

OKLAHOMA STATE UNIVERSITY,
HOPE OUTREACH & FAITH FARM
PRESENT



FROM PLANT TO PLATE... **RECIPES FROM THE GARDEN**

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Coconut Zucchini Pineapple Bread

3 eggs
2 cups sugar
2 teaspoons vanilla
1 cup oil
2 cups finely shredded zucchini
3 cups flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon cinnamon
1 cup crushed pineapple
1 cup shredded coconut
1 cup nuts

Combine eggs, sugar, vanilla, and oil. Beat well. Add zucchini. Measure dry ingredients and fold into egg mixture. Blend in pineapple, coconut, and nuts.

Bake in two greased and floured 9-inch x 5-inch loaf pans at 350 degrees Fahrenheit for 60 minutes or until a test shows they are done.

Pumpkin Dip

2 8-ounce packages cream cheese, softened
1 pound powdered sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 large can pumpkin
1/4 teaspoon pumpkin pie spice

Mix all ingredients well. Serve with fresh fruits, graham crackers or ginger snaps.

Note: This is a good way to use apples cut into wedges or you can use on breads (apple, date or nut). For a festive fall activity, cut the top off a pumpkin from your garden and scoop out the insides. Fill with dip and use ginger snaps for dipping.



Zucchini Pie

Serves 6, 2"-3" square each

1 or 2 zucchini, sliced (about 10 cups)
1 tablespoon olive oil
2 onions, sliced
2 eggs
1/4 cup seasoned bread crumbs
2 teaspoons Italian seasoning
1/4 teaspoon ground black pepper
1 14.5-ounce can diced tomatoes
1 cup shredded mozzarella cheese (8 ounces)
1/4 cup grated Parmesan cheese
Optional: If you have fresh mushrooms or peppers, you can substitute them for some of the zucchini

Preheat oven to 325°F. Grease a large casserole or 9x13-inch pan; set aside.

Wash zucchini and discard ends. Cut into slices (about 10 cups). If using large zucchini, cut in half lengthwise and remove seeds before slicing.

Heat oil in large skillet over medium heat. Add zucchini and onion slices and cook for 10 minutes. Remove from heat.

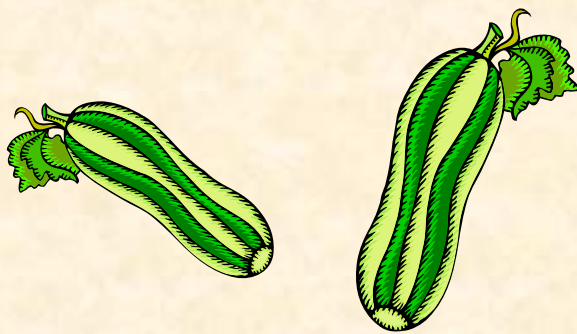
In bowl, stir together the eggs, bread crumbs, Italian seasoning, and pepper.

Add undrained tomatoes, and cheeses. Pour over zucchini mixture and stir to mix.

Pour into casserole. Bake uncovered for 60 minutes. Top will be golden brown.

Cut into squares and serve hot.

Source: Spend smart. Eat smart.



Williams-Sonoma Winter Squash and Apple Bisque

Prep Time: 30 minutes

Total Time: 1 1/4 hr minimum

Serves: 8

2 tablespoons unsalted butter
1 large yellow onion
2 shallots
2 granny smith apples
1 butternut squash (about 2 lbs)
6 cups chicken stock or prepared broth
1 teaspoon finely chopped fresh rosemary
2 teaspoons finely chopped fresh thyme
1/2 cup half-and-half
salt & freshly ground black pepper to taste
1/2 cup sour cream

Peel and seed the butternut squash and cut into 2-inch chunks. Peel and core the apples and cut into 2-inch chunks.

In a soup pot over medium-high heat, melt the butter. Sauté the onion and shallots until softened, about 5 minutes. Add the apples and squash and cook until nicely coated, about 3 minutes longer.

Add the stock and rosemary and bring to a simmer. Add the thyme. Reduce the heat to medium and simmer, covered, until the vegetables are very tender, about 25 minutes.

Remove from the heat. Using a hand-held or standing blender, puree the soup until smooth. Stir in the half-and-half and season with salt and pepper.

Reheat gently over medium-low heat.

Ladle the soup into warmed bowls and garnish with the sour cream, using a fork to swirl a zig-zagged pattern.

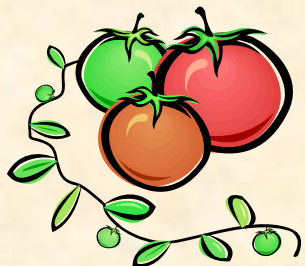
Source: www.recipezaar.com



Rich and Creamy Tomato Basil Soup

Featuring fresh garden tomatoes

Prep Time: 10 minutes
Cook Time: 35 minutes
Serves: 4



4 tomatoes - peeled, seeded and diced
4 cups tomato juice
14 leaves fresh basil
1 cup heavy whipping cream
1/2 cup butter (or less to taste)
salt and pepper to taste
1 (14.5 ounce) can low-sodium chicken broth, optional

Place tomatoes and juice in a stock pot over medium heat. Simmer for 30 minutes. Puree the tomato mixture along with the basil leaves, and return the puree to the stock pot.

Place the pot over medium heat, and stir in the heavy cream and butter. Season with salt and pepper. Heat, stirring until the butter is melted. Do not boil.

Optional: 1 - Substitute olive oil for all or part of the butter. 2 - Stir in a can of chicken broth for an additional layer of flavor and to lighten the soup slightly.

Adapted from a recipe from www.allrecipes.com

Penne Pasta with Fresh Garden Tomatoes

4 cups diced plum tomatoes
1/3 cup olive oil
1/4 cup fresh basil, or 2 tablespoons dried basil
3 tablespoons balsamic vinegar
1 tablespoon garlic, crushed
1/4 teaspoon pepper
16 ounces penne pasta, cooked and drained
1/4 teaspoon salt
1/4 cup parmesan cheese
1/4 cup feta cheese



Combine first 6 ingredients and allow to stand 15 minutes or more. In large pot boil tomato mixture 3 minutes. Add cooked pasta and remaining ingredients. Stir to toss. Serve.

Grilled Vegetables

Assorted vegetables—

Green, yellow, red peppers cut in large strips
Zucchini, cut in large diagonal slices
Baby or regular carrots, cut in chunks
Onions, cut in wedges
Broccoli, broken into small stalks
Other veggies

Toss with 3 or 4 tablespoons of olive oil and 2 tablespoons of chopped fresh rosemary plus 1/2 teaspoon of salt in a large zippy bag.

Grilling options:

Spread onto a large cookie sheet and bake in hot oven 425 degrees for 25 minutes or until tender.

Spread in wire basket on the grill; grill for about 10 minutes stirring half way through.

Spread onto plate of indoor grill (such as George Foreman) and grill until tender-crisp.

Adapted from www.eXtention.com



"Salsy" Zucchini (Easy as 1 – 2 – 3)

3 pounds zucchini
1 jar salsa – medium hot or to taste
Sliced or grated cheddar cheese

Wash and slice zucchini into a low, flat casserole. Pour salsa over top, stirