



# *Farm to School* NEBRASKA

## *Harvest of the Month*

HOME RECIPES



# ARONIA APPLE CRUMBLE BARS

SERVES: 12 | SERVING SIZE: 1 bar

## SELECTION AND STORAGE

- Look for ripe, colorful, and firm berries with no signs of mold/mushy spots
- If using fresh berries, wait to wash them until ready to eat
- Store them in a paper towel-lined plastic container with the lid slightly ajar and place on a refrigerator shelf (not in the crisper drawer) for a few days

## NUTRITION FACT

Aronia berries are low in calories, but pack a nutritional punch, as they are high in fiber, Vitamin C, and manganese, which helps activate many enzymes in metabolism.



## INGREDIENTS

- 6 Tbl Butter, unsalted
- 1/3 cup 2% Milk
- 1 Egg
- 1 Egg Yolk
- 3/4 tsp Vanilla Extract
- 1 cup + 8 Tbl Flour, white whole wheat/enriched
- 3/4 cup Sugar, granulated
- 1/2 Tbl Baking Powder
- 3/4 tsp Salt
- 1 cup Aronia Berries
- 1 Gala Apple

## Topping

- 3 Tbl Butter, unsalted
- 1/3 cup Flour, white whole wheat/enriched
- 3 Tbl + 1 1/2 tsp Sugar, granulated

## DIRECTIONS

1. Preheat oven to 375°F. Generously grease 8"x8" baking dish.
2. Melt butter in a small saucepan over low heat; remove from heat. Whisk in milk, 1 egg, 1 yolk, and vanilla until well combined.
3. Whisk together flour, sugar, baking powder, and salt. Add milk mixture and stir until just combined. Peel, core, and dice apple. Gently but thoroughly fold in fruit. Pour batter into greased baking dish and spread evenly.
4. For the topping, cut cold butter into 1/2" cubes. Combine all topping ingredients in a bowl and blend with fingertips, pastry cutter, or paddle attachment until crumbly. Sprinkle evenly over batter.
5. Bake 35-40 minutes or until golden and cake tester or skewer comes out clean.
6. Cool completely and cut into 9 bars.

## NUTRITION INFORMATION

235 calories, 5.7g Saturated Fat, 214mg Sodium, 34.3g Carbohydrates



# ARONIA BERRY VINAIGRETTE

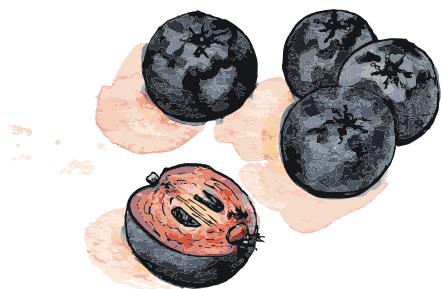
SERVES: 8 | SERVING SIZE: 2 oz

## SELECTION AND STORAGE

- Look for ripe, colorful, and firm berries with no signs of mold/mushy spots
- If using fresh berries, wait to wash them until ready to eat
- Store them in a paper towel-lined plastic container with the lid slightly ajar and place on a refrigerator shelf (not in the crisper drawer) for a few days

## NUTRITION FACT

Aronia berries are low in calories, but pack a nutritional punch, as they are high in fiber, Vitamin C, and manganese, which helps activate many enzymes in metabolism.



## INGREDIENTS

- 1/2 cup Aronia Jelly
- 3/4 cup Red Wine Vinegar
- 3 Tbl Canola Oil or Extra Virgin Olive Oil
- 1/2 tsp Salt, iodized

## DIRECTIONS

1. In a small bowl, whisk jelly to loosen consistency.
2. Slowly add vinegar to blend evenly.
3. In a slow steady stream, add oil to jelly mixture.
4. Whisk vigorously so the oil and vinegar do not separate.
5. Add salt and mix again.

