Tasting Week Recipes
2018
"I'm gonna go home and make so much of this stuff!"

-Bronson, 2nd grade
# Table of Contents

## MAIN DISHES
- Huevos Rancheros with Pico de Gallo ...................... Page 5
- Tuesday Tacos...In a Jar ............................................ Page 6
- Spaghetti Squash with Cilantro Pesto ....................... Page 7
- Roasted Pumpkins ...................................................... Page 8
- Making Sense of Squash ............................................. Page 9
- Veggie Rainbow Rolls ................................................ Page 10
- Summer Rolls ............................................................ Page 11
- Flour Tortillas & Veggie Quesadillas ......................... Page 12

## SALADS
- Winter Squash with Massaged Kale Salad & Pomegranate Seeds .................................................... Page 14
- Southwestern Bean & Corn Salad ............................. Page 15
- Fabulous Fall Salad .................................................... Page 16
- Massaged Kale Salad ................................................. Page 17
- Slaw with Sauces ...................................................... Page 18
- Celery Almond Date Salad ........................................ Page 19

## DIPS & SAUCES
- Beet Pickle Relish ..................................................... Page 21
- Create Your Own Salsa ............................................. Page 22
- Hummus ........................................................................ Page 23
- Tasty All-Purpose Tomato Sauce ............................... Page 24
- The Tomato Salsa Challenge! ................................... Page 25
- Sweet Potato Pumpkin-Spiced Dip ........................... Page 26
These are sooo good. I’m going to have this for breakfast, lunch and dinner. My favorite part is the cabbage and peppers.”

-2nd grader
Huevos Rancheros with Pico de Gallo

Serves 4-6 people

**Ingredients**

4-6 corn tortillas
1/2 Tbsp olive oil
8 eggs
4 Tbsp grated Monterey Jack cheese
2 cups Pico de Gallo (see recipe)
Salt and pepper to taste

**Pico de Gallo**

1 Tbsp cilantro, chopped
1 small red onion, chopped
1/2 lime, juiced
1 Tbsp cumin
1 cup cherry tomatoes, cut in half
Salt to taste

**Preparation**

In a skillet, heat a stack of tortillas on low, until warmed through. You can also do this in a microwave. Grate cheese.

Heat a skillet to med-high, add olive oil. In a bowl, using a whisk, mix the eggs with salt and pepper, pour into the skillet. Cook at medium heat for 2-3 minutes, until the eggs are scrambled.

Making the Pico de Gallo: Chop all ingredients, combine in a bowl and squeeze lime on the entire bowl. Season with a pinch of salt and toss.

Place an equal amount of egg on each tortilla and top with 1/2 Tbsp cheese and fresh salsa.
Ingredients Mild Salsa
1 1/2 pint glass jar with lid
5 cherry tomatoes, chopped
1 stalk green onion, chopped
1-2 sprigs cilantro, chopped
1/4 lime slice
1/8 tsp cumin
1/8 tsp coriander
Salt and pepper, to taste

Preparation
Combine the chopped tomatoes, green onion and cilantro in bottom of glass jar. Squeeze on lime juice. Add seasonings. Stir. Now you’re ready to layer on the “TOPPERS”.

2 Tbsps of “TOPPERS”
Black beans
Chopped red bell pepper
Shredded purple cabbage
Pickled cucumbers*
Tortilla chips, crushed

*To pickle vegetables, place 2 Tbsps sugar and 1 tsp salt in a stainless steel bowl. Pour 1/2 cup boiling water in bowl to dissolve dry ingredients. Mix in 1/4 cup apple cider vinegar and 1/4 cup rice-wine vinegar and 5 whole peppercorns. Pour vinegar mixture over the prepared vegetable of your choice. Refrigerate for about 1 hour before using.
Spaghetti Squash

with Cilantro Pesto

Makes 6-8 Servings

Ingredients
1 medium spaghetti squash (about 5 pounds)
1 large bunch cilantro, washed and bottom of stems trimmed
1/4 cup water
Juice of one lime
1/2 cup pumpkin seeds (or any nut or seed of your choice)
2 garlic cloves
Pinch of salt and black pepper
1/4 cup olive oil

Preparation
Preheat oven to 400 degrees. Cut spaghetti squash in half lengthwise and scoop out seeds. Place squash cut side down in a baking dish filled with enough water to cover the bottom. Bake for 35-45 minutes or until tender (skin is easily pierced with a fork and flesh separates easily). Allow to cool. Use a fork to pull the flesh into spaghetti-like strands. Place in a large bowl.

