considered specialty crops. Processed products shall constitute greater than 50% of the specialty crop by weight, exclusive of added water. A list of specialty crops, though not necessarily all-inclusive, can be found at the end of this recipe book.

## **About These Recipes**

Each of the recipes in this book is designed to incorporate specialty crop foods as well as foods that are commonly found in emergency food programs. There is also a variety of ingredients incorporated, so that other food types are included as well.

Each ingredient that is wholly a specialty crop item or is primarily derived from specialty crops has been designated by a star symbol (★).

The purpose of these recipes is to enable emergency food programs to provide these resources to their clients as a way to encourage them to utilize local specialty crops. This book may also spur the motivation to find many more available recipes that are similar.

Use this as an opportunity to seek out local specialty crop producers and find wholesome, healthful, and budget conscious recipes to offer to your clients!

# Specialty Crop Recipes

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## Side Dishes

### **Strawberry Kiwi Smoothie**

Servings: 2

#### **Ingredients:**

- 1 kiwi fruit ☆
- 1 banana, very ripe ☆
- ½ cup low fat vanilla yogurt
- ½ cup frozen strawberries ☆
- ¾ cup pineapple juice ☆

#### **Directions:**

1. Peel kiwi and cut into quarters and place in blender
2. Break banana into small pieces and place in blender
3. Measure yogurt and pineapple juice and place in blender
4. Place lid on blender, blend until smooth
5. Remove small cap on blender lid and add frozen strawberries a few at a time with blender running
6. Continue blending until smooth
7. Serve immediately

*Source: Washington State University Extension Longview, WA*

### **Cheesy Cauliflower**

#### **Ingredients:**

- 1 package (16-20 ounces) frozen cauliflower florets or 1 small head cauliflower, broken into florets ☆
- ¾ cups low-fat milk
- 1 tablespoon all purpose flour
- ½ teaspoon Dijon mustard
- 1/8 teaspoon garlic powder ☆
- ¾ cup reduced-fat, shredded cheddar cheese
- 1 tablespoons grated Parmesan cheese
- 1 tablespoons plain or seasoned bread crumbs

#### **Directions:**

1. Cook cauliflower according to package directions or steam fresh cauliflower 8 to 10 minutes until tender & set aside
2. Whisk together the milk, flour, mustard and garlic powder in a small saucepan until well blended
3. Place mixture over medium-high heat and bring to a simmer, stirring constantly
4. Reduce heat and continue to simmer and stir gently for about 2 minutes or until the mixture thickens slightly
5. Pour mixture over cauliflower and serve

*Source: Washington State University Extension Longview, WA*

### **Kale Chips**

#### **Ingredients:**

- 1 bunch kale ☆
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

#### **Directions:**

1. Preheat an oven to 350 degrees °F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes. Toss once or twice during the cooking time.

*Source: Melissa Borsting*

### **Fruit Cup**

Servings: 8

#### **Ingredients:**

- Red Anjou USA pears ☆
- ¼ cup Orange juice ☆
- Large fresh kiwis ☆
- 1 (15 ounce) can Mandarin oranges in light juice, drained ☆
- 1 cup Low-fat granola cereal
- 1 cup Low-fat vanilla yogurt

#### **Directions:**

1. Cut pears in quarters and remove the core
2. Cut quarters into ½ inch pieces
3. Peel kiwi and cut into ½ inch pieces
4. Mix all ingredients together gently without tearing orange sections

*Source: Iowa State University Extension*

### **Crunchy Apple Cheddar Salad**

Servings: 4

#### **Ingredients:**

- ¼ cup Light or lowfat mayonnaise
- 2 tablespoons Ketchup ☆
- 2 ounces (½ cup grated) Cheddar cheese
- 2 stalks (1 cup chopped) Celery ☆
- 2 (2 cups chopped) Apples ☆

#### **Directions:**

1. To make dressing: combine mayonnaise and ketchup in small bowl
2. Grate cheese and place in large bowl

3. Wash and chop celery and add to cheese
4. Wash and chop apples and add to cheese mixture
5. Stir in dressing, combining all ingredients

*Source: Cornell University Cooperative Extension of Suffolk County*

### **Carrot Raisin Salad**

Servings: 6

#### **Ingredients:**

- 1 ½ cups Carrots, shredded or sliced ☆
- 1 cup Apple or pear, chopped ☆
- 1/3 cup Raisins or snipped dried apricots ☆
- 2 teaspoons Lemon or orange juice ☆
- 1/3 cup Mayonnaise

#### **Directions:**

1. Stir together carrots, apples or pears, raisins or apricots, and lemon or orange juice
2. Add mayonnaise and toss to coat. Cover and chill.
3. Stir before serving

*Source: Purdue University Cooperative Extension Service - Fast and Flexible - Low cost recipes for a family or fifty*

### **Herbed Vegetables**

Servings: 4

#### **Ingredients:**

- 16 ounce can Vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) ☆
- ¼ cup Onion, chopped ☆
- ½ teaspoon Dried Italian herbs, basil, or rosemary (crushed) ☆
- 1/8 teaspoon Garlic powder ☆
- 1 tablespoon Butter or margarine

#### **Directions:**

1. Drain vegetables, saving 2 tablespoons liquid
2. Cook onion, herbs, and garlic in the butter in a small saucepan until onion is tender
3. Stir in the vegetables and liquid
4. Cook and stir until heated through

*Source: Purdue University Cooperative Extension Service - Fast and Flexible - Low cost recipes for a family or fifty*

### **Waldorf Salad**

#### **Ingredients:**

- 1 cup Celery, washed and diced ☆
- Apples, washed and diced ☆
- ½ cup Low fat vanilla yogurt
- 1 teaspoon Sugar (optional)
- 1 teaspoon Lemon juice ☆

**Directions:**

1. Combine celery, apples, and walnuts (optional) in a mixing bowl
2. In the other bowl combine yogurt with lemon juice and sugar; add to the celery and apple mixture
3. Mix the dressing into the fruit
4. Refrigerate until ready to serve

*Source: The Greater Boston Food Bank's Nutrition Department*

**Whole Grain Corn Bread**

Servings: 12

**Ingredients:**

Whole wheat flour,  $\frac{3}{4}$  cup

Yellow cornmeal,  $\frac{3}{4}$  cup ☆

Parmesan cheese, 3 tablespoons

Chili powder (ground), 2 teaspoons

Salt, 1 teaspoon

Milk,  $\frac{3}{4}$  cup (+) 2 tablespoons

Oil, 2 tablespoons

Honey, 2 tablespoons

Egg, 1 large

Whole kernel corn,  $\frac{3}{4}$  frozen ☆

Onion (minced)  $\frac{1}{3}$  cup ☆

Cooking spray

**Directions:**

1. Preheat oven to 425 °F
2. Combine all "dry" ingredients (whole wheat flour to salt). Mix all dry ingredients together with a spoon so they are thoroughly blended.
3. Combine "wet" ingredients (milk, oil, honey, and egg). Mix quickly with a fork.
4. Add "wet" to "dry" mixture and stir well until blended with a large spoon.
5. Add corn and onions, and then mix well with the rest of the batter.
6. Spoon batter into muffin or loaf pans that are coated with a light amount of oil or cooking spray.
7. Bake at 425 °F for 18 minutes or until lightly browned.
8. Remove from pan and place on wire racks to cool.