## NUTRITION INFORMATION

105 calories, 0.4g Saturated Fat, 150mg Sodium, 13.8g Carbohydrates



# BAKED APPLES

SERVES: 7 | SERVING SIZE: 1/2 cup

## SELECTION AND STORAGE

- Choose a firm head of cabbage that's heavy for its size and has crisp leaves with no signs of browning, withering.
- Wrap fresh head of cabbage tightly in plastic wrap and store in the refrigerator, fresh heads can be stored in the refrigerator up to 2 weeks.

## NUTRITION FACT

Like broccoli and Brussel sprouts, cabbage is a cruciferous vegetable and is high in beta-carotene, vitamin C and fiber and it packs a powerful punch of phytochemicals which may reduce the risk of certain cancers and cardiovascular disease, pretty impressive!



## INGREDIENTS

- 1/2 cup Butter, unsalted
- 2 lb Fuji Apples (about 7 apples)
- 2 Tbl Cinnamon

## DIRECTIONS

1. Preheat convection oven to 400°F.
2. Melt butter.
3. Wash apples under cold running water.
4. Core and wedge apples.
5. Place apples on parchment lined sheet tray and pour melted butter over the top.
6. Sprinkle with cinnamon and toss to coat.
7. Bake for 10 minutes. Flip over apples and bake another 10 minutes or until apples are golden brown and tender.
8. Serve warm or at room temperature.

## NUTRITION INFORMATION

189 calories, 8.2g Saturated Fat, 3mg Sodium, 19.7g Carbohydrates



# BROWNIE BATTER HUMMUS

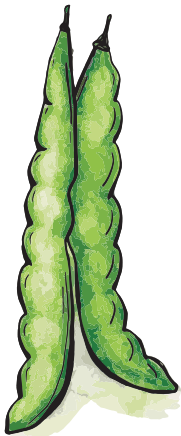
SERVES: 10 | SERVING SIZE: 1/4 cup

## SELECTION AND STORAGE

- Dried beans come in many colors, shapes and sizes and can be stored for months.
- Beans in normal food-grade bags have a shelf life of 1 year or more. Like most stored foods, colder storage temperatures will increase shelf life.
- All dried beans, except lentils and split peas, require soaking in water for rehydration. The longer dried beans are stored, the longer they need to be cooked to rehydrate the beans.

## NUTRITION FACT

What makes beans so healthy? Lots of protein and fiber! Beans are known for giving us a LOT of energy.



## INGREDIENTS

- 3/4 cup Black Beans, dry
- 2 cups Water *(for Step #1)*
- 1/4 tsp Salt, iodized
- 1/2 tsp Baking Soda
- 1 qt Water *(for Step #3)*
- 1/3 cup Chocolate Syrup
- 1/2 tsp Instant Espresso, powder
- 1/2 tsp Vanilla Extract
- 1/4 cup Ice

## DIRECTIONS

1. Sort dry beans in a shallow pan. Remove any physical debris like small pebbles. Soak beans in water overnight.
2. The following day, drain water from beans. In a colander, rinse beans several times.
3. In a large pot, add salt and baking soda to fresh water and then add soaked and drained beans. Stir to dissolve salt and baking soda.
4. Bring water to a boil and then reduce to simmer. Simmer for 2 hours or until beans are tender and easily smashed. If water evaporates too quickly, you may need to add additional water. Do not allow water to fall below the beans.
5. Once tender, remove beans from pot and place in a chilled shallow pan to cool.
6. Using a food processor, puree chilled beans with chocolate syrup, instant espresso powder, vanilla extract, and ice.

## NUTRITION INFORMATION

74 calories, 0.05g Saturated Fat, 127mg Sodium, 15.5g Carbohydrates



# MOROCCAN MEATBALLS

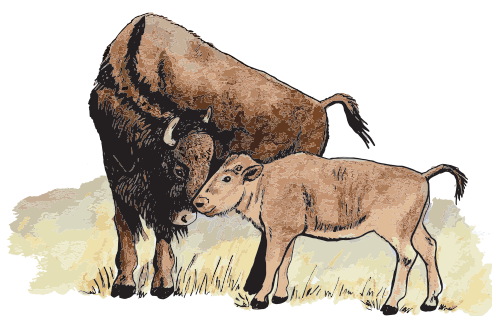
SERVES: 12 | SERVING SIZE: 1 meatball

## SELECTION AND STORAGE

- Store bison in refrigerator for up to 1-2 days before using/ freezing.
- Put the packages of raw bison in plastic bags, to contain any leakage which could cross contaminate cooked foods or produce.