While squash is cooking, make the pesto. Combine cilantro, water, lime juice, pepitas, garlic, salt, pepper and oil in a food processor. Process until smooth. Set aside. Tip: adding an ice cube when processing will help retain a bright green hue. Toss spaghetti squash with pesto until stands are coated.
Roasted Pumpkins
with Brown Sugar & Pecans

Ingredients
Small pumpkin
Olive or walnut oil
Salt
Brown sugar
Pecans or walnuts
Butter (optional)

Preparation
For each sugar or small pumpkin: cut off top 1/4” of pumpkin and remove seeds. Rub inside and lid generously with olive or walnut oil and salt lightly.

Place on an oil rubbed baking sheet (if necessary, cut a small slice from the bottom of the pumpkin so it stands upright.). Roast at 400 degrees for 45 minutes for small pumpkins. It is done if easily pierced with a fork. If not roast for another 15 minutes. Let rest for 30 minutes.

Scoop pumpkin from shell while still warm and toss with brown sugar and toasted pecans or walnuts. Or try a little butter and brown sugar.

Recipe by Linda Ambrosini | Photo by Shauna Schultz
Making Sense of Squash

Ingredients
Pre-baked butternut squash
Pre-baked acorn squash
Pre-baked spaghetti squash
Pre-baked delicata squash
Maple syrup
Cinnamon

Use a variety of pre-baked squash, core the squash from the skins, add maple syrup and cinnamon, mash and then spread on crackers. Taste, smell, feel, describe the appearance, and if possible the sound when the squash is mashed. All the five senses!
Ingredients & Preparation for the Sauce
(Serves 2)
3 Tbsps tahini, unsalted
2 Tbsps pure maple syrup
2 Tbsps water
1 Tbsp extra virgin olive oil
1 Tbsp rice vinegar or apple cider vinegar
1 Tbsp fresh squeezed lemon juice
1 tsp tamari (or light soy if not gluten free)
1/2 tsp fine sea salt (omit if tahini is salted)
1/2 Inch knob ginger root, grated

Place ingredients into a blender and give it a few whizzes. Pour into dipping bowls. Set aside.

Rainbow Roll Ingredients
(Serves 12)
12 Rice papers
2 Avocados, sliced lengthwise
1 Cucumber, halved & cut 4x lengthwise
3 Carrots, peeled & grated
1 Bunch Kale, spine trimmed off
1 Bunch Purple cabbage, shredded
Pomegranate arils as needed
Pea shoots or microgreens as needed
14 basil leaves
1 bunch of mint

Preparation
Prepare the veggies you want to use in your rolls. Cut things small and long in shape, or grate it. It makes rolling a lot easier. Very thin & flexible items like the dark green kale for example roll easily if you trim off the spine. Soak rice paper for 25-30 seconds to soften - it should be pliable but not soggy. Place ingredients on rice paper and roll up tucking in the sides first. Remember not to use too much of the veggies for a successful roll.
### Sweet Chili Dipping Sauce

**Ingredients**
- 1/4 cup rice wine vinegar
- 2 Tbsp fish sauce
- 1/4 cup hot water
- 2 Tbsp sugar
- 1 lime, juiced
- 1 tsp minced garlic
- 1 tsp red chili paste

**Preparation**
In a blender, mix the rice wine vinegar, fish sauce, hot water, sugar, lime juice, garlic, and chili paste. Pour into a small bowl.

