



# *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
- 2 Eggs
- 3/4 tsp Vanilla Extract
- 1 cup + 1/4 cup Flour, white whole wheat/enriched
- 3/4 cup Sugar, granulated
- 1/2 Tbl Baking Powder
- 3/4 tsp Salt
- 1 cup Aronia Berries, fresh or frozen
- 1 Gala Apple

## Topping

- 3 Tbl Butter, unsalted
- 1/3 cup Flour, white whole wheat/enriched
- 1/8 cup 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, eggs, 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 8x8 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 40- 45 minutes or until golden and cake tester or skewer comes out clean.
6. Cool completely and cut into 12 bars.

## NOTE

To make muffins, divide batter among muffin cups and spread evenly. Sprinkle topping among muffin cups. Bake until golden or cake tester comes out clean, 18-20 minutes.

## NUTRITION INFORMATION

205 calories, 3.8g Saturated Fat, 189 mg Sodium, 28.3g Carbohydrates



# ARONIA BERRY VINAIGRETTE

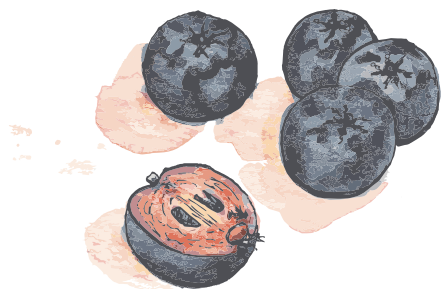
SERVES: 8 | SERVING SIZE: 2 oz

## 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 CINNAMON APPLES

SERVES: 7 | SERVING SIZE: 1/2 cup

## SELECTION AND STORAGE

- Apples can last up to two months in the refrigerator. The date an apple was picked and the variety of the apple impacts its shelf life.
- Firmer varieties, such as Granny Smith apples, last longer than softer varieties.
- When selecting apples, check the firmness by gently pressing a small area of the fruit's skin. Visually check for quality.

## NUTRITION FACT

Apples are low in sodium, fat, and cholesterol. Apples are a good source of vitamin C and fiber. There are over 2,500 varieties of apples in the United States.



## INGREDIENTS

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

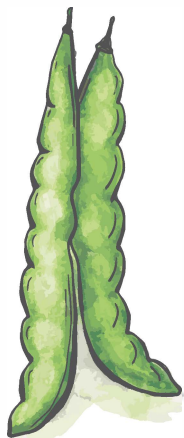
SERVES: 10 | SERVING SIZE: 1/4 cup

## 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

- 2- 15oz cans of Black Beans
- 1/4 tsp Salt, iodized
- 1/2 cup *cold water*\*
- 1/3 cup Chocolate Syrup
- 1 tsp of cinnamon
- 1/2 tsp Instant Espresso, powder
- 1/2 tsp Vanilla Extract

## DIRECTIONS

1. Drain black beans in a strainer, rinse well. Pat dry.
2. Using a food processor, puree beans with chocolate syrup, cold water, cinnamon, instant espresso powder, and vanilla extract.

\*Cold water will help extend the food safety of the product.

## NUTRITION INFORMATION

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



# MOROCCAN MEATBALLS

SERVES: 24 | SERVING SIZE: 1 meatball

## 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

- 1/4 cup Bread Crumbs
- 2 Tbl Moroccan Spice Mix (*see recipe below*)
- 1 lb Ground Beef
- 1 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    | • ¾ tsp Coriander      | • ¼ tsp Cayenne Pepper |
| • 1 tsp Ginger, dry   | • ¾ tsp Allspice       |                        |
| • 1 tsp Salt, iodized | • ½ tsp Cloves, ground |                        |
| • ¾ tsp Cinnamon      | • ½ tsp Black Pepper   |                        |

## DIRECTIONS

Blend ingredients together. Store in an airtight container.





# BEEF BURRITO BOWLS

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 Green Pepper, medium-sized
- 1/2 Yellow Onion
- 4 Tbl Vegetable Oil
- 1 Bay Leaf
- 15 oz Black Beans, canned
- 2 Tbl Apple Cider Vinegar
- 2 lb Ground Beef
- 2 Tbl Granulated Garlic
- 1 tsp Salt
- 1 tsp Black Pepper
- Rice- prepare per package directions for 10 servings

## DIRECTIONS

1. Wash and dice peppers into 1" pieces. Wash, peel and dice onions into 1" pieces.
2. In a heavy bottomed pot over medium heat, stir peppers, onions, and 2 Tbl of oil for 5-6 minutes until vegetables begin to soften. Add bay leaf, canned beans with their liquid, and enough water to just cover the beans and vegetables. Gently simmer, partially covered until beans are tender and liquid is thickened, about 20 minutes total cooking time.
3. Meanwhile, after the beans have cooked 20 minutes, heat remaining 2 Tbl of vegetable 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.
4. Discard bay leaf from bean mixture.
5. Divide beans into serving bowls with rice, put beef mixture on top and garnish with tomatoes, avocados, or salsa.

## NUTRITION INFORMATION

330 calories, 7.7g Saturated Fat, 338mg Sodium, 9.6g Carbohydrates

## DINNER IDEA

Serve over rice and garnish with your favorite burrito toppings; cheese, lettuce, tomatoes, jalapeños, olives, avocado, sour cream.



# NEBRASKA "HAMBURGER" PIZZA

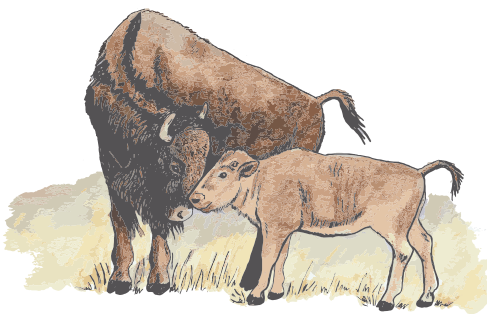
SERVES: 10

## 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 Tbl Italian Seasoning
- 1 Tbl Granulated Garlic
- 1 tsp Salt, iodized
- 1/2 Tsp Black Pepper
- 1 Tbl Vegetable Oil
- 1 lb Ground Bison\*
- 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 bison and dried seasonings. Break bison apart using a long metal spoon or masher. Brown bison as seasonings bloom.
3. Add water and bring to a boil.
4. Immediately reduce to simmer and continue to break large pieces apart of bison 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, in a pasta dish, or as a pizza burger.

\*Note: Beef can be substituted for bison.

## NUTRITION INFORMATION

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





# GBD (GOLDEN BROWN & DELICIOUS) TURNIPS

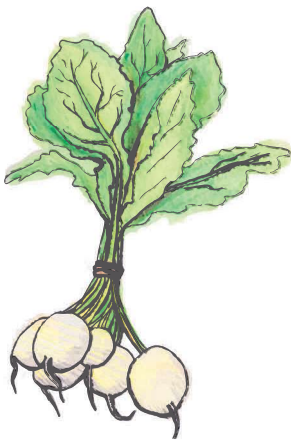
SERVES: 8 | SERVING SIZE: 1/2 cup

## 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

- 4 cups Rhubarb, diced
- 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 1/4 inch 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