## NUTRITION FACT

Bison packs a good amount of several essential nutrients, including Protein, Iron, Zinc, Selenium, and B Vitamins. It can promote a healthy body weight and muscle mass when eaten in moderation as part of a healthy diet.



## INGREDIENTS

- 1/2 cup Bread Crumbs
- 2 Tbl Moroccan Spice Mix (*see recipe below*)
- 1 lb Ground Beef
- 1 lb Egg, raw, whole
- 1/2 cup 2% Milk

## DIRECTIONS

1. Preheat oven to 350°F.
2. Combine bread crumbs and spice mix to evenly distribute spices.
3. In a mixer fitted with a paddle or by hand, combine beef, egg, milk, and seasoned bread crumbs. Mix for 10-15 minutes or until the mixture is completely combined.
4. Form into 12 meatballs and place close together on a parchment lined baking pan.
5. Bake for 15-20 minutes or until internal temperature reaches 165°F.
6. Serve with rice, pineapple, and color vegetables like, sweet potatoes and green peppers.

**Note:** Seasoning mix can be changed to 2 Tbl of any flavor blend. Examples are: Italian, Greek, Mexican, or Asian seasoning blends. Ground meat can be changed to turkey, chicken and pork.

## NUTRITION INFORMATION

175 calories, 4.2g Saturated Fat, 306mg Sodium, 4.4g Carbohydrates

## MOROCCAN SPICE MIX

- |                       |                          |                          |
|-----------------------|--------------------------|--------------------------|
| • 1 tsp Cumin, dry    | • 3/4 tsp Coriander      | • 1/4 tsp Cayenne Pepper |
| • 1 tsp Ginger, dry   | • 3/4 tsp Allspice       |                          |
| • 1 tsp Salt, iodized | • 1/2 tsp Cloves, ground |                          |
| • 3/4 tsp Cinnamon    | • 1/2 tsp Black Pepper   |                          |

## DIRECTIONS

Blend ingredients together. Store in an airtight container.





# PIZZA TOPPING

SERVES: 10

## SELECTION AND STORAGE

- Choose lean cuts of beef with little visible fat or trim fat before cooking.
- Store beef in refrigerator for up to 3-5 days before using/freezing.
- Washing meat before cooking is not recommended as it increases the likelihood of spreading bacteria.

## NUTRITION FACT

Beef is rich in Iron, Vitamin B12 and Zinc, which is essential for cell growth and division and immune function.



## INGREDIENTS

- 1 Tbl Italian Seasoning
- 1 Tbl Granulated Garlic
- 1 tsp Salt, iodized
- 1/2 Tsp Black Pepper
- 1 Tbl Vegetable Oil
- 1 lb Ground Beef
- 1/2 cup Water

## DIRECTIONS

1. In a bowl, mix dried seasonings and blend evenly to combine.
2. Heat oil in a skillet and then add beef and dried seasonings. Break beef apart using a long metal spoon or masher. Brown beef as seasonings bloom.
3. Add water and bring to a boil.
4. Immediately reduce to simmer and continue to break large pieces apart of beef as it cooks. Allow water to evaporate during the cooking process. Cook until internal temperature has reached 165°F.
5. Drain cooked topping of any grease or extra water. Use as a pizza topping, in a calzone, or as a pizza burger.

**Note:** Bison can be substituted for beef.

## NUTRITION INFORMATION

132 calories, 3.7g Saturated Fat, 258mg Sodium, 1g Carbohydrates



# ROASTED TURNIPS WITH HERBS

SERVES: 8 | SERVING SIZE: 1/2 cup

## SELECTION AND STORAGE

- Turnips are sweetest and have the best texture when they are small to medium sized (2 to 3 inches across). As turnips age the flavor gets spicier or bitter and the texture becomes tough and woody.
- Fresh turnips are available year round but peak season is October through March.