### Summer Roll Ingredients

- 3 ounces Vietnamese cellophane noodles, cooked
- 2 cups bean sprouts
- 2 carrots, julienned
- 1 fresh red chile, cut in circles
- 2 handfuls cilantro, hand-torn
- 2 tsps dark sesame oil
- 1 lime, juiced
- Sea salt
- 20 (8-inch) round rice paper wrappers
- 40 mint leaves

**Preparation**
Put the noodles, vegetables, cilantro and peanuts in a large bowl; toss with sesame oil and lime juice to give the filling some flavor; season with salt and pepper.

Pour 3 cups of hot (not boiling) water in a shallow bowl. One at a time, immerse the rice paper wrappers in the hot water for 10 seconds to soften, then place on a slightly damp towel (don’t soak them longer or they will break apart). Keep them covered while you work...to prevent them from drying out and curling.

To form the rolls, lay a rice paper wrapper on a flat surface. Place a small amount of the noodles and vegetables and lay it across the bottom third. Use less filling than you think you should, if you overstuff the wrapper it will tear. Carefully fold the bottom of the wrapper up to cover the filling. Fold in the left and right sides, then tuck and roll it over once. Lay 2 mint leaves on top, then tuck and roll it over to close the whole thing up like a tight cigar. The mint leaves should show through the transparent rice paper. Arrange the finished rolls on a platter and cover with a damp towel.
Flour Tortillas

Flour Tortilla Ingredients
3 cups flour
1 tsp salt
1 tsp baking powder
1/3 cup vegetable oil
1 cup warm water

Flour Tortilla Preparation
Combine flour, salt and baking powder in the bowl and stir until combined. Add oil and water with mixer. Mix well and knead with hands for 5 minutes. Alternatively, you can use a mixer, running at medium speed.

Transfer from mixing bowl to a well-floured work surface. Divide dough in half, then in half again. Continue until you have 16 fairly equal portions. Form each piece into a ball and flatten with the palm of your hand as much as possible. If dough is sticky, use a bit more flour. Cover flattened balls of dough with a clean kitchen towel and allow to rest for 15 minutes before proceeding.

Heat a cast iron skillet over medium-high heat. Roll a dough piece into a circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. Cook in the pan until the tortilla is browned a little on one side, flip and cook the other side.

Stack tortillas, making sure to check that they aren’t sticking together. While one is cooking you are rolling the next one. Be sure to cover the cooked tortillas so they don’t dry out. Wipe out the pan in between tortillas if flour is starting to accumulate. The tortillas will keep well stored in an airtight container or zippered bag at room temperature for 24 hours or can be frozen indefinitely. To freeze, separate tortillas with parchment paper or waxed paper and place in a zippered bag before placing in freezer.

Veggie Quesadillas
4 flour tortillas
2 cups grated cheese
2 cups cooked veggies (zucchini, carrots, peppers, potatoes, mushrooms, onions, sweet potato, etc.)
Salsa

Heat 1 tortilla on a grill or on a skillet on medium low heat. Place cheese on one half of the tortilla and place vegetables on top of cheese. Place lid over quesadilla and allow cheese to melt. Serve and enjoy!
I didn’t know I liked avocado but now I do!”

-8th grader
**Winter Squash**

**with Massaged Kale Salad & Pomegranates**

**Ingredients**
1 large winter squash (Kobocha, Delicata, or Lakota)
Olive oil
1 bunch of kale
1 cup pomegranate seeds
2 tsp maple syrup
Salt and pepper

**Preparation**
Heat oven to 425 degrees. Cut open winter squash and scoop out seeds and pulp. Place cut squash on baking tray. Drizzle olive oil and add salt and pepper. Bake for 30-45 min or until squash is tender and golden. Use large spoon to scoop out squash meat into a bowl. Smash squash with the back of the spoon until it is all mixed and creamy. Stir in maple syrup. Rinse kale and rip leaves into bite-sized pieces. Put into bowl and drizzle with olive oil. Massage kale for 2-3 minutes until leaves become soft. Add salt to taste. Serve squash with kale on top or side. Sprinkle with pomegranate seeds and enjoy!

