



SKIDMORE COLLEGE  
ENVIRONMENTAL ACTION CLUB  
PRESENTS

**LOCAL FOOD  
COOKBOOK**

LOCAL  
**FOOD**  
COOKBOOK



# SENDING OUR LOVE

In the next thirty pages, you will find a collection of favorite recipes from Skidmore students and local farmers in the Saratoga community. Many of these recipes incorporate ingredients that are seasonal, making it a perfect opportunity to buy local. We hope that this recipe book inspires you to take some time off from the business of life and enjoy the people and produce around you.

As Virginia Woolf once said, “One cannot think well, love well, sleep well, if one has not dined well.”

- Skidmore Environmental Action Club

# TABLE OF CONTENTS:

## APPETIZERS

CHUNKY CHICKEN BARLEY SOUP	SIX
SAUTEED SHIITAKES, SPINACH & SCALLIONS	SEVEN
LEEK POTATO SOUP	EIGHT
HARVARD BEETS	NINE
BUFFALO-STYLE TURNIPS	TEN
BASIC MASSAGED KALE SALAD	ELEVEN

## MAIN COURSES

FARMSTEAD MACARONI & CHEESE	TWELVE
SLOW-COOKER CHILI	THIRTEEN
WHOLE ROAST DUCKLING	FOURTEEN
SUN-DRIED TOMATO ITALIAN MEATLOAF	FIFTEEN
LAMBAKOPITA	SIXTEEN
SQUASH, SPINACH & GOAT CHEESE PIZZA	SEVENTEEN

## DESSERTS

APPLE DELICIOUSNESS	EIGHTEEN
PUMPKIN SPICE CAKE	NINETEEN
MOLASSES GINGERBREAD CUPCAKES	TWENTY
BALSAMIC BERRY MOUSSE	TWENTY-ONE
GLUTEN FREE CARROT CAKE	TWENTY-TWO

**FROM THE HARVEST DINNER**

<b>GARLIC MASHED POTATOES</b>	TWENTY-THREE
<b>CREAMED SPINACH</b>	TWENTY-FOUR
<b>BAKED ACORN SQUASH</b>	TWENTY-FIVE
<b>CORN, CUCUMBER, TOMATO SALAD</b>	TWENTY-SIX
<b>CARROT &amp; BUTTERNUT SQUASH SOUP</b>	TWENTY-SEVEN
<b>APPLE CRISP</b>	TWENTY-EIGHT
<b>EGGPLANT AND TOMATO ROAST</b>	TWENTY-NINE
<b>KALE CHIPS</b>	THIRTY
<b>SALSA</b>	THIRTY-ONE
<b>PESTO</b>	THIRTY-TWO

# CHUNKY CHICKEN BARLEY SOUP

SUGGESTED BY M&A FARM (FORT EDWARD, NY)

## INGREDIENTS:

- 14 oz. can chicken broth
- 16 oz. package frozen vegetables
- 1/3 cups pearl barley
- 1 cup fresh mushroom slices
- 1 lb. boneless chicken breast, cut into cubes
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



## DIRECTIONS:

Combine all ingredients in the crockpot.

Cover and cook on either low for 6 hours or high for 3 hours.

Makes about 3 quarts.

"ANYONE WHO  
TELLS A LIE HAS NOT  
A PURE HEART, AND  
CANNOT MAKE A  
GOOD SOUP."

- Ludwig van  
Beethoven

# SAUTEED SHITTAKES, SPINACH & SCALLIONS

SUGGESTED BY ZEHR & SONS MUSHROOM FARM (GHENT, NY)

## INGREDIENTS:

- 2 tablespoons unsalted butter
- 3 1/2 oz. Shiitake mushrooms, stems removed and caps thinly sliced
- 1/3 cup thickly sliced scallions
- 1/4 teaspoon kosher salt
- 4 cups lightly packed stemmed fresh spinach leaves, washed and lightly dried
- 1 teaspoon soy sauce
- 1/4 teaspoon sesame oil

## DIRECTIONS:

In a medium nonstick skillet over medium low heat, melt the butter.

Add the shiitake and scallions and season with the salt.

Toss and stir to coat the butter.