*Source: The Greater Boston Food Bank's Nutrition Department*

**Baked Apples****Ingredients:**

4- $\frac{1}{2}$  tablespoons brown sugar

2 large apples ☆

1 cup water, juice, or cider ☆

$\frac{1}{4}$  cup raisins (optional) ☆

cinnamon (optional) ☆

**Directions:**

1. Preheat oven to 350 °F
  2. Wash apples, cut in half lengthwise, then remove seeds and core
  3. Place apple halves, cut side up, in a baking dish
  4. Sprinkle the apples with brown sugar and raisins
  5. Pour water, juice or cider over the apples and sprinkle with cinnamon
  6. Bake for 30 minutes, until apples are tender
  7. Serve as a dessert or snack!
- Refrigerate leftovers

### **Baked Crispy Potatoes**

Servings: 4, about ½ cup each, plus 4 servings for snack

#### **Ingredients:**

- 4 pounds Potatoes ☆
- 4 tablespoons Vegetable oil
- 1 tablespoons Ground cumin ☆
- ¼ teaspoon Red pepper ☆

#### **Directions:**

1. Lightly coat a 7 -by 12- by 1-inch pan with oil
2. Wash potatoes; cut in half lengthwise. Place cut sides of potatoes on the oiled pan; rub potatoes in the oil; turn potatoes over so that cut sides are facing up.
3. Mix cumin and red pepper together; sprinkle over potatoes
4. Bake at 400 °F until potatoes are golden brown and tender, about 20 minutes

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

### **Cheese Stuffed Potatoes**

Servings: 4, 2 potato halves each

#### **Ingredients:**

- 4 (8 ounces each) potatoes ☆
- 7/8 cup low fat cottage cheese
- 2 tablespoons whole milk
- 2 tablespoons onion, minced ☆
- ¼ teaspoon paprika ☆

#### **Directions:**

1. Preheat oven to 400 °F
2. Place potatoes in oven and bake until tender, about 30 to 40 minutes

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

### **Easy Beans and Greens**

Servings: 2-3

#### **Ingredients:**

- 1 can black beans (or pinto, red, kidney—your choice) ☆
- 1 bunch collard greens (or kale, spinach—your choice) ☆
- Tour favorite toppings, such as salsa, avocado or guacamole and sour cream

**Directions:**

1. In a medium saucepan, heat drained beans (Add your favorite seasonings, if desired)
2. Fill a separate medium saucepan with 1-2 inches of water and bring to a boil
3. Wash and chop greens (you can use the stems, too) and add to boiling water
4. Cook for 2-3 minutes until greens are bright green and tender. Drain off water.
5. On a plate, arrange a portion of the greens, top with a portion of the beans and finish with toppings of your choice

Source: Jennifer West, Wellness Coach ([www.cultivatewellness.org/](http://www.cultivatewellness.org/))

**Rice and Bean Salad**

Servings: 6 1-cup servings

**Ingredients:**

- 1 cup cooked or canned beans (red, black or pinto) ☆
- 2 cups cooked rice
- 1-½ cups sliced celery ☆
- 2-3 tablespoons diced onion ☆
- ¼ cup mayonnaise
- ½ cup plain lowfat yogurt
- 1 cup chopped cooked chicken or other meat
- 1 cup cubed cheese (optional)

**Directions:**

1. Combine cooked beans, cooked rice, celery, onion, mayonnaise and yogurt
2. Fold in chicken and cheese
3. Chill
4. If dry, moisten with a little milk before serving

**Spanish Rice**

Servings: 6 1-cup servings

**Ingredients:**

- 1 chopped onion ☆
- 1 cup water or chicken stock
- 1 cup uncooked white rice
- 2 cups canned tomatoes ☆
- 1 teaspoon chili powder and salt
- 1-2 cloves of garlic ☆
- 2 teaspoons of oil, butter or margarine

**Directions:**

1. Heat oil and sauté onion and garlic
2. Add rice and spices, stir until mixed
3. Add water and tomatoes, bring to boil
4. Reduce heat, simmer for 5 minutes, stir occasionally
5. When liquid is absorbed, turn off heat and let sit for 5 minutes

**Variations:**

Top with shredded cheese or add cooked beef or turkey.

### **Stir-Fry Vegetables**

Servings: 4

#### **Ingredients:**

1 tablespoon oil (canola or corn)  
1 clove garlic, chopped ☆  
2 medium-sized carrots, peeled and sliced diagonally, ¼" thick ☆  
3 stalks celery, sliced diagonally ☆  
1 medium onion, chopped ☆  
2 cups shredded cabbage ☆  
2 tablespoons water  
2 cups fresh broccoli or spinach, cut up ☆  
½ teaspoon soy sauce (optional)

#### **Directions:**

1. Heat oil in large skillet over medium heat. Add garlic, sauté for 2 minutes.
2. Stir in carrots, green pepper, celery, onion, and cabbage. Add 2 tablespoons of water.
3. Stir and cook for about 10 minutes.
4. Add broccoli or spinach. Cover and cook 10-15 minutes or until tender. Add small amounts of water as needed throughout the cooking period.
5. Add soy sauce, if desired.
6. Serve immediately.

Optional: To serve as a main dish, add cubes of lean meat, poultry or fish. Delicious with rice, noodles or in pita bread.

