

RECIPES FOR HOME COOKING: STEAMED VEGETABLE STIR FRY

Steaming produce is the best way to benefit from all the nutrients vegetables and fruits provide. This recipe features a steamed version of a tradition stir-fry. This cuts down on the added fats and pumps up your nutrient intake!

Bolded ingredients can be grown in and harvested from your student's Learning Garden. Ask your student about what's growing in their school's Learning Garden!

Ingredients:

- **2 large carrots, sliced**
- **1 small head of cabbage, chopped**
- **2-3 bell peppers, sliced**
- ¼ cup tamari (can substitute with soy sauce or liquid aminos)
- Salt, to taste

Directions:

- Fill a large pot with 1-2 inches of water and bring to a boil.
- Place a steamer inside of the pot, add the cabbage and carrots.
- Cover and cook for 10 minutes.
- Add the peppers and broccoli, cook for an additional 5 minutes.
- Once the vegetables are cooked through, take the steamer out and transfer the vegetables to a large bowl.
- Toss with tamari and sea salt, and serve with rice or quinoa for a complete meal.



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RECIPES FOR HOME COOKING: SAUTÉED GREENS WITH WHITE BEANS

Sautéing will soften veggies and crisp and caramelize their surfaces for enhanced flavor. As a rule of thumb, when buying canned beans look for ones that have no added salt, sugar, or preservatives. This recipe also works well with brown rice or quinoa as a substitute for the white beans.

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Ingredients:

- **1 bunch greens (kale, chard, mustard, collards, spinach)**
- **3 garlic cloves, chopped**
- 1 cup vegetable broth
- 2 cans (15 ounces) of white beans (navy, cannellini, or chickpeas)
- 2 tablespoons extra virgin olive oil
- Salt, to taste

Directions:

- Heat oil in a large sauté pan over medium-low heat.
- Add the chopped garlic and cook until softened, about 5 minutes.
- Add the greens (you can do this in batches if needed), broth, and beans.
- Simmer for 3-5 minutes or until the greens have wilted completely.
- Serve with your favorite lean protein for a complete meal.



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RECIPES FOR HOME COOKING: SAUTÉED SUMMER SQUASH & TOMATOES

This is a delicious sautéed recipe that you can prepare for a quick meal any time of the year, but we love to prepare it in the summer when squash and tomatoes are at their peak freshness.

Bolded ingredients can be grown in and harvested from your student's Learning Garden. Ask your student about what's growing in their school's Learning Garden!

Ingredients:

- **2-3 summer squash (yellow or zucchini), sliced thin**
- **1 ½ cups cherry tomatoes, halved**
- **1 handful of basil, torn or chopped**
- **2 garlic cloves, chopped**
- 1-2 teaspoons crushed red pepper
- 1-2 tablespoons of olive oil



Directions:

- Fill a large pot with 1-2 inches of water and bring to a boil.
- Heat oil in a large sauté pan and heat over medium-low heat.
- Add the garlic and sauté until soft, about 5 minutes.
- Add the summer squash and tomatoes and sauté for 5-7 minutes.
- Add the torn basil and crushed red pepper (or spice of choice), and stir for an additional minute.
- Remove from the heat and serve over pasta or with grilled chicken.

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RECIPES FOR HOME COOKING: ROASTED ROOT VEGGIES & HERBS

Roasting will soften vegetables and caramelize their surface for enhanced flavors. To prepare root vegetables for roasting, wash them well under water and use a potato brush, if necessary. This is a great dish to try with different herbs (try thyme, rosemary and sage) and root veggies (potatoes, beets, parsnips, and rutabaga)!

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Ingredients:

- **5-7 large carrots, peeled and sliced**
- **2 medium sweet potatoes, cut into large cubes**
- **2-3 sprigs fresh herbs, chopped**
- 1 teaspoon cinnamon
- 1 teaspoon paprika
- 2 tablespoons extra virgin olive oil
- Salt, to taste



Directions:

- Place the chopped root veggies in a large bowl.
- Add oil, cinnamon, paprika, and salt and toss until coated.
- Spread the vegetables on a large baking sheet.
- Bake at 400 degrees for about 40 minutes, turning once.
- Remove from the oven and enjoy!