Cook, stirring occasionally, until the shiitakes are shrunken and very lightly browned, 5 to 7 minutes.

Add the spinach and the soy sauce and stir until all of the spinach is wilted, as is well combined with the mushrooms, about 1 minutes.

Remove than pan from the heat drizzle the sesame oil over the vegetables, stir, and serve.

"THERE IS NO LOVE  
SINCERER THAN THE  
LOVE OF FOOD."

- George Bernard  
Shaw



Student at work in the Skidmore Garden

# LEEK POTATO SOUP

SUGGESTED BY PLEASANT VALLEY FARM (ARGYLE, NY)

## INGREDIENTS:

- 3 medium leeks
- 1 medium onion
- 2 tablespoons butter
- 4 medium sized potatoes
- 4 cups chicken stock
- 1 1/2 cups milk
- salt
- pepper

## DIRECTIONS:

Mince leeks and onion.

Stir and saute them for 3 minutes in butter.

Pare, dice fine, and add potatoes.

Add chicken stock.

Simmer, cover for 15 minutes or until tender.

Put through fine sieve, food mill, blender, or leave chunky.



Fresh-dug potatoes from Pleasant Valley Farm!

# HARVARD BEETS

SUGGESTED BY PLEASANT VALLEY FARM (ARGYLE, NY)

## INGREDIENTS:

- 1/2 lb. beets
- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1/4 cup vinegar
- 1/4 cup water
- 1 teaspoon butter

## DIRECTIONS:

Heat water to boiling then add beets that have been cooked and sliced.

Stir and heat.

Add butter, stir, and serve.



Meet the Arnold Family:  
Paul, Sandy, Robert, and Kim Argyle own  
and operate the Pleasant Valley Farm. They  
have been working on the farm since 1998!

# HANNAH'S BUFFALO-STYLE TURNIPS

SUGGESTED BY KILPATRICK FAMILY FARM (GRANVILLE, NY)

## INGREDIENTS:

- 1 bunch of hakerei turnips, greens removed, sliced into “coins”
- 1 - 2 cloves garlic, chopped
- oil
- splash of lemon juice
- Frank's Red Hot sauce
- salt
- pepper
- fresh soft goat cheese

## DIRECTIONS:

Heat oil in a skillet.

Toss in garlic and turnips.

After a minute, add the lemon juice, salt, pepper, and hot sauce.

Add these in whatever qualities suit your tastes.

When turnips are tender, serve up onto your plate.

Sprinkle cheese on top.





A day on the Kilpatrick Family Farm

"TELL ME WHAT  
YOU EAT, AND I  
WILL TELL YOU  
WHAT YOU ARE."

- Anthelme Brillat-  
Savarin

## BASIC MASSAGED KALE SALAD

SUGGESTED BY KILPATRICK FAMILY FARM (GRANVILLE, NY)

### INGREDIENTS:

- 3/4 lb. curly kale, chopped into 1-inch ribbons
- 2 - 3 tablespoons extra virgin olive oil
- salt
- lemon juice
- grated carrots
- dried cranberries
- toasted sunflower seeds

### DIRECTIONS:

Put kale into a large bowl.

Drizzle with olive oil and sprinkle with salt.

Massage with your hands so that it's well coated with the olive oil and it begins to wilt and darken, less than a minute.

Add the lemon juice (you might like to up to a full lemon), grated carrots, and cranberries, and toasted sunflower seeds, and toss.



# FARMSTEAD MACARONI & CHEESE

SUGGESTED BY ARGYLE CHEESE FARMER (ARGYLE, NY)

## INGREDIENTS:

- 1 cup cooked elbow macaroni
- 1/4 cup chopped onion
- 1 tablespoon flour
- dash of cayenne pepper
- 1 cup battenkill milk
- 1 tablespoon butter
- 1 tablespoon dry mustard
- 1 dash garlic powder
- 1/2 lb. Argyle Cheese Farmer Cheese

## DIRECTIONS:

In a saucepan, melt butter, cook onion until tender.

Stir in flour, mustard, pepper, garlic powder.

Add milk cook and stir until thicken.

Add cheese and stir until melted.

Add cooked macaroni to cheese sauce.

Put in a 1 quart casserole dish at 350 degrees for 30 minutes.

# SLOW-COOKER CHILI

SUGGESTED BY M&A FARM (FORT EDWARD, NY)

## INGREDIENTS:

- 2 lb. ground beef, browned and drained
- 2 16oz. cans red kidney beans, drained
- 2 14.5oz. cans diced tomatoes, drained
- 2 medium onions, chopped
- 2 garlic cloves, crushed
- 2 - 3 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon black pepper
- 1 teaspoon salt

## DIRECTIONS:

Combine all ingredients in slow cooker.

Cover.

Cook on low for 8 to 10 hours.





"FOOD IS OUR  
COMMON GROUND, A  
UNIVERSAL  
EXPERIENCE."

- James Beard

# WHOLE ROAST DUCKLING

SUGGESTED BY M&A FARM (FORT EDWARD, NY)

## INGREDIENTS:

- whole duck

## DIRECTIONS:

Preheat oven to 350 degrees.

Remove giblets and trim excess fat, rinse and dry.

Gently prick the skin, season as desired, inside and out.

Spray roasted pan with cooking spray, place the bird breast-side up on a rack in pan.

Roast duckling for 25 to 30 minutes per pound.

Baste with pan juices every 20 to 30 minutes.  
The duckling is done when the legs move freely, the juices run clear, and the internal temperature at the leg joint reaches 180 degrees.

Remove duckling from oven to let rest for 15 to 20 minutes before carving.

# KEITH'S "WORLD FAMOUS" SUN-DRIED TOMATO ITALIAN MEATLOAF

SUGGESTED BY LEWIS WAITE FARM (GREENWICH, NY)



An average day at the Lewis Waite Farm

## INGREDIENTS:

- 1 cup boiling water
- 1/2 cup sun-dried tomatoes
- 1/2 cup ketchup
- 1 cup bread crumbs/croutons
- 3/4 cup finely chopped onions
- 1 large egg
- 3/4 chopped fresh basil
- 1/2 cup sharp cheddar, coarsely grated
- 3 garlic cloves, minced
- 1 pound beef at room temperature

## DIRECTIONS:

Pour boiling water over sun-dried tomatoes in a small bowl, let stand, stir occasionally for 30 or so minutes until soft.

Drain tomatoes (use soaking water in soup or stock), finely chop.

Preheat oven to 325 – 350 degrees.

In a larger bowl, combine 1/2 cup ketchup, bread crumbs, onion, basil, cheese, egg, garlic, tomatoes and beef.

Mix together well, transfer to a large pie plate, or about a 9 by 5 inch loaf shape in a baking dish.

Spread about 1/2 cup more ketchup over top of loaf.

You do not need to add salt, as the ketchup and cheese already have plenty.

Bake at 350 degrees for 45 minutes.

# MONICA'S LAMBIKOPITA

SUGGESTED BY ELIHU FARM (VALLEY FALLS, NY)

## INGREDIENTS:

- 1 1/4 lb. pound lamb
- large bunch finely chopped scallions
- 3 cloves garlic, minced or pressed
- 1/4 cup fresh oregano finely chopped (or 1 teaspoon dry oregano)
- 1/4 cup fresh spearmint, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 2 cups feta cheese, small cubes or crumbles
- 1 cup ricotta
- 3 eggs
- a bit of salt
- olive oil
- 8oz 9x14 inch sheets phyllo pastry at room temperature (24 sheets, 1 wrapped roll from an Athens Filo Dough package)
- About 6 oz (1.5 sticks) butter, melted

## DIRECTIONS:

In a large skillet, lightly sauté scallions in 1 tablespoon olive oil, remove from skillet.

Sauté garlic, and add lamb and brown; continue cooking to remove moisture, season lightly with salt.

Remove from heat and stir in oregano, parsley, mint, and scallions, then stir in feta.

Whisk ricotta and eggs, stir into lamb mixture.

Brush a 9x14 inch baking pan with melted butter, and layer in

- 8 sheets phyllo, brushed with melted butter (place each sheet individually in the pan and then brush it with melted butter)
- 1/2 of the filling
- 8 sheets phyllo, brushed with melted butter
- 1/2 of the filling
- 8 sheets phyllo, brushed with melted butter

Bake until richly browned at 375°F, about 45 minutes

If you freeze leftovers, do not thaw them (it will make the pastry soggy), but take them directly from the freezer, cover with foil, and reheat at 325°F.

