



New Hampshire Eat Local Month Recipes

August 2016

Thanks for coming! And thanks for caring about local foods and reducing waste. Note that our recipes contain **red** and **green** words: **Red** signals local produce that is in season whereas **green** is for local foods that are in season now and throughout the year. Find out more at NHEatLocal.org.

The Morning Beet

Serves 2



Inspired by Mildred's Drumlins Farm, Lee Farmers Market, and food blogger Naturally Ella.

Ingredients:

- 2 cups low-fat cottage cheese
- 2 beets, washed and trimmed
- 1 ½ tablespoons olive oil, plus extra for roasting
- 1-2 teaspoons za'atar spice, or see recipe below

Instructions:

1. Preheat the oven to 400°F.
2. Wash beets, brush with oil, and wrap in tin foil. Place wrapped beets on a cookie sheet.
3. Roast beets for 30 minutes or until soft.
4. Remove from oven and let cool. Slice beets into sixths.
5. Top two bowls of cottage cheese with the beets. Drizzle with olive oil and sprinkle with za'atar.

Becca's Za'atar recipe:

In a small bowl, combine 1/8 teaspoon savory; ¼ teaspoon lemon zest; ½ teaspoon marjoram; 1 teaspoon each of cumin, oregano, salt, and thyme; and 1-2 tablespoons toasted sesame seeds.

Reduce Food Waste: Combine the beet greens with rice, egg, and arugula for a hearty lunch.



Jalapeño, Cheddar, & Corn Salad with Lime Dressing

Serves 4



Inspired by [Applecrest Farm](#), [Babcock Farm](#), [Mildred's Drumlin Farm](#), [Shagbark Farm](#), [Durham Farmers Market](#), [Lee Farmers Market](#), and [Food & Wine's Nick Fauchald](#).

Ingredients:

- 2 tablespoons fresh lime juice
- 1 small chili pepper, seeded and coarsely chopped
- 1 ½ teaspoons honey
- ¼ teaspoon cumin
- 2-3 sprigs of fresh Thai basil
- ¼ cup vegetable oil
- Salt and pepper, to taste
- 4 cups fresh corn kernels (or shave 4 ears of corn)
- 1 cucumber, halved and thinly sliced crosswise
- ½ cup coarsely chopped flat-leaf parsley
- ¼ small red onion, thinly sliced
- 2 cups arugula*
- ¾ cup of cubed [Cabot Jalapeño Light Cheddar Cheese](#)

Instructions:

1. Use a blender or food processor to purée the lime juice, chili pepper, honey, cumin, and basil. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the cucumber, parsley, red onion, arugula, cheese cubes, and dressing.
3. Plate the salads and serve.

Reduce Food Waste: Use what's on hand: Corn from the fridge and beet greens from the morning's recipe.



A Midsummer Night's Muesli

Serves 2



Inspired by [Applecrest Farm Orchards](#), [Stuart & John's Sugarhouse](#), and [Durham Farmers Market](#).

Ingredients:

- 1 apple, chopped
- 2 tablespoons unsweetened raisins
- ½ cup rolled oats
- 1 ¼ to 1 ½ cups low-fat milk
- ¼ cup mixed nuts, whole or chopped*
- 1 tablespoon chia seeds
- 2 teaspoons maple syrup
- Cinnamon, to taste
- ½ cup blueberries
- ½ cup low-fat plain Greek yogurt (optional)

*We recommend almonds and walnuts

Instructions:

1. Except for the blueberries, evenly divide and combine all ingredients into two bowls. Stir well to ensure the chia seeds are evenly distributed throughout.
2. Cover and store in the fridge overnight.
3. In the morning top with blueberries and a dollop of yogurt.

Reduce Food Waste: Muesli is a great way to use whatever fruits and nuts are available in your kitchen – you can mix and match however you like. Muesli is also an easy way to use slightly bruised or “ugly” apples, since the ingredients are stirred together and will mask any imperfections.



Cabot Creamery's Tomato Basil Mac & Cheese

Serves 4



Inspired by [Applecrest Farm Orchards](#) and [Cabot Creamery](#).

Ingredients:

- 1 lb. whole wheat penne, large elbows or shells
- 3 tablespoons (1 stick or ½ cup) salted butter, plus more for greasing
- 3 tablespoons unbleached all-purpose flour
- 2 cups 2% milk
- 4 ounces [Cabot Extra Sharp Light Cheddar Cheese](#), grated (about 1 cup)
- 4 medium fresh tomatoes (2 coarsely chopped and 2 sliced)*
- 1 cup fresh basil leaves, coarsely chopped
- ¼ cup grated Parmesan cheese

*We used 2 cups of cherry tomatoes

Instructions:

1. Preheat oven to 350°F. Prepare a 13 x 9-inch baking dish by lightly greasing it with butter.
2. Bring a large pot of water to boil. Add the penne and boil until al dente, or until nearly cooked through. Drain and place in a large bowl and set aside.
3. Melt the butter in a heavy-bottomed pot or saucepan over medium heat. Whisk in the flour, a little at a time, until well blended. Continue stirring, allowing it to cook for a minute or two. Slowly add the milk and continue to whisk for another 2-3 minutes. Add both cheeses and stir until melted and well-blended. Adjust the heat to low and cook for another 3 or 4 minutes.
4. When the sauce is done, add about half of it to the pasta and mix well. Add the two chopped tomatoes, half of the basil, and the remainder of the sauce. Stir to combine.
5. Pour the mac and cheese into the baking dish. Top evenly with the sliced tomatoes and the remaining basil. Bake for 20 to 25 minutes, or until hot and bubbly. Allow the dish to cool for 10-15 minutes before serving.

Reduce Food Waste: Cabot Creamery's original recipe only calls for one type of cheese, but we had a variety in the fridge. To reduce wasting small amounts of cheese we had on hand, we used a combination.



Melanzane Pizza

Serves 4



Inspired by [Applecrest Farm Orchards](#), [UNH Organic Garden Club](#), and [Shagbark Farm](#).

Ingredients:

- Canola oil
- 1 medium eggplant, sliced into ¼-inch discs
- ½ red onion, sliced
- 3 cloves garlic, minced
- 1 can low-sodium diced tomatoes
- ½ tablespoon dried basil
- ½ tablespoon dried oregano
- 4 whole wheat pita pockets
- ¾ cup shredded [Cabot Seriously Sharp Cheddar cheese](#)
- ¾ cup [Cabot No-Fat Cottage Cheese](#)

Instructions:

1. Preheat oven to 350°F.
2. Heat oil in a pan over medium heat.
3. Add eggplant discs, flipping once brown and soft on one side. Add red onion.
4. When the red onion begins to turn clear, add the garlic. Cook for 3-5 minutes more. Remove vegetables from heat and pan.
5. In a food processor, combine tomatoes, basil, and oregano. Puree, but retain some chunks.
6. Spread tomato sauce evenly over pitas. Add the layer of cottage cheese, then the vegetables, and lastly the Cheddar.
7. Bake in the oven 5-10 minutes, or until Cheddar cheese is melted.

Reduce Food Waste: Are your fresh basil and oregano bunches wilting? Fresh tomatoes going soft? The 3-ingredient sauce ingredients can be made with fresh, canned, dried, or even a mixture of the three.