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RECIPES FOR HOME COOKING: LEARNING GARDEN SLAW

Cole slaw is a great dish to bring to potlucks, summer barbeques, or enjoy at home with your favorite dinner! We love slaw because you can make it ahead of time and let it set in the refrigerator for several hours, this lets the vegetables soften, creating a more slaw like consistency.

Bolded ingredients can be grown in and harvested from your student's Learning Garden. Ask your student about what's growing in their school's Learning Garden!

Ingredients:

- **2 beets, shredded**
- **5 large, or 10 small, carrots, shredded**
- **1 bunch kale, chopped**
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- ¼ cup olive oil
- Salt, to taste



Directions:

- Combine the beets, carrots, and kale in a large bowl.
- Add the olive oil, apple cider vinegar, and honey.
- Mix everything together until the vegetables are evenly coated.

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RECIPES FOR HOME COOKING: SAVORY HERB POPCORN

Evidence of popcorn can be traced all the way back to 3600 B.C., making it one of the oldest forms of corn. Popcorn is considered a whole grain, but remember to select plain air-popped popcorn that doesn't contain added sugars and fats!

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Ingredients:

- **1/3 cup popcorn kernels**
- **2-3 sprigs fresh herbs (rosemary or thyme), chopped**
- 3 tablespoons coconut or olive oil
- Salt, to taste

Directions:

- Add oil to a large saucepan on medium heat along with 3-4 popcorn kernels, heat until the kernels pop.
- Add the rest of the popcorn kernels in an even layer.
- Cover the pan and remove from the heat for about 30 seconds.
- Put the pan back onto the heat and allow the kernels to start popping.
- Shake the pan back and forth until the popping slows to a few seconds between pops.
- Remove the popcorn and toss with sea salt and fresh herbs. Enjoy!



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RECIPES FOR HOME COOKING: SAUTÉED GREENS WITH LEMON & GARLIC

Dress up your hearty Learning Garden greens with lemon and garlic for a tasty and nutritious snack or side dish.

Bolded ingredients can be grown in and harvested from your student's Learning Garden. Ask your student about what's growing in their school's Learning Garden!

Ingredients:

- **1 bunch greens (kale, chard, collards, spinach, bok choi, cabbage)**
- **3 garlic cloves, chopped**
- For kale, chard, collards, spinach: 2 tablespoons lemon juice
- For bok choi and cabbage: 1 tablespoons soy sauce
- 1 tablespoon olive oil
- Salt and pepper, to taste

Directions:

- Rinse, remove stems, and chop greens
- Warm olive oil in a large skillet over medium heat
- Add greens to skillet and sauté for 5-7 minutes, until tender
- Season to taste with salt and pepper
- Remove from heat and drizzle with lemon or soy sauce and serve



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RECIPES FOR HOME COOKING: KALE CHIPS

These snackable kale chips are a healthy substitute for potato chips and are sure to satisfy not only your cravings but also your student's craving for salty and crunchy snacks! Kale chips can be stored in a sealed bag for up to 3 days.

Bolded ingredients can be grown in and harvested from your student's Learning Garden. Ask your student about what's growing in their school's Learning Garden!

Ingredients:

- **1 bunch kale**
- 1 tablespoon olive oil
- Seasoning of your choice:
 - 1 teaspoon cumin, chili powder, or curry powder
 - 1 tablespoon nutritional yeast
 - Get creative with other seasoning combinations
- Salt, to taste

Directions:

- Preheat oven to 225°F
- Rinse, remove stems, and chop kale
- Place in a large mixing bowl and toss with oil, seasoning, and salt
- Spread kale onto 1-2 baking sheets in one layer
- Bake for 20-25 minutes, turning once
- Remove from oven and cool before enjoying



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