Recipe by Sophie Larsen | Photo by Sara Wessinger
Southwestern Bean & Corn Salad

Makes 4 servings

Dressing: Ingredients & Preparation
1/2 cup olive oil
1/4 cup lime juice,
1 clove of garlic (minced),
1/2 tsp salt
Add all ingredients to a jar and shake well until uniform. Keep dressing refrigerated.

Salad Ingredients & Preparation
3 cups cooked black beans
2 cups of corn kernels
2 cups thinly sliced red cabbage
1 1/3 cup diced fresh tomato (about half of one tomato)
1 cup diced bell pepper (about a quarter of one bell pepper)
1 cup diced avocado (about a quarter of one avocado)
2 Tbsps minced green onions
3 Tbsps chopped fresh cilantro

Place all ingredients in a bowl and pour desired amount of dressing, mix to incorporate, and serve.
Fabulous Fall Salad

Makes 4-6 servings

Salad Ingredients
Sliced carrots
Grated red cabbage thinly sliced
Radishes thinly sliced
Spinach
Red, yellow and green bell peppers
Cherry tomatoes sliced in half
Strawberries sliced
Kale torn into small pieces
Sunflower seeds

Dressing Ingredients
1/4 cup canola oil
2 Tbsps of rice vinegar
2 Tbsps of lemon juice
1 Tbsp of honey
1 Tbsp dijon mustard
1 clove of garlic finely chopped

Combine all ingredients, shake well and serve.
Massaged Kale Salad

“I really wanted there to be thirds because it was so great!”
-Lila, 3rd grade

**Ingredients**
1 bunch kale, stalks removed and discarded, leaves thinly sliced
1 lemon, juiced
1/4 cup extra-virgin olive oil, plus extra for drizzling
Kosher salt
2 tsps honey
Freshly ground black pepper
1 cup dried cranberries
2 rounded Tbsps toasted pepitas (pumpkin seeds)

**Preparation**
In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes. Pour the dressing over the kale, and add the cranberries and pepitas. Toss and serve.

Recipe by Dré Maher
## Slaw with Sauces

### Slaw Ingredients
- Red and or green cabbage
- Sesame oil
- Carrots
- Olive oil
- Green onions

### Sauces
- Sriracha
- Tamari
- Lemon juice
- Honey
- Sesame seeds
- Mustard
- Tahini
- Fresh ginger

### Preparation
Shred 2 parts cabbage to 1 part carrots. Chop green onions to taste. Combine ingredients in a mixing bowl. Stir in sauce(s) of choice.
CELERY ALMOND DATE SALAD

“My dad would love this! I’m going to go home and make it for him.”
-3rd grader

Ingredients & Preparation
8 celery stalks, cut thin on diagonal with leaves
1/2 cup roasted almonds
6 dates, pitted, coarsely chopped
3 T fresh lemon juice
2 oz shaved Parmesan
1/4 c olive oil
Crushed red pepper flakes
Salt and pepper
Combine first 4 ingredients, toss, and add remaining ingredients.
“What other stuff can you make with beets?”

-Stella, 2nd grade
Beet Pickle Relish

Ingredients
About 2 cups beets (diced small)
2 cups sugar
1 1/2 cups white vinegar
1/4 cup chopped fresh dill or 2 Tbsps dried
1 Tbsp dry mustard powder
1 Tbsp salt
1 tsp garlic powder
1 tsp onion powder
1/2 tsp cinnamon
1/4 tsp clove

Preparation
Combine all ingredients into a small pot and bring to a boil. Turn down heat to medium and simmer for about a half an hour. Spoon out a bit to test consistency. It should be firm yet soft to the bite. Mix it up and add celery or carrots. Eat on your favorite foods!
**Ingredients**
Tomatoes  
Bell peppers  
Onions  
Cucumbers  
Black beans  
Corn  
Cilantro  
Lime  
Spices (salt, pepper, cumin, etc.)

