

From the Garden Recipe Book



by Emily Piazza

in collaboration with
the Burlington High School
Summer Transitions Program,
the University of Vermont,
and Friends of Burlington Gardens



Swiss Chard Bake

Serves 8

1 1/2 lb. Swiss chard
1 small onion, minced
2 tbsp. butter
4 eggs, well beaten
1 c. buttermilk
2 tbsp. flour
1/2 tsp. salt
Few drops of pepper sauce
1 pkg. shredded cheddar cheese

1. Wash and peel stems from chard and drop in boiling water, cook about 3 minutes
2. Add leaves, cook another 3 minutes
3. Remove from water, cut into pieces
4. Cook onion in butter a few minutes, add the Swiss chard to skillet with onion and butter stirring constantly to the flavor of onion and butter. Set aside.
5. Beat eggs, add buttermilk, flour and salt and pepper. Mix well.
6. In greased casserole dish (13 x 9) place a layer of chard and a layer of cheese until all in dish. Cover with egg mixture.
7. Bake for 30 minutes at 350 degrees.

Cook's Notes:

We used Cabot's reduced fat shredded cheddar cheese which saved lots of calories and fat and no one noticed the difference!



Fresh Herb Pasta

Serves 8

½ pound whole wheat pasta
½ pound white wheat pasta
½ cup fresh basil,
finely chopped
½ cup fresh oregano,
finely chopped
¼ cup olive oil
Salt and pepper to taste

1. Cook pasta separately, according to package directions
2. Finely chop herbs
(we used a pizza cutter and found it worked great)
3. Drain pasta when done
4. Place pasta in large bowl and toss with oil
5. Stir in fresh herbs
6. Add salt and pepper to taste

Serve hot or cool in fridge for several hours and serve cold

Cook's Notes:

This recipe would work well with a variety of herbs, depending on what is available.

Fresh vegetables (zucchini, summer squash, tomatoes, green beans, snap peas, carrots, peas, etc) can be added to create pasta salad.



Simple July Stir-Fry

Serves 4

1 medium summer squash, cubed
1 cup sugar snap peas, cut into 1 inch pieces
½ cup green beans, cut into 1 inch pieces
Olive oil
Fresh cracked black pepper

1. Wash and remove all stems from vegetables
2. Heat enough olive or canola oil to coat bottom of skillet or pan
3. Cook squash on medium high heat for 3 minutes
4. Add beans and peas, and cook another 4-5 minutes
(veggies should be hot and still fairly crisp)
5. Add pepper to taste

Serve hot as a side dish, mixed up with pasta, and/or with beans or meat for a full meal

Cook's Notes:

This recipe can easily be modified to accommodate nearly all vegetables, just remember to cook the bigger, harder vegetables longer (carrots, potatoes, squash, etc) and if adding greens (kale, Swiss chard, spinach, collards) or tomatoes to add them about 2 minutes before stir fry is done

Fresh herbs (or dried herbs) would be a lovely addition to this dish as well



Breaded Zucchini Fries

Serves 6

½ cup whole wheat flour
½ cup all-purpose flour
2 Tbsp cornmeal
1 tsp salt
½ tsp pepper
3 medium zucchinis cut into ½ inch by 3 inch sticks
2 eggs, lightly beaten

1. Preheat oven to 475 F
2. Coat baking sheet with cooking oil spray
3. Combine dry ingredients in a large bag
4. Dip zucchini sticks in egg then shake in bag
5. Place breaded sticks on baking sheet, not touching
6. Coat exposed sides with spray oil
7. Cook 7 minutes then turn and add more cooking spray to dry spots
8. Cook another 5 minutes until tender and golden

Serve hot

Cook's Notes:

Kids love these and make a great substitute for French fries!
Using half whole wheat and white wheat flour adds nutrition without losing the taste.



Spicy Peanut Butter Dip

Serves 16

1 cup crunchy peanut butter
1 cup medium hot salsa
2 Tbsp of honey or brown sugar
Juice from half a lemon

1. Combine all ingredients and serve with your favorite vegetables
2. Serve cold or at room temperature. Enjoy!

Cook's Notes:

This protein packed dip would taste good with pretzels too!



This carrot from the Intervale looks like a person and just needed to be showcased! Yes, those are purple carrots (orange on the inside!)

Creamy Basil Garlic Dip

Serves 16

1 cup plain nonfat yogurt
1 cup nonfat cream cheese
5 cloves garlic, minced
 $\frac{3}{4}$ cup fresh basil, finely chopped
Salt and pepper to taste

1. Blend all ingredients together until smooth
2. Serve chilled with your favorite vegetables

Cook's Notes:

A great fat free creamy dip, try with chips also. If you want a creamier, richer taste, use low fat cream cheese to still save on



Cool Cucumber Salad

Serves 6

3 medium cucumbers, sliced about ¼ inch thick
1 cup white vinegar
1 Tbsp chopped fresh dill or dill weed
1 tsp chopped fresh chives

1. Mix all ingredients in a large bowl
2. Marinate at least 30 minutes before serving, stirring frequently to coat all cucumbers in vinegar

Serve cold

Cook's Notes:

It tastes like a lighter, fresher version of pickles!



Sesame Orange Broccoli

Serves 3

3 cups fresh broccoli
¼ cup sesame oil
(Canola oil can substitute)
3 Tbsp sesame seeds
3 Tbsp orange zest
1 orange, juiced
3 cloves garlic, minced
2 tsp grated fresh ginger

1. Heat about 4 Tbsp sesame oil in skillet, add sesame seeds and toast until golden brown, set aside
2. Heat about 2 Tbsp sesame oil in skillet, add garlic and sauté until light brown
3. Add broccoli, sauté until bright green and still crisp (2-3 minutes)
4. Remove from heat and mix in orange zest and juice, grate ginger and sesame seeds

Cook's Notes:

Adjust flavors to your liking. Goes well as a side dish to Asian food.



Chocolate Zucchini Cake

Serves 16

1/2 cup melted butter
1/2 cup oil
1 3/4 cup sugar
1/2 cup milk
2 1/2 cup flour
2 cups shredded zucchini
4 Tbsp cocoa powder
1/2 tsp baking powder
1 tsp baking soda
1/2 tsp cinnamon
1/2 tsp ground cloves

1. Preheat oven to 325 F and grease 13" x 9" pan
2. Mix all wet ingredients (not zucchini)
3. Mix all dry ingredients
4. Combine wet and dry then add zucchini
5. Bake 40-50 minutes until stick inserted in center comes out clean

Cook's Notes:

Add chocolate chips for an extra treat.



Fresh Basil Pesto

Makes 1 cup

2 cups packed fresh basil leaves
1/2 cup Romano or
Parmesan cheese, grated
1/2 cup olive oil
1/3 cup or pine nuts or walnuts, finely chopped
3 medium cloves of garlic
Salt and pepper to taste

Combine all ingredients in a blender or food processor

Serve fresh

Cook's Notes:

Make a lot and freeze in ice cube trays without the cheese.
Add to pasta, vegetables, or dip in bread.



Scrumptious Potato Salad

Serves 6

1/4 cup cider vinegar
3 Tbsp olive oil
1 small clove of garlic
2 tsp Dijon mustard
1/4 tsp salt
1/4 tsp pepper
10 green beans
12 oz purple potatoes
12 oz white potatoes
2 stalks of celery
1/4 cup chopped parsley
1/3 cup red onion, chopped

1. Mix first 6 ingredients in a bowl and set aside
2. Boil green beans for 2-3 minutes, drain and set aside with 2 tsp vinegar mix mixed in
3. Cut up potatoes into 1 inch cubes
4. Put potatoes into pot of water and bring to a boil, boil 8-10 minutes until tender, drain and set aside to cool
5. Add celery and onions to potatoes when cool
6. Add the rest of vinegar mix, stir gently with rubber spatula
7. Garnish with green beans and serve cold



Swiss Chard Chips

Serves 4

8 large leaves of Swiss Chard

Cooking spray

Salt

1. Wash Swiss chard
2. Cut Swiss Chard into approximately 2" x 2" squares
3. Spray baking sheet with cooking spray
4. Arrange chard pieces on sheet, not touching
5. Coat exposed side of chard with cooking spray
6. Sprinkle salt on top
7. Bake 3 minutes at 350 F, then turn over and bake another 3 minutes, or until chard is crisp
8. Place chips on paper towel to absorb excess oil

Serve hot

Cook's Notes:

These chips taste better than they look! Also, a little salt goes a long way.

This picture shows the chips before they are baked. After baking they will be flat and slightly darker in color.