# BUTTERNUT SQUASH, SPINACH & GOAT CHEESE PIZZA

SUGGESTED BY STEPHANIE CLARKE, R.D. AND WILLOW JAROSH, R.D.

## INGREDIENTS:

- 2 cups cubed butternut squash (1/2-inch pieces)
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1 medium red onion, halved and thinly sliced
- 1/4 cup all-purpose flour
- 1 ball (16 ounces) store-bought whole-wheat pizza dough, at room temperature
- 2 cups chopped fresh baby spinach
- 4 ounces crumbled goat cheese
- 1/2 teaspoon dried thyme
- 2 tablespoons cornmeal

## DIRECTIONS:

Heat oven to 400°. Heat pizza stone on bottom rack (or use an inverted 11" x 16" cookie sheet, not heated).

Toss squash with 1 teaspoon oil, 1/8 teaspoon salt and 1/8 teaspoon pepper.

On a baking sheet, cook squash until soft and lightly browned, 25 minutes, stirring halfway through; set aside.

In a large skillet over medium-high heat, heat remaining 1 tablespoon oil.

Cook onion (season with remaining 1/8 teaspoon salt and 1/8 teaspoon pepper), stirring, until light brown, 10 minutes.

Add 2 tablespoons water; cook, stirring, until brown, 5 minutes.

Remove from heat.

Turn oven up to 450°.

Sprinkle flour on a flat surface.

Press dough into a 15-inch circle or 10" x 16" rectangle.

Top with squash, onion, spinach, cheese and thyme. Dust stone or inverted sheet with cornmeal; place pizza on it.

Bake until crust is crispy and cheese melts, 10 to 12 minutes.



# APPLE DELICIOUSNESS

SUGGESTED BY SARATOGA APPLE (SCHUYLerville, NY)

## INGREDIENTS:

- apple
- butter
- maple syrup
- raisins
- sliced almonds

## DIRECTIONS:

Core the apple.

Put in butter, maple syrup, raisins, sliced almonds into apple.

Put into oven until nice and soft



Picking Apples at Saratoga Apple

"ALMOST ALL WILD APPLES ARE HANDSOME. THEY CANNOT BE TOO GNARLY AND CRABBED AND RUSTY TO LOOK AT. THEY GNARLIEST WILL HAVE SOME REDEEMING TRAITS EVEN TO THE EYE."

- Henry David Thoreau

# PUMPKIN SPICE CAKE

SUGGESTED BY WARNING SUGARY GOODNESS



## INGREDIENTS:

- 1 1/2 cups (3 sticks) unsalted butter, room temperature
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon ground cloves
- 3 cups granulated sugar
- 6 large eggs
- 3/4 teaspoon vanilla extract
- 3/4 teaspoon orange juice
- zest of 1 orange
- 1/2 cup buttermilk
- 1/2 cup canned pumpkin or fresh
- Light Cream Cheese Frosting

## DIRECTIONS:

Preheat oven to 350 degrees.

Prepare a 9 x 12 baking pan with butter and flour.

In a large bowl, sift together flour, baking powder, salt, cinnamon, nutmeg, and cloves. Set aside.

In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar until light and fluffy.

Add eggs, one at a time, and continue mixing for 3 minutes.

Add vanilla, orange juice, and zest, beat to combine.

Add flour mixture, alternating with buttermilk, beginning and ending with the flour.

Add pumpkin and mix until incorporated.

Pour batter into prepared baking pan.

Bake for about 35 minutes or until a toothpick inserted into the center of the cake comes out clean.

Cool completely and remove from pan.

Frost with Cream Cheese Frosting.

# MOLASSES GINGERBREAD CUPCAKES

SUGGESTED BY WARNING SUGARY GOODNESS



## INGREDIENTS:

- 8 tablespoons (1 stick) unsalted butter, room temperature
- 2 1/2 cups all-purpose flour
- 1 cup boiling water
- 2 teaspoons baking soda
- 2 teaspoons ground ginger
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 2/3 cup packed dark-brown sugar
- 1 cup unsulfured molasses
- 1 tablespoon freshly grated ginger
- 2 large eggs, room temperature, lightly beaten

## DIRECTIONS:

Heat oven to 350 degrees.

But paper liners in muffin pans, set aside.

In a bowl, combine boiling water and baking soda, set aside.

In a large bowl, sift together flour, ground spices, salt, and baking powder, set aside.

In an electric mixer with the paddle attachment, cream butter, until light.

Beat in brown sugar until fluffy.

Beat in molasses and grated ginger, baking soda mixture, and flour mixture.

Beat in eggs.

Scoop batter into muffin pans and bake for about 17 minutes or until a toothpick inserted in the center comes out clean.

Let cool on a wire rack.

Frost with either Vanilla Buttercream or Cream Cheese Frosting.

# BALSAMIC BERRY MOUSSE

SUGGESTED BY WARNING SUGARY GOODNESS

## INGREDIENTS:

- 3/4 cup fresh raspberries
- 1 teaspoon confectioner's sugar
- 5 1/2 oz dark chocolate, (60% – 70% cocoa solids chopped)
- 5 tablespoons unsalted butter
- 2 egg yolks
- 1 tablespoon aged balsamic vinegar
- 3 egg whites
- 2 tablespoons superfine sugar

## DIRECTIONS:

Wash the berries and pat dry, selecting some attractive ones to reserve for decoration. Use a fork to lightly mash the remaining berries with 1 teaspoon confectioner's sugar. Divide the berry mixture evenly (about a tablespoonful) among six serving cups (\*an espresso cup or similar.) and set aside. Put the chocolate in a heatproof bowl set over a saucepan of barely simmering water. Do not let the base of the bowl touch the water. As soon as the chocolate has melted, take the bowl off the heat. Add the butter and stir until melted. Add the egg yolks and the balsamic vinegar. In a separate grease-free bowl, beat the egg whites with a handheld electric mixer until softly peaking. Add the sugar and beat again until firmly peaking. Gently fold the whisked egg whites into the chocolate and butter mixture. A light touch is needed here, if you beat it too much you will lose the air in the egg whites. Ensure you pick up all the chocolate mixture at the bottom of the bowl as you fold the two mixtures together. Carefully spoon the mouse into each serving cup on top of the mashed berries. Place cups in the fridge to set for at least 1 hour. Before serving, remove from frig and let return to room temperature, decorate with the reserved berries.

"VEGETABLES ARE A *MUST* ON A DIET. I SUGGEST CARROT CAKE, ZUCCHINI BREAD, AND PUMPKIN PIE."

- Jim Davis

# GLUTEN FREE CARROT CAKE

SUGGESTED BY DENISON FARM (SCHAGHTICOKE, NY)

## INGREDIENTS FOR CAKE:

- 1/2 cup oil
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 2 eggs
- 3/4 cup cornstarch
- 2/3 cup potato starch
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 3 tablespoon water
- 1/2 cup chopped nuts (optional)
- 1 1/2 cups packed grated carrots (about 4 medium carrots)

## INGREDIENTS FOR FROSTING:

- 2 cups powdered sugar
- 3 ounces cream cheese
- 2 tablespoon butter, softened
- 2 cups powdered sugar
- 1 teaspoon vanilla flavoring
- 3 drops milk

## DIRECTIONS:

Preheat oven to 300 degrees.

In large bowl, combine oil, sugar, and brown sugar. Mix well.

Add all remaining ingredients except for nuts and carrots. Mix well, being sure that no lumps remain in the batter.

Mix in carrots and nuts.

Pour batter into greased 8x8 or 9x9 baking pan. Bake 45-55 minutes until toothpick inserted in center tests clean.

Note that this cake will have a bit of a dome when first removed from the oven. It will settle as it cools.

For icing: Combine powdered sugar, cream cheese, butter, and vanilla. Beat very well. Add a few drops of milk as needed.

Spread icing on cooled cake.