Source: *The Greater Boston Food Bank ClicknCook<sub>SM</sub> Database*

### **Quick Potato Salad**

Servings: 10-12

#### **Ingredients:**

4 large potatoes, diced and cooked ☆  
6 hard-boiled eggs, chopped  
1 cooked chicken leg, thigh and breast, chopped (optional)  
½ cup sweet pickles ☆  
1 7-oz. jar of pimentos, chopped  
½ cup celery, chopped (optional) ☆  
½ cup onions, chopped (optional) ☆  
½ teaspoon black pepper ☆  
2 cups mayonnaise

#### **Directions:**

1. Mix all ingredients well
2. Refrigerate and serve cold

Source: *Tommy Eslinger, NW Tacoma FISH*

### **Baked Beans**

#### **Ingredients:**

2 cans (28 ounce) baked beans ☆  
¼ cup brown sugar  
½ chopped onion ☆  
2 tablespoons ketchup  
2 tablespoons mustard  
6 strips cooked bacon

**Directions:**

1. Preheat oven to 350 degrees.
2. Mix all ingredients except bacon in a baking pan.
3. Bake at 350 degrees for two hours.
4. Garnish with bacon strips before serving.

Source: *What's Cookin' at GP*

**Bayou Red Beans and Rice**

Servings: 6

**Ingredients:**

1 lb red beans, soaked in about two quarts water overnight ☆  
3 stalks celery, chopped ☆  
1 medium green bell pepper, chopped ☆  
1 bay leaf ☆  
1 clove garlic, minced ☆  
1 large onion, chopped ☆  
2 tablespoons dried parsley flakes ☆  
pepper, to taste ☆  
12 to 16 ounces of smoked sausage, sliced

**Directions:**

1. Rinse and drain soaked beans; place in a 5 to 6-quart Dutch oven and add about 6 cups of fresh water
2. Bring to a boil, then reduce heat and simmer for about 1 ½ hours, or until beans are tender, stirring occasionally
3. Add remaining ingredients and salt to taste; simmer for about 1 hour, stirring occasionally (Add water as necessary)
4. Serve over hot rice

Source: *southernfood.about.com*

**Low-Fat Refried Beans**

**Ingredients:**

1 lb. dry pinto beans, rinsed ☆  
2 cloves garlic, minced ☆  
1 medium onion, chopped ☆  
1 tbsp vegetable oil  
2 tsp ground cumin ☆  
1 tsp chili powder  
1 tsp salt

**Directions (Using the Quick Soak Method):**

1. Put beans in a large pot with a lid. Pick out any rocks or discolored beans.
2. Add fresh water until beans are covered with one inch of water.
3. Place over high heat and bring to a boil.
4. When beans have come to a boil, drain, and return them to the same pot.
5. Add fresh water until beans are covered with two inches of water.
6. Stir in chopped onion and 1 minced clove of garlic.
7. Bring to a boil over high heat, then reduce heat to low.
8. Cover and simmer until beans are very soft and mash easily (about three hours), adding water as needed.
9. After cooking, drain out the water, saving some if needed to thin out the beans.
10. Using a potato masher or fork mash them with the remaining minced garlic clove, oil, cumin, chili powder and salt. (For creamier beans a blender or hand mixer can be used.
11. Use additional cooking liquid as needed to get desired creaminess.
11. Place over low heat for 20 minutes, stirring occasionally to blend the flavors.

**Suggestions**

- Serve as a side dish
- Use as a filling for enchiladas, burritos or tacos
- Use as a topping for nachos
- Mix with salsa and use as a dip for veggies and baked chips
- Spread onto a tortilla with cheese and veggies for a wrap

*Source: Washington State University Pierce County Extension (Adapted from <http://allrecipes.com/Recipe/Vegetarian-Refried-Beans/Detail.aspx>)*

## Lunch

### **Neat Wheat Joes**

Servings: 14 (this recipe freezes well, so don't be put off by the 14 servings. Freeze it in meal-sized portions, thaw in the refrigerator and reheat in microwave)

#### **Ingredients:**

- 1 pound lean ground beef
- ¾ cup chopped onion ☆
- 1 clove garlic ☆
- ½ cup bulgur or cracked wheat cereal
- 2-3 teaspoons chili powder
- 1 teaspoon salt
- ¼ teaspoon pepper ☆
- ½ teaspoon oregano ☆
- 1 can (14 ½ ounces) beef broth
- 1 can (15 ounces) tomato sauce ☆

#### **Directions:**

1. In a large skillet, brown meat and drain well
2. Stir in remaining ingredients. Simmer, stirring occasionally, for about 1 hour or until bulgur is soft and mixture is thick.
3. Serve on hamburger buns
4. This mixture can also be used for tacos, taco salads and nachos

*Source: Kansas Wheat Commission*

### **Tuna Melt Sandwich**

Servings: 10

#### **Ingredients:**

- 1 12-ounce can tuna, drain and flaked
- 1 whole large egg
- 1/3 cup low-fat mayonnaise/mayonnaise
- ¼ teaspoon dry mustard
- 3 tablespoons minced fresh onion ☆
- ½ cup finely diced celery ☆
- 1/3 cup (5 ounces) shredded American cheese
- 5 English muffins, split

#### **Directions:**

1. Hard-cook egg: place egg in small saucepan, cover with cold water. Bring to a boil; reduce heat and simmer, covered, for 10 minutes. Drain and cool in cold water. Peel and chop.
2. In a bowl, combine dry mustard and mayonnaise.
3. Stir in onions, celery, chopped egg, and drained tuna. Toss lightly to mix.
4. Mix in half of shredded cheese.
5. Lay out split English muffins onto a baking pan. Spread ¼ cup of tuna salad to the edge of each muffin.

6. Sprinkle the top with 1 tablespoon of remaining shredded cheese.

7. Bake at 350°F for 5 minutes until cheese is melted.

Source: USDA

### **Super Veggie Wraps**

Servings: 4

#### **Ingredients:**

½ cup Shredded carrots ☆

½ Chopped red or green bell peppers ☆

1 cup Lettuce ☆

4 tablespoons Low fat cream cheese

4 (6-inch) Whole wheat tortillas

#### **Directions:**

1. Spread 1 Tbsp. of cream cheese on each tortilla

2. Add the vegetables, roll tight, and cut each wrap in half

Source: Cornell University Cooperative Extension of Monroe County

### **Marinated Bean Salad**

#### **Ingredients:**

4 cups cooked beans (kidney, white, black, or garbanzo beans can be used--try a variety of beans and mix them up) ☆

1 cup Italian dressing (reduced-fat, if available)

optional: up to 1 cup of chopped celery, carrot, tomato and/or red onion ☆

#### **Directions:**

1. If using canned beans, drain, rinse and drain again

2. Place in bowl with dressing and optional vegetables

3. Stir to mix

4. Chill for at least 2 hrs

Source: The Greater Boston Food Bank ClicknCook<sup>SM</sup> Database

### **Vegetable Quesadillas**

Makes 4 servings

#### **Ingredients:**

2 cups frozen or canned corn (drained) ☆

¼ cup thinly sliced green onions ☆

1 cup chopped tomatoes or mild salsa ☆

4 flour tortillas (try whole wheat tortillas)

1 ¼ cups shredded cheddar cheese

#### **Directions:**

1. Preheat oven to 375 F

2. In medium sauce pan, combine green onions and corn. Cook corn according to package directions. Drain well and return vegetables to pan.