Helpful Hints For Better Nutrition

Great Grains



- Brown is better than white! Choose “brown” or “whole” when choosing grains such as rice, cereals, flour, pasta, and grains
- Watch sodium in processed grain foods
- Beware of extra sugar in breads
- Try new grains like quinoa, bulgur, millet, cornmeal, wild rice, spelt, etc

Eat the Rainbow



- Eat more fruits and vegetables!
- Add fruit in cereal, yogurt, or oatmeal
- Have vegetables with eggs for breakfast
- Add more veggies on sandwiches
- Eat fruits and vegetables as snacks
- Warm up fruits for dessert (bonus: add cinnamon)
- Add bits of fruit in muffin, scones, cookies
- Try carrots, apples, bananas and celery with peanut butter
- Try new fruits and vegetables
- Use new vegetables in favorite dishes (ex: adding diced veggies to pasta and sauce)
- Try to eat the rainbow!

Keep the nutrition in the food, not the garbage!



- Keep potato, cucumber, and squash skins on, you can eat them!
- Chose whole foods, not processed (apple vs. apple juice, potato vs. chips)
- Boil vegetables for less time in less water
- Save the water vegetables were cooked in and drink or use in gravy (vitamins and minerals are released into the water)
- Chose local when possible to reduce fuel usage and pollution
- Chose organic when possible to reduce residues on food and improve the environment



Decrease Fat Intake

- Replace butter in recipe with applesauce
- Cut off excess fat on meat
- Chose lean cuts of meat (chicken and fish have less fat than beef and pork)
- Replace soy or beans for meat
- Chose low fat or fat free dairy instead of whole or full cream
- Use less oil when cooking
- Choose vegetable, canola, sunflower, or olive oil over lard or butter when cooking
- Avoid Trans fats (found in many processed foods)

Portion Control

- Dish out portions before eating; go back for seconds only if you are still hungry
- Do not eat out of a bag of chips, give yourself a handful
- Be able to recognize a serving size
- Use smaller plates, they will look fuller



Other ways to Better Nutrition

- Get a variety of fruits, vegetables, grains, legumes, nuts, meat
- Use more spices to flavor food and decrease salt
- Try new recipes
- Be creative by adding new ingredients to standard dishes



Final Word to the Wise

- Make small changes towards better health
- Better health does not happen over night
- Improving your eating habits is *work*
- Listen to your body, what does it want?
- Everyone has different energy needs, some people can eat a lot and stay thin, other do not eat much and are overweight
- Healthy eating habits are not consider a “diet”, but rather it is a *lifestyle*
- Eat better for your health, for your life, your family

Credit to the Chef's in Training

Swiss Chard Bake:

Olivia Orange, Martina Melon, and Driton (Toni) Tomato

Fresh Herb Pasta:

Chelsy Cherry, Connor Cantaloupe, Joel Jalapeño, Marjon Mango, and Shamel Starfruit

Simply July Stir Fry:

Jesse Jalapeño, Max Mushroom, and Marnie Mint

Breaded Zucchini Fries:

Kevin Kiwi, Martina Melon, Chelsy Cherry, and Olivia Orange

Spicy Peanut Butter Dip:

Olivia Orange

Creamy Basil Garlic Dip:

Shelby Strawberry

Cool Cucumber Salad:

Andrew Avocado

Sesame Orange Broccoli:

Isaac Iceberg Lettuce

Chocolate Zucchini Cake:

Habibo Hot Pepper and Denis Dill

Fresh Basil Pesto:

Marnie Mint and Jesse Jalapeño

Scrumptious Potato Salad:

Connor Cantelope and Keemy Kiwi

Swiss Chard Chips:

Shamel Starfruit and Kevin Kiwi



About the Project and Author



The “From the Garden Recipe Book” was compiled by University of Vermont senior Emily Piazza through a summer practicum internship with Friends of Burlington Gardens and the Burlington High School Summer Transitions Program.

Emily graduates from the University of Vermont in 2008 with a major in Dietetics and a minor in Community and International Development.

Emily’s summer 2007 internship was underwritten through grant support from the George W. Mergens Foundation. During her time with the Burlington High School students, Emily taught basic nutrition education lessons, such as how to read food labels, recognize serving sizes, and integrate eating habits into a healthy lifestyle. She also worked with students to maintain the eight raised bed gardens in the school courtyard and a new vegetable garden plot located behind the cafeteria. Harvesting vegetables and herbs from the gardens to create healthy snacks and meals was a favorite activity for Emily and the BHS students.

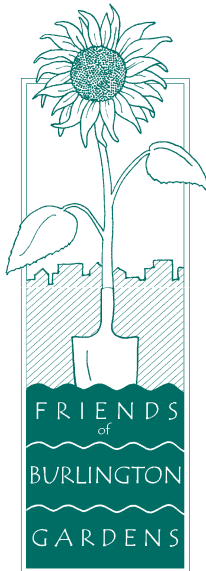
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From the Garden Recipe Book

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