"THIS IS ONE OF MY FAVORITE RECIPES THAT I HAVE DISCOVERED. IT IS MOIST AND TASTES ALMOST IDENTICAL TO THE WHEAT CONTAINING CARROT CAKE. IT IS WITHOUT A DOUBT MY FAVORITE RECIPE FROM ROBIN RYBERG'S COOKBOOK THE GLUTEN FREE KITCHEN"

- Denison Farm



"TOMATOES AND OREGANO MAKE IT ITALIAN; WINE AND TARRAGON MAKE IT FRENCH. SOUR CREAM MAKES IT RUSSIAN; LEMON AND CINNAMON MAKE IT GREEK. SOY SAUCE MAKES IT CHINESE; GARLIC MAKES IT GOOD."

- Alice May Brock



# GARLIC MASHED POTATOES

## INGREDIENTS:

- 5 pounds unpeeled red potatoes, quarters
- 13 ounces of butter, room temperature
- 5 ounces Romano cheese, grated
- 1/4 cup and 2 teaspoon chopped garlic
- 2 1/2 teaspoons salt
- 2 1/2 teaspoons dried oregano

## DIRECTIONS:

Bring a large pot of salted water to a boil.

Add potatoes and cook until tender but still firm, about 45 minutes; drain.

Stir in butter, cheese, garlic, salt and oregano.

Mash with a potato masher or with an electric mixer.

# CREAMED SPINACH

"EVEN COMMON GREENS, LIKE SPINACH, ARE MISUNDERSTOOD. AS A GROUP, THEY ARE OVERLOOKED, BUT THEY ADD SO MUCH FLAVOR."

- Tina Kuehn



## INGREDIENTS:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 Vidalia onion, minced
- 1 clove garlic, minced
- 2 bunches spinach, stemmed and chopped
- salt and freshly ground black pepper
- 1/4 teaspoon freshly ground nutmeg
- 1/4 cup heavy cream

## DIRECTIONS:

In a medium saute pan over medium-high heat, melt butter and then add the olive oil.

Mix in the onions and garlic; cook for 2 minutes until soft.

Add the chopped spinach and warm through.

Add the salt, nutmeg and the heavy cream.

Mix well.

Cook until liquid reduces by half, roughly 3 to 4 minutes.

# BAKED ACORN SQUASH

## INGREDIENTS:

- 1 Acorn squash
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 teaspoons maple syrup
- dash of salt



"THOU SHALL LIVE  
TO EAT, NOT EAT  
TO LIVE ."  
- Socrates

## DIRECTIONS:

Preheat oven to 400°F.

Using a strong chef's knife, and perhaps a rubber mallet to help, cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about a 1/4 inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.

Coat the inside of each half with 1/2 a Tbsp of butter. Add a dash of salt if you are using unsalted butter. Add a Tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to each half.

Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.

# CORN, CUCUMBER, TOMATO SALAD

## INGREDIENTS:

- 2 or 3 ears of corn
- 2 small cucumbers
- 3 tomatoes
- 1 small red onion
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 small clove garlic, minced
- 1/2 teaspoon salt
- basil, mint, cilantro or parsley

## DIRECTIONS:

Shuck corn and cut off kernels and put in a large bowl.

Peel, seed, and dice cucumbers, and add to bowl.

Core and dice tomatoes, add to bowl.

Dice onion and add to bowl.

In a small bowl, whisk together oil, vinegar or lemon juice, garlic if you like, and salt.

Pour over salad and toss to combine thoroughly.

Mince herbs and use to garnish salad, if you like.



Students at work in the Skidmore Garden



# CARROT & BUTTERNUT SQUASH SOUP

## INGREDIENTS:

- 2 tablespoons olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 2 small butternut squash, peeled and chopped
- 5 cups vegetable broth
- 2 tablespoon chopped fresh sage
- 1/2 cup soy milk
- salt and pepper

## DIRECTIONS:

In a large soup pot, sautee the onion and garlic in olive oil until onions turn soft, about 3 to 5 minutes.

Add the carrots and celery and cook for another 3 to 5 minutes.

Add the squash and stir just to coat, then add the vegetable broth and sage.

Bring to a boil, then reduce heat to a slow simmer.

Allow to cook for at least 25 minutes, or until squash is soft.

Using a potato masher or a large fork, mash the squash until smooth, or, alternatively, you can puree the soup in a food processor or blender.