3. Stir in salsa or tomatoes and cook over low heat for 1-2 minutes.

4. Arrange the tortillas in a single layer on 1 or 2 baking sheets. Sprinkle evenly with cheddar. Bake for 2 minutes (until cheese melts).
5. Remove tortillas from oven. Divide vegetables among tortillas. Roll into loose cylinders.

Variations: Use steamed or fresh kale, Swiss chard or spinach ☆. Add cooked shredded/cubed turkey hindquarters with the cheddar cheese.

### **Mac and Broccoli Salad**

#### **Ingredients:**

1 bunch broccoli — sliced 1/8" up to crown ☆  
1 cup tomatoes ☆  
½ cup olive oil  
½ cup diced red bell pepper ☆  
4 cloves of garlic, peeled and minced ☆  
12 oz package of macaroni  
Salt and pepper ☆ to taste

#### **Directions:**

1. Heat the olive oil in a skillet over medium heat. Add broccoli, tomatoes and bell peppers, sauté until broccoli is tender, about 6 minutes.
2. Add garlic and heat for another 2 minutes, being careful not to burn the garlic. Remove skillet from heat.
3. Prepare macaroni according to package directions, rinse in cold water and add to skillet. Toss salad and transfer to serving bowl.
4. Add salt and pepper to taste. Serve hot or cold.

*Source: What's Cookin' at GP*

### **Southwestern Salad**

Servings: 4 , about ½ cup beef mixture, ½ cup lettuce

#### **Ingredients:**

½ cup onions, chopped ☆  
1 pound lean ground beef  
1 tbsp chili powder  
2 teaspoons dry oregano ☆  
½ teaspoon ground cumin ☆  
1 cup canned kidney beans, red, drained ☆  
1 15-ounce can canned chickpeas, drained  
1 medium tomato ☆  
diced Lettuce ☆  
½ cup cheddar cheese

#### **Directions:**

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute
3. Add beans, chickpeas, and tomatoes. Mix gently to combine

4. Combine lettuce and cheese in large serving bowl.
5. Portion lettuce and cheese onto 4 plates.
6. Add 1 cup of beef mixture on top of lettuce and cheese.

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

### **Black Bean Jicama Salad**

Servings: 8

#### **Ingredients:**

- 3 cups cooked or canned black beans ☆
- 2 tomatoes, chopped ☆
- 1 cup diced jicama ☆
- 2 red bell peppers, finely chopped ☆
- 1 cup tallow corn, canned or frozen ☆
- 2 tablespoons canned chopped chilies
- 3 cloves garlic, minced ☆
- 2 tablespoons chopped cilantro ☆
- 1 tablespoon cumin ☆
- 1 tablespoon olive oil
- 3 tablespoons lime juice ☆
- 1 tablespoon red wine vinegar

#### **Directions:**

1. In a large salad bowl, combine all ingredients
2. *Cover and refrigerate for at least 2 hours*

*Source: [www.fabulousfoods.com](http://www.fabulousfoods.com)*

## Soups

### Carrot Potato Soup

Servings: 4

#### Ingredients:

2 ½ cups Water  
2 cups Chopped carrots ☆  
2 cups Chopped, peeled potatoes ☆  
1 cup Chopped onion ☆  
2 cloves Garlic ☆  
2 tablespoons Orange juice concentrate - undiluted  
1 tablespoon Honey  
¼ teaspoon Nutmeg ☆  
Black pepper to taste ☆

#### Directions:

1. Place water, carrots, potatoes, onion, and garlic in a Dutch Oven or large soup pot
2. Bring to a boil and then reduce heat and simmer until vegetables are tender, about 15 to 20 minutes
3. Using a hand blender, blender or food processor, puree the soup—be careful since hot soup can really burn!
4. Stir in the remaining ingredients and return to pot
5. Reheat to serving temperature above 150° F.

*Source: Cornell University Cooperative Extension of Chemung County - Farmer's Market 2004*

### Winter Root Vegetable Soup

#### Ingredients:

3 parsnips, peeled and cut into ½-inch pieces ☆  
3 carrots, peeled and cut into ½-inch pieces ☆  
1 celery root, peeled and cut into ½-inch pieces ☆  
2 turnips, quartered ☆  
1 sweet potato, peeled and cut into ½-inch pieces ☆  
1 (2 pound) butternut squash, peeled and cut into ½-inch pieces ☆  
¼ cup olive oil  
1 teaspoon kosher salt  
½ teaspoon ground black pepper ☆  
3 tablespoons butter  
1 stalk celery, diced ☆  
½ sweet onion, diced ☆  
1 quart vegetable broth  
½ cup half-and-half cream  
salt and ground black pepper ☆ to taste

#### Directions:

1. Preheat an oven to 425 °F (220 °C)

2. Combine parsnips, carrots, celery root, turnips, sweet potato, and butternut squash in a large roasting pan
3. Drizzle with olive oil, and season with 1 teaspoon of kosher salt and ½ teaspoon of pepper; toss vegetables to evenly distribute seasonings.
4. Roast in the preheated oven until the vegetables are easily pierced with a fork, 30 to 45 minutes, stirring every 15 minutes
5. Meanwhile, melt the butter in a large pot or Dutch oven over medium heat
6. Stir in the celery and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes
7. Pour in the vegetable broth and bring to a simmer, uncovered
8. Stir in the roasted vegetables and continue simmering for 10 minutes
9. Puree the soup using an immersion blender
10. Stir in the half and half, and season with salt and pepper, if necessary
11. If the soup becomes too thick, add more vegetable broth