**Preparation**
Choose which ingredients you want to add to your salsa.  
Choose at least 3 ingredients. Add cilantro and lime, optional.  
Enjoy your yummy salsa with chips or a meal – what a fun way to eat veggies!
Ingredients
1 15 oz can chickpeas, drained and rinsed
1/4 cup tahini
1/2 tsp cumin
1/2 tsp salt
2 garlic cloves
Juice of 1 lemon
1/3 - 1/2 cup olive oil
1-2 Tbsp warm water
Paprika or za’atar for serving (optional)

Preparation
Place chickpeas, tahini, cumin, salt, lemon juice and garlic cloves in a food processor and start pulsing. While food processor is running, drizzle in olive oil. Check consistency and add more olive oil. Run the processor until the mixture is creamy. If consistency is still too chunky add a few tablespoons of warm water and pulse again. Sprinkle top with paprika or za’atar and serve with pita, chips or veggies. Can be stored in air tight container for 1-2 weeks.
Tasty All-Purpose Tomato Sauce

**Ingredients**
- 2 medium yellow, white or purple onions
- 2 cloves of garlic
- 1/4 cup olive oil & butter
- 6 medium-large tomatoes, quartered
- Sea salt or Himalayan salt
- Pepper
- Optional herbs and spices (turmeric, paprika, green onion, parsley, oregano, chives)

**Tools**
- Hand-immersion blender
- Large pot
- Ladle
- Mason jars if you want to freeze

**Preparation**
Slice onions and put in a pan with olive oil & butter. Sauté until golden and soft and the bitterness is “sweated out”. Add garlic cloves and cook for another 3 minutes—careful not to burn the cloves.

Add tomatoes and spices and cook for at least 15 minutes. Remove from stove and cool. Blend all ingredients with an immersion blender until smooth. You can cook up to 18 hours for a sweeter, richer sauce or, if too juicy, you can add some tomato paste to thicken.

**Uses for sauce**
- Italian: Add desired herbs & cheese for pasta sauce
- Mexican: chop spicy peppers, onion, cilantro & peaches for a salsa
- Add chipotle seasoning for an Enchilada Sauce
- Thai: Add coconut milk & curry power for a veggie curry
- Add cream for a tomato bisque
- Use with eggs & tortilla
- Mix with rice for “Spanish Rice”
- Add hot sauce or diced peppers
- Add tomato paste & season to taste for a pizza sauce

Recipe and Photo by Susan Gouveia
The Tomato Salsa Challenge!

**Ingredients**
Tomatoes - variety  
Green onions  
Cilantro  
Walla Walla onions  
Ground cherries  
Pineapple  
Pomegranates  
Sweet peppers  
Lime, lemon or orange juice squeezed  
Dash of salt

Mix your favorite ingredients. Serve with corn chips!
**Sweet Potato Pumpkin-Spiced Dip**

Serve with sliced apples & gingersnaps for a healthy dessert!

Makes 6-8 servings

**Ingredients**

- 2 medium potatoes (about a pound or more)
- 2 Tbsps pure maple syrup
- 1-2 Tbsps plain yogurt or coconut milk/cream
- 2 Tbsps orange juice
- 1 Tbsp ground cinnamon
- 1/4 tsp each of ground ginger, nutmeg and allspice
- 4 Tbsps pecans, toasted & chopped
- 2 Tbsps each of raisins & dried cranberries
- Sliced apples or pears for dipping

**Preparation**

Preheat an oven to 425 degrees. Scrub sweet potatoes clean, dry and prick with fork in a few places. Place in rimmed cooking dish. I like to use a rectangular glass casserole dish since the potatoes stay put when you’re moving them to and from the oven.

Bake for about 45-60 minutes, until tender when pierced with a fork. When done, let potatoes sit at room temperature until cool enough to handle, at least 30 minutes.

Slice sweet potatoes length-wise and scoop out into a mixing bowl and mash by hand till you get the texture you like (or use a food processor). Add syrup, yogurt/coconut milk, orange juice, cinnamon, ginger, nutmeg, allspice, nuts, raisins and cranberries. Mix well and serve with sliced apples, pears or gingersnaps.
"I actually like something that’s healthy for me!"

-8th grader
Thank you for your support of Sierra Harvest this year!

2018 Tasting Week
19 guest chefs
3,000 students
103 classrooms

Thank you for giving students lifelong tasting experiences!