## NUTRITION FACT

A half cup of turnip greens provides an excellent source of Vitamins A, C, and K, and a good source of folate.



## INGREDIENTS

- 15 1/2 oz Fresh Turnips, without tops
- 3 tsp Canola Oil or Extra Virgin Olive Oil
- 1/2 tsp Salt, iodized
- 1/8 tsp Black Pepper
- 1/2 tsp Italian Seasoning

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash produce thoroughly under cold running water.
3. Young fresh turnips with no wax (1" - 1 1/2" in diameter) do not need to be peeled. Larger turnips of 2" or more or turnips with a wax skin should be peeled.
4. Cut into even 2" cubes.
5. Toss cubed turnips in oil and sprinkle with salt, pepper, and dried herbs. Coat evenly with oil and seasoning.
6. Place turnips on a sheet pan and roast in oven for 20-30 minutes, or until golden brown and tender. Cook until internal temperature is 135°F.

## NUTRITION INFORMATION

30 calories, 0.1g Saturated Fat, 174mg Sodium, 3.6g Carbohydrates





# SMASHED TURNIPS WITH SRIRACHA

SERVES: 10 | SERVING SIZE: 1/2 cup

## SELECTION AND STORAGE

- Turnips are sweetest and have the best texture when they are small to medium sized (2 to 3 inches across). As turnips age the flavor gets spicier or bitter and the texture becomes tough and woody.
- Fresh turnips are available year round but peak season is October through March.

## NUTRITION FACT

A half cup of turnip greens provides an excellent source of Vitamins A, C, and K, and a good source of folate.



## INGREDIENTS

- 2 ½ lb Fresh Turnips
- 1 qt Water
- 1 cup 2% Milk
- 2 Tbl Butter, unsalted
- 1/2 tsp Salt, iodized
- 1 Tbl Sriracha Sauce

## DIRECTIONS

1. Wash produce thoroughly under cold running water.
2. Young fresh turnips with no wax (1" - 1½" in diameter) do not need to be peeled. Larger turnips of 2" or more or turnips with a wax skin should be peeled.
3. Cut turnips into quarters.
4. Add diced turnips in cold water and boil for 35-45 minutes or until tender and can be easily mashed.
5. Drain and rinse turnips.
6. On a low heat, warm milk, butter, and salt. Meanwhile, smash turnips with fork or in mixer with paddle. Make sure turnips are smashed thoroughly.
7. Add warm milk to turnips and mix together. Fold in sriracha.
8. Transfer to a serving pan and keep warm.

## NUTRITION INFORMATION

62 calories, 1.7g Saturated Fat, 221mg Sodium, 8.4g Carbohydrates



# STRAWBERRY RHUBARB TOPPING

SERVES: 8 | SERVING SIZE: 1/4 cup

## SELECTION AND STORAGE

- Choose flat stalks that are not curled or limp.
- Deep red stalks are sweeter and richer; tenderness is not related to its size.
- Refrigerate rhubarb in a plastic bag; use within a few days.

## NUTRITION FACT

Rhubarb is high in antioxidants and fiber, providing similar amounts as oranges, apples, or celery. Fiber helps you to maintain a healthy digestive system and decrease your risk of cardiovascular disease.



## INGREDIENTS

- 1 qt Rhubarb
- 1/2 cup Strawberries, fresh
- 1/2 cup Apple Juice
- 2/3 cup Sugar, granulated
- 1 tsp Salt, iodized

## DIRECTIONS

1. Wash produce thoroughly under cold running water.
2. Cut rhubarb and strawberries into 1" pieces
3. Place cut fruit, apple juice, sugar, and salt in a heavy-bottomed pot. Bring to a boil, then reduce to a simmer for 30-40 minutes or until fruit is soft and tender.
4. Place hot sauce in cold, clean, and shallow pans. Cool completely.
5. Serve chilled over ice cream or frozen yogurt, with a biscuit and served as shortcake, in a smoothie, or pureed and served as a fruit sauce.

## NUTRITION INFORMATION

85 calories, 0.03g Saturated Fat, 288mg Sodium, 21.2g Carbohydrates