*Source: Melissa Borsting*

### **Spring Vegetable Soup**

Servings: 4

#### **Ingredients:**

1 tablespoon Extra-virgin olive oil  
 ¼ medium head Red cabbage (about 2 cups), finely shredded ☆  
 Medium ripe tomatoes, seeded and chopped ☆  
 ½ cup Canned artichoke hearts, drained and chopped ☆  
 1 cup Frozen or fresh green peas  
 2 ½ cups Low-sodium tomato or vegetable juice ☆  
 1 cup Water  
 2 teaspoons Dried basil ☆  
 Salt and freshly ground pepper ☆, to taste

#### **Directions:**

1. In large soup pot, heat oil over medium heat.
2. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes
3. Add tomato juice and water; bring to boil
4. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot
5. Serve in individual serving bowls. Season to taste with salt and pepper

*Source: Iowa State University Extension*

### **Lentil Soup**

Servings: 4

#### **Ingredients:**

2 cups (1 pound) uncooked lentils  
 1 cup onion, finely chopped ☆  
 1 carrot, chopped ☆  
 2 cloves garlic, chopped ☆  
 7 cups water (or vegetable stock)  
 1 - 15 oz can tomatoes ☆

1 bouillon cube (optional)  
Pepper to taste ☆

**Directions:**

1. Rinse lentils and put in large saucepan. Chop onion, carrot and garlic.
2. Add water and all remaining ingredients to lentils. Bring to a boil.
3. Reduce heat and simmer until lentils are tender, about 90 minutes.

**Variations:**

Add 1 cup diced celery or cubed potato in step 2.

**Corn Chowder**

Servings: 4

**Ingredients:**

2 cups potatoes, peeled and diced ☆  
2 cups canned corn  
3 cups hot milk  
2 teaspoons grated onion ☆  
2 tablespoons margarine  
2 tablespoons flour  
½ teaspoon  
Salt  
Black pepper to taste ☆

**Directions:**

1. In 1 cup water, cook potatoes and onion, covered, until tender. Add corn. Remove from heat.
2. In heavy saucepan over low heat melt margarine, stir in flour with a whisk or fork.
3. Slowly add hot milk, constantly stirring with a whisk or fork.
4. After all milk has been added, stir in potato-corn mixture, salt and pepper
5. Cook, stirring frequently, over low heat for 10 minutes or until heated through.

*Source: The Greater Boston Food Bank ClicknCook<sub>SM</sub> Database*

**Homestyle Potato Soup**

Servings: 6

**Ingredients:**

1 can chicken broth  
1 pound potatoes (about 3 medium potatoes), peeled and cut into fourths ☆  
1 ½ cups milk  
¼ cup chopped onions ☆

**Directions:**

1. Heat broth and potatoes to boiling in 3-quart pan, reduce heat.
2. Cover and simmer about 15 minutes until potatoes are tender. Do not drain. Mash potatoes slightly with fork. Soup should be lumpy.
3. Stir in milk, onions and any desired seasonings. Heat thoroughly but do not boil.
4. Optional: when soup is ready, gradually stir in 1 ½ cups shredded cheese until melted, and /or add some broccoli.

*Source: Adapted from One\*Pot Meals*

### **Hearty Ham and Bean Soup**

Servings: 8

#### **Ingredients:**

15 ounce can Beans (navy, great northern, pinto, black)

3 cups Water

¼ pound Cut-up ham

1 ½ cups or 16 ounce can Sliced vegetables (any combination of carrots, potatoes, celery, mixed, corn, etc.)

1 cup Chopped onion

¾ teaspoon Dried mixed herbs (basil, oregano, garlic)

¼ teaspoon Pepper

½ teaspoon Salt

#### **Directions:**

1. Put water and undrained beans in a saucepan
2. Add remaining ingredients
3. Bring mixture to a boil and reduce heat
4. Simmer, covered, for about 1 hour or until beans and vegetables are tender
5. If using hocks or bones, remove from soup and slice off meat; discard bones
6. Chop meat and add to soup
7. Add salt, pepper, and seasonings to taste

*Source: Purdue University Cooperative Extension Service - Fast and Flexible - Low cost recipes for a family or fifty*

## Dinner

### **Beef Stew**

#### **Ingredients:**

¼ cup Flour  
½ teaspoon Salt (optional)  
¼ teaspoon Pepper ☆  
1 ½ - 2 pounds Beef stew meat (about 3 cups diced)  
Medium onions, quartered ☆  
1 stalk Celery, cut into pieces ☆  
6 cups Water  
Potatoes, peeled and quartered ☆  
Carrots, cut into pieces ☆  
2 tablespoons Flour  
¼ cup Water  
Vegetable spray or oil

#### **Directions:**

1. Put flour, salt (optional) and pepper into a large bowl or clean plastic bag
2. Add beef cubes and shake to coat meat
3. Spray large pot with vegetable spray or coat with small amount of vegetable oil
4. Brown meat in large pot
5. Add onion, celery and water; simmer covered, 1 ½ hours or until meat is tender
6. Add potatoes and carrots; cover and continue cooking until vegetables are tender, 30-45 minutes
7. Combine 2 tablespoons flour with ¼ cup water, stir into juices
8. Heat mixture until it thickens and boils, stirring constantly
9. Serve

*Source: Michigan State University Family Food Facts*

### **Honey Baked Lentils**

Servings: 7

#### **Ingredients:**

1 pound (2 1/3 cups) Lentils, uncooked  
Small bay leaf (optional) ☆  
5 cups Water  
½ cup Onions, chopped ☆  
1 cup Water  
1 tablespoon Soy sauce  
½ pound Ground beef (optional)  
1/3 cup Honey

#### **Directions:**

1. Combine rinsed lentils, bay leaf and 5 cups in large saucepan and ring to boil
2. Cover tightly and reduce heat
3. Simmer 30 minutes; do not drain

4. Discard bay leaf
5. Combine onions, 1 cup water, and soy sauce to lentils and mix
6. Brown ground beef (if using)
7. Drain excess fat and add meat to lentil mixture and mix
8. Pour honey over lentil mixture, Cover tightly and bake for one hour at 350°F

*Source: Michigan State University Family Food Facts*

### **Lemon Pepper Chicken and Veggies**

Servings: 4

#### **Ingredients:**

2 cloves Garlic ☆

Carrots ☆

Potatoes ☆

Chicken thighs or legs, skin removed

2 teaspoons Lemon pepper seasoning

1 (14.5 ounces) can Chicken broth

#### **Directions:**

1. Lightly coat slow cooker with cooking spray
2. Peel and mince garlic
3. Wash, peel and slice carrots approximately ½-inch thick
4. Wash, peel and cut potatoes into 1-inch chunks
5. Layer carrots, potatoes, garlic and chicken in slow cooker
6. Sprinkle with lemon pepper seasoning; add chicken broth and cover
7. Cook on low setting 8 to 10 hours or on high 4 to 5 hours

