

# HARVEST of the MONTH at home

## Cucumber Yogurt Dip



### INGREDIENTS

- 5 cloves of crushed garlic OR 2 Tbsp. dried garlic
- 1/8 cup olive oil or vegetable oil
- 1/4 Tbsp. white wine vinegar or apple cider vinegar
- 1 Quart plain, lo-fat yogurt
- 2 cucumbers, grated
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper
- 1 1/2 Tbsp. honey
- 1/2 tsp. dill (fresh or dried)
- 1 tsp. mint (fresh or dried)

### DIRECTIONS

1. Mix the crushed garlic with the salt and pepper. Add the oil and vinegar and mix well.
2. Place the yogurt in a serving bowl. Add the oil and vinegar mixture in stages, stirring gently with a wooden spoon.
3. Add the grated cucumber and mix well. Chill before serving.
4. Cut up an assortment of raw vegetables into dipping size pieces.

Source: Vermont Harvest of the Month

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## Mac & Trees



### INGREDIENTS

- 1 cup broccoli
- 2 TB kosher salt
- 4 oz whole-wheat macaroni
- 2 cups milk
- 2 TB all-purpose flour
- 1/2 tsp ground mustard seed
- 1/2 tsp paprika
- pinch ground black pepper
- 2 TB salted butter
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Worcestershire sauce
- 8 oz. shredded Cheddar
- 1/4 cup grated Parmesan
- Bread crumbs to top (optional)

### DIRECTIONS

1. Trim broccoli and cut into 1-inch pieces.
2. Bring water and salt to a boil in a large stockpot.
3. Cook pasta for 5 minutes. Add the broccoli to blanch, and cook until the pasta is slightly underdone, about 2 min.
4. Drain and transfer to a large bowl.
5. Warm milk in a large pot over low heat.
6. Whisk together flour, the salt, mustard, paprika, and pepper in a large bowl.
7. Melt butter in a large stockpot over low heat. Increase heat to medium. Whisk in the flour mixture and cook, whisking constantly, for 2 minutes. Do not brown. Slowly whisk the warm milk into the flour mixture, whisking

8. constantly. Cook, stirring, until the sauce is smooth and slightly thickened, about 7 minutes.
9. Stir in garlic powder, onion powder, Worcestershire sauce, Cheddar and Parmesan. Cook, stirring, until the cheeses are melted, about 5 minutes. Remove from the heat.
10. Pour the sauce over the pasta and broccoli stir to combine. Spread evenly into a medium sized oven proof dish.
11. Spray underside of sheets of foil with cooking spray and tightly cover the pans.
12. Bake at 350F for 30 minutes.

Source: New School Cuisine

# HARVEST of the MONTH at home

## PB & J Frozen Yogurt Bark



### INGREDIENTS

- 1 cup ripe strawberries, sliced, divided into 1/2 cup and 1/2 cup
- 2/3 cup vanilla nonfat Greek yogurt
- 1 tbsp peanut butter

### DIRECTIONS

1. Cover a small baking sheet with parchment paper or wax paper. Set aside for now.
2. Place 1/2 cup of strawberries in a bowl and mash well with a fork.
3. Spread your Greek yogurt on the prepared baking sheet until it's about 1/4 an inch thick.
4. Add dollops of mashed strawberries and peanut butter to the Greek yogurt. Take a knife and swirl it around in the yogurt to spread all the flavors through.
5. Top with the remaining 1/2 cup of sliced strawberries.
6. Place in the freezer for at least 2-3 hours, or until completely frozen. Break your bark into smaller pieces and enjoy as a frozen treat!

Source: New England Dairy

# HARVEST of the MONTH at home

## Veggie Strata



### INGREDIENTS

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1 garlic clove, minced
- 2 red bell peppers, diced
- 1 cups broccoli florets
- 2 cups cauliflower florets
- 2 teaspoons kosher salt, divided
- 12 large eggs
- 1 cup low fat or whole milk
- 1 loaf italian bread, ciabatta or baguette, cut into 1 inch cubes (about 8 cups)
- 1 cup shredded cheddar cheese, divided
- butter, for greasing the pan

### DIRECTIONS

1. Preheat the oven to 375 F.
2. Heat the oil in a large saute pan over medium heat. Add the onions and cook for 3 minutes.
3. Add the garlic, bell peppers, broccoli, cauliflower, and 1 tsp of salt. Cook 5 more minutes, until the onions are soft. Allow to cool.
4. In a large bowl, beat the eggs, milk, the remaining 1 tsp of salt and 2/3 cup of the cheese.
5. Grease a 13 x 9 baking dish, add the bread cubes and the cooked veggies, and toss to combine.
6. Pour the egg mixture into the baking dish, pressing down the bread mixture gently to soak up some of the eggs and sprinkle with the remaining 1/3 cup of cheese.
7. Cover with foil and bake for 30 minutes.
8. Remove the foil and continue to bake an additional 20 minutes.

Source: Weelicious