Stir in the soy milk and season with salt and pepper to taste.



# APPLE CRISP

## INGREDIENTS:

- 7 tart apples, peeled, cored and sliced
- 4 teaspoons fresh lemon juice
- 1/2 teaspoon vanilla
- 1 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1 cup rolled oats
- 1/2 cup butter, room temperature

"LIFE IS UNCERTAIN. EAT  
DESSERT FIRST.  
- Ernestine Ulmer

## DIRECTIONS:

Preheat oven to 375°F.

In a mixing bowl, combine apples, lemon juice, and vanilla.

Toss to combine.

Layer sliced apples in a 9 x 12-inch (or approximately the same size) baking pan.

Combine brown sugar, cinnamon, and oatmeal in a bowl.

Cut in the butter.

Sprinkle sugar mixture over apples.

Bake 45 minutes or until topping looks crunchy and apples are tender.



# EGGPLANT & TOMATO ROAST

## INGREDIENTS:

- Japanese eggplants, halved lengthwise
- 4 Roma tomatoes, halved lengthwise
- 6 tablespoons olive oil
- salt and freshly ground black pepper
- 4 teaspoons minced garlic
- 1/2 teaspoon dried oregano leaves
- 1 (14-ounce) can diced tomatoes, drained
- 1/3 cup dried plain bread crumbs

## DIRECTIONS:

Preheat the oven to 450 degrees F.

Line a heavy large baking sheet with foil. Cut cross-hatch marks over the cut side of the eggplants. Arrange the eggplants and the Roma tomatoes cut side up on the prepared baking sheet. Brush with 2 tablespoons of oil. Sprinkle with salt and pepper.

Whisk 2 tablespoons of oil, 2 teaspoons of garlic, and 1/4 teaspoon of oregano in a small bowl to blend. Stir in the diced tomatoes. Season with salt. Spoon the oil mixture over the eggplants. Sprinkle the eggplants with salt and pepper.

Stir the bread crumbs, remaining 2 tablespoons of oil, 2 teaspoons of garlic, and 1/4 teaspoon of oregano in another small bowl to blend. Sprinkle the bread crumb mixture over the Roma tomatoes.

Bake until the vegetables are tender and the bread crumb topping is brown, about 30 minutes.



# KALE CHIPS

## INGREDIENTS:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

## DIRECTIONS:

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.



"TO INSURE GOOD HEALTH: EAT LIGHTLY, BREATHE DEEPLY, LIVE MODERATELY, CULTIVATE CHEERFULNESS, AND MAINTAIN AN INTEREST IN LIFE."

- William Londen.

# SALSA

## INGREDIENTS:

- 6 Roma tomatoes, chopped
- 4 garlic cloves, minced
- 2 seeded and minced jalapenos, plus 2 roasted, skinned and chopped jalapenos
- 1 red bell pepper, fine dice
- 1/2 red onion, fine chopped
- 2 dry ancho chiles, seeded, cut into short strips and snipped into pieces
- 1 tablespoon olive oil
- 1 lime, juiced
- Chili powder, salt, and pepper, to taste
- Fresh scallions, cilantro or parsley, to taste

## DIRECTIONS:

In a bowl, combine all ingredients. Place in refrigerator for up to 12 hours for flavor infusion.

Serve with tortilla chips.

"THE POWER OF FOOD IS REALLY SPIRITUAL. IT NOT ONLY BRINGS THE WHOLE FAMILY TOGETHER ON THE SAME TABLE, BUT ALSO THE WHOLE WORLD TOGETHER."

- Vikas Khanna





"ONE OF THE VERY NICEST THINGS ABOUT LIFE IS THE WAY WE MUST REGULARLY STOP WHATEVER IT IS WE ARE DOING AND DEVOTE OUR ATTENTION TO EATING."

- Luciano Pavarotti and William Wright



## PESTO

### INGREDIENTS:

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- salt and freshly ground black pepper to taste

### DIRECTIONS:

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.)

Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is on.

Stop to scrape down the sides of the food processor with a rubber spatula.

Add the grated cheese and pulse again until blended.

Add a pinch of salt and freshly ground black pepper to taste.

MADE  
**WITH**  
LOVE