*Source: Kansas State University Research & Extension Family Nutrition Program*

### **Spice up my Ramen!**

Servings: 4

#### **Ingredients:**

Oil, 1 teaspoon

Onion (chopped), 1 large ☆

Chicken (drained), 1 can

Mixed vegetables (canned, frozen, or fresh), 2 cups ☆

Spaghetti sauce or salsa, ½ cup ☆

Pepper (black ground), 1/8 teaspoon ☆

Oregano (dried), 2 teaspoons ☆

Garlic powder or 1 clove fresh garlic (minced), 1 teaspoon ☆

Ramen noodles (with only 1 flavor packet), 2 packages

Water, 4 cups

#### **Directions:**

1. In large pot, on medium-high heat, add oil and onions. Cook onions until they are soft.
2. Drain canned vegetables and rinse to lower salt
3. Drain canned chicken and rinse to lower salt

4. Add vegetables, spaghetti sauce, chicken and spices to soft onions. Blend to mix well.
5. Add only ½ of Ramen Noodles flavor packet. Mix well.
6. Add water and noodles and turn up to high heat. Let water boil for 30 seconds then turn heat to medium-low until noodles are soft.
7. Serve 1 cup portions.

*Source: The Greater Boston Food Bank's Nutrition Department*

### **Ramen Noodle Stir Fry**

Servings: 4

#### **Ingredients:**

2 pkg. 6 oz. Top Ramen  
 3 cups water  
 1 tablespoon vegetable oil, canola  
 1 cup carrots, diced ☆  
 1 cup cabbage, chopped ☆  
 ½ cup onions, diced ☆  
 1 egg, whole, cooked, scrambled  
 1 tablespoon soy sauce

#### **Directions:**

1. Break noodles apart and place in bowl, cover with boiling water to just cover noodles and set aside (noodles will expand in hot water)
2. In skillet add ½ oil and scramble eggs, set aside
3. Add remaining oil to skillet and set temperature to medium heat
4. Add carrots, onions, and cabbage to skillet; sauté
5. Add 1 seasoning packet and soy sauce, plus 1 tablespoon water if needed
6. Add egg to cooked vegetables or meat
7. Drain excess water off noodles and add to skillet
8. Cook stirring often until heated
9. Suggestions: left over cooked meat can be used to replace egg (use ½ cup meat)

*Source: Washington State University Extension Snohomish County*

### **Chicken and Vegetables**

Servings: 4, about 1 cup each

#### **Ingredients:**

1 ½ tablespoons margarine  
 1 teaspoon garlic powder ☆  
 ½ cup onions, chopped ☆  
 1 pound + 4 ounces chicken thighs, boneless, skinless  
 10 ounce package cut green beans, frozen ☆  
 ¼ teaspoon pepper ☆

#### **Directions:**

1. Melt margarine in heavy skillet.

2. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes.
3. Remove from skillet. Place chicken in the skillet.
4. Cook over medium heat, until chicken is thoroughly done and no longer pink in color, about 12 minutes.
5. Remove chicken from skillet; keep warm.
6. Place frozen green beans, pepper, and cooked onions in same skillet.
7. Cover and cook over medium-low heat until beans are tender, about 5.
8. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

### **Stir-Fried Pork and Vegetables With Rice**

Servings: 4 servings of pork and vegetables, about ½ cup ea

#### **Ingredients:**

2 cups Chicken broth, reduced sodium  
 2 cups hot water  
 2 cups rice, uncooked  
 2 tablespoons vegetable oil  
 2 cups broccoli cuts, frozen ☆  
 1 cup carrots, cleaned, sliced thinly ☆  
 ¼ cup onions, minced ☆  
 1 teaspoons garlic powder ☆  
 canned mushrooms, drained ☆  
 1 pound + 7 ounces ground pork  
 4 tablespoons soy sauce

#### **Directions:**

1. Heat broth and water to a boil in sauce pan; add rice and return to boil.
2. Reduce heat to low and simmer until tender, about 15 minutes.
3. Heat 1 tablespoon of oil in skillet. Add broccoli, carrots, onions, and garlic powder.
4. Cook until crisp-tender, about 5 minutes.
5. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.
6. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.
7. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2.
8. Serve pork mixture over cooked rice.

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

### **Saucy Beef Pasta**

Servings: 4 servings, about 1 ½ cups each

#### **Ingredients:**

½ cup water  
 ½ 10 ounce package green beans, frozen ☆  
 ½ cup onion, minced ☆  
 1 pound + 6 ounces lean ground beef

6  $\frac{3}{4}$  cups noodles, yolk-free, enriched, uncooked  
2 cups cold water  
2 cubes beef bouillon  
 $\frac{1}{3}$  cup flour  
 $\frac{1}{4}$  tsp pepper ☆  
1 teaspoon dry parsley flakes ☆  
 $\frac{1}{2}$  teaspoon garlic powder ☆  
1 tsp onion powder ☆

**Directions:**

1. Preheat oven 350 °F
2. Place  $\frac{1}{2}$  cup of water in saucepan. Cover and bring to boil.
3. Add green beans, lower heat and simmer until tender about 5 minutes. Drain.
4. Place onions and ground beef in skillet.
5. Cook over medium heat; stir occasionally.
6. Cook until beef no longer remains pink, about 5 to 10 minutes.
7. Drain fat off.
8. Cook noodles according to package instructions. Drain.
9. Combine cold water and flour; stir until smooth.
10. Add flour mixture and beef bouillon cubes to ground beef.
11. Cook, stirring frequently until mixture has thickened and bouillon cubes have dissolved, about 4 .
12. Add cooked green beans, cooked noodles, pepper, parsley flakes, garlic powder, and onion powder to ground beef mixture; stir to combine.

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

**Pizza Meat Loaf**

Servings: 4, about  $\frac{1}{4}$  loaf each

**Ingredients:**

1 pound ground turkey  
 $\frac{3}{4}$  cup spaghetti sauce  
 $\frac{1}{4}$  cup mozzarella cheese, part-skim  
 $\frac{1}{2}$  cup green peppers, chopped ☆  
 $\frac{1}{4}$  cup onion, minced ☆

**Directions:**

1. Preheat oven to 350 °F
2. Lightly grease 9 inch pie plate with vegetable oil.
3. Pat turkey into pie plate.
4. Bake until turkey no longer remains pink (165 °F), about 17 to 20 minutes.
5. Top baked turkey with spaghetti sauce, cheese and vegetables.
6. Return to oven and heat until cheese is melted.

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

**Baked Meatballs**

Servings: 4 -- about 3 meatballs each, plus 4 for another

**Ingredients:**

¼ cup onion, minced ☆  
1 tablespoon vegetable oil  
2 pounds lean ground beef  
2 eggs  
¾ cup bread crumbs  
½ cup whole milk  
1/8 teaspoon salt  
½ teaspoon pepper ☆  
onion powder ☆  
½ teaspoon garlic powder ☆

**Directions:**

1. Preheat oven 400 °F
2. Grease baking sheet lightly with oil
3. Add 1 tablespoon oil and onions to small skillet
4. Cook over medium heat, until tender, about 3 minutes
5. Mix remaining ingredients together in a bowl; add onions
6. Mix until blended, using a large serving spoon
7. Shape beef mixture into 1- to 2- inch meatballs; place on baking sheet
8. Bake until thoroughly cooked, about 10-12 minutes

*Source: USDA's Recipe and Tips for Healthy, Thrifty Meals*

**Skillet Lasagna**

**Ingredients:**

1 cup chicken or turkey  
1 cup cheese  
1 (28-30 ounces) jar spaghetti sauce  
1 cup uncooked macaroni  
2 cups water  
1 (10 ounces) box frozen spinach ☆  
Salt and pepper ☆ to taste

**Directions:**

1. Dice or shred chicken or turkey.
2. Grate cheese.
3. In a skillet or wok, combine chicken, sauce, pepper, salt, macaroni, and water.
4. Bring to a boil, reduce heat, cover and simmer 20-25 minutes or until macaroni is tender.
5. Add spinach and cook until thawed. Mix well.
6. Sprinkle with cheese.

*Source: The Greater Boston Food Bank ClicknCook<sub>SM</sub> Database*

**Chicken Chili**

Servings: 4

**Ingredients:**

½ pound skinless, boneless chicken breasts

1 medium onion, chopped ☆  
2 teaspoons chopped garlic ☆  
2 cans (15 ¼ ounces) kidney beans, drained ☆  
1 can (16 ounces) diced tomatoes, not drained ☆  
½ cup water  
1 tablespoon dried cilantro ☆  
2 teaspoons chili powder  
½ teaspoon cumin ☆

**Directions:**

1. Cut chicken in bite-sized pieces
2. Brown chicken in a saucepan that has been sprayed with non-stick cooking spray
3. Add remaining ingredients
4. Cover and simmer for 30 minutes or until chicken is tender

*Source: © Brenda J. Ponichtera, RD Quick & Healthy Volume II*

**Hamburger Pie**

Servings: 6

**Ingredients:**

1 lb. ground meat (beef, turkey or chicken)  
1 can Mexicorn, drained  
1 onion 8 medium potatoes, cooked and mashed ☆

**Directions:**

1. Sauté hamburger and onion in a skillet. Drain.
2. Put meat and onion mix in large casserole.
3. Put drained corn on top of the meat mixture.
4. Top with the potatoes and sprinkle with paprika (optional).
5. Bake in a 350 °F oven for 30 minutes.
6. Optional: sprinkle with grated cheese for last five minutes of baking.

*Source: Adapted from Cooks.com*

**Tuna Noodle Casserole**

Servings: 6

**Ingredients:**

1 package (8 oz) wide egg noodles  
1 can (10 oz) condensed cream of mushroom soup  
1 ½ cup skim milk  
1 large can tuna packed in water  
½ package (10 oz) frozen peas ☆  
1 cup grated cheddar cheese

**Directions:**

1. Cook noodles according to package directions. Drain.
2. Combine all ingredients in 2 ½ or 3-quart casserole.
3. Bake at 350 degrees for about 45 minutes.

*Source: Adapted from Cooks.com*

## **Beefaroni**

Servings: 6

### **Ingredients:**

2 ¼ cups (9 oz) uncooked macaroni  
2 pounds ground beef  
½ cup onions, chopped ☆  
½ cup celery, chopped ☆  
1/3 cup green peppers, chopped ☆  
1 #300 can (15 oz) spaghetti sauce  
1 ½ cups (6 oz) shredded American cheese

### **Directions:**

1. Cook macaroni in boiling water. Drain and set aside.
2. While macaroni is cooking, brown ground beef, chopped onions, chopped celery, and chopped green peppers until mixture falls apart. Drain off fat and discard.
3. Mix in canned spaghetti sauce and cooked, drained macaroni. Pour total mixture into a baking pan or casserole. Top with shredded cheese.
4. Bake at 400 °F for 15 minutes until heated through and cheese is lightly browned and mixture is bubbling.

*Source: The Greater Boston Food Bank ClicknCook<sub>SM</sub> Database*

## **Turkey Cabbage Casserole**

### **Ingredients:**

1 tsp vegetable oil  
1 onion, diced ☆  
1 green pepper, diced ☆  
1 lb. ground turkey  
6 tbsp uncooked rice  
½ tbsp garlic powder ☆  
1 medium cabbage, roughly chopped ☆  
1 15-oz can of tomato sauce ☆  
1 14.5-oz can of diced tomatoes ☆  
1 tsp sugar  
1 tsp basil black pepper to taste ☆  
¼ tsp red pepper flakes (optional) ☆

### **Directions:**

1. Preheat oven to 350.
2. In large skillet, cook oil, onion and bell pepper over medium heat until vegetables start to brown.
3. Add ground turkey to skillet and stir occasionally.
4. While turkey is browning, spread cabbage evenly over bottom of casserole dish.
5. Add rice and garlic powder to turkey mixture. Mix well.
6. Spread the turkey mixture over the chopped cabbage.
7. In a separate bowl, mix tomato sauce, diced tomatoes, sugar, basil, pepper, and red pepper flakes.
8. Spread tomato mixture evenly over cabbage and turkey.

- Cover with foil and bake at 350 °F for 90 minutes. Remove foil carefully to avoid hot steam.

Source: *WSU Pierce County Extension*

### **Turkey Ratatouille Chili Variation**

#### **Ingredients:**

- 1 16 oz tube ground turkey
- 1 28 oz can diced tomato ☆
- 1 8 oz can tomato sauce ☆
- 1 15.25 oz can kidney beans ☆
- 2 cups chicken stock (can be made from bouillion cubes)
- 2 cups peeled chopped eggplant ☆
- 2 cups peeled chopped potatoes ☆
- 1 cup chopped onion ☆
- 2 tsp oil
- 2 tsp minced garlic ☆
- 1 ½ tbsp chili powder
- 1 ½ tsp dried basil ☆
- 1 dried bay leaf ☆

#### **Directions:**

- Heat oil in a large pot over medium heat.
- Add garlic, onions and eggplant and cook 5 minutes or until soft.
- Set veggies aside in a bowl.
- Put the turkey in the pot and cook until all the pink is gone. Break into small chunks and drain grease off.
- Add veggies back into pot with the turkey.
- Add remaining ingredients, stir thoroughly and bring to a boil.
- Turn heat off, cover pot and move to a 250 °F oven until potatoes are cooked.

Optional additions: Mushrooms ☆ and/or chopped zucchini ☆

Source: *Tommy Eslinger, NW Tacoma FISH*

### **Onion-Topped Turkey Divan**

Servings: 4

#### **Ingredients:**

- 5 cups frozen broccoli florets, thawed ☆
- 2 cups diced cooked turkey or chicken
- 1 can (10 ¾ oz) condensed cream of chicken soup
- ½ cup mayonnaise or salad dressing
- ½ cup milk
- 1 cup shredded Cheddar cheese (4 oz)
- 1 cup French-fried onions (from 2.8-oz can), coarsely crushed ☆

#### **Directions:**

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking

- spray.
2. Layer broccoli and turkey in baking dish. In medium bowl, mix soup, mayonnaise and milk; stir in cheese. Spread over turkey and broccoli.
  3. Cover baking dish with foil. Bake 30 minutes. Sprinkle with onions. Bake uncovered 20 to 25 minutes longer or until bubbly and broccoli is tender.

Options: Substitute mixed vegetables for the broccoli ☆; use cream of celery or cream of mushroom soup in place of the cream of chicken.

Source: [www.bettycrocker.com/recipes](http://www.bettycrocker.com/recipes)

### **Shepherd's Pie**

Servings: 4

#### **Ingredients:**

1 ½ lb. ground meat 1 onion, chopped ☆  
4 med potatoes, cooked and mashed ☆  
2 - 8 oz cans tomato sauce 2 cans green peas, drained ☆  
¾ cup grated cheddar cheese  
Salt and pepper ☆

#### **Directions:**

1. Heat oven to 350°F.
2. Brown ground meat and onion, drain.
3. In casserole dish, combine meat mixture, tomato sauce and peas. Add salt and pepper to taste,
4. Top with mashed potatoes and grated cheese.
5. Bake uncovered at 350 for 15-20 minutes or until cheese is melted.

Source: [www.cooks.com](http://www.cooks.com)

## Listing of Specialty Crops

### Fruits and Tree Nuts

Almond	Grape (including raisin)
Apple	Guava
Apricot	Kiwi
Avocado	Litchi
Banana	Macadamia
Blackberry	Mango
Blueberry	Nectarine
Breadfruit	Olive
Cacao	Papaya
Cashew	Passion fruit
Citrus	Peach
Cherimoya	Pear
Cherry	Pecan
Chestnut (for nuts)	Persimmon
Coconut	Pineapple
Coffee	Pistachio
Cranberry	Plum (including prune)
Currant	Pomegranate
Date	Quince
Feijou	Raspberry
Fig	Strawberry
Filbert (hazelnut)	Suriname cherry
Gooseberry	Walnut

### Vegetables

Artichoke	Mustard and other greens
Asparagus	Okra
Bean Snap or green Lima Dry, edible	Pea Garden, English or edible pod
Beet, table	Onion
Broccoli (including broccoli raab)	Opuntia
Brussels sprouts	Parsley
Cabbage (including Chinese)	Parsnip

Carrot	Pepper
Cauliflower	Potato
Celeriac	Pumpkin
Celery	Radish (all types)
Chive	Rhubarb
Collards (including kale)	Rutabaga
Cucumber	Salsify
Edamame	Spinach
Eggplant	Squash (summer and winter)
Endive	Sweet corn
Garlic	Sweet potato
Horseradish	Swiss chard
Kohlrabi	Taro
Leek	Tomato (including tomatillo)
Lettuce	Turnip
Melon (all types)	Watermelon
Mushroom (cultivated)	

### Culinary Herbs and Spices

Ajwain	Clary	Malabathrum
Allspice	Cloves	Marjoram
Angelica	Comfrey	Mint (all types)
Anise	Common rue	Nutmeg
Annatto	Coriander	Oregano
Artemisia (all types)	Cress	Orris root
Asafetida	Cumin	Paprika
Basil (all types)	Curry	Parsley
Bay (cultivated)	Dill	Pepper
Bladder wrack	Fennel	Rocket (arugula)
Bolivian coriander	Fenugreek	Rosemary
Borage	Filé (gumbo, cultivated)	Rue
Calendula	Fingerroot	Saffron
Chamomile	French sorrel	Sage (all types)
Candle nut	Galangal	Savory (all types)
Caper	Ginger	Tarragon
Caraway	Hops	Thyme
Cardamom	Horehound	Turmeric
Cassia	Hyssop	Vanilla
Catnip	Lavender	Wasabi

Chervil	Lemon balm	Water cress
Chicory	Lemon thyme	
Cicely	Lovage	
Cilantro	Mace	
Cinnamon	Mahlab	

### Medicinal Herbs

Artemisia	Marshmallow
Arum	Mullein
Astragalus	Passion flower
Boldo	Patchouli
Cananga	Pennyroyal
Comfrey	Pokeweed
Coneflower	St. John's wort
Fenugreek	Senna
Feverfew	Skullcap
Foxglove	Sonchus
Ginkgo biloba	Sorrel
Ginseng	Stevia
Goat's rue	Tansy
Goldenseal	Urtica
Gypsywort	Witch hazel
Horehound	Wood betony
Horsetail	Wormwood
Lavender	Yarrow
Liquorice	Yerba buena

### Nursery, Floriculture, and Horticulture Crops

**Note:** Under the Specialty Crop Block Grant Program (SCBGP), turfgrass sod is not eligible. Under the Specialty Crop Block Grant Program – Farm Bill (SCBGP-FB), horticulture was added to the definition making turfgrass sod and seed eligible.

Christmas Trees	Tea Leaves
Cut Flowers	Maple Syrup
Honey	Hops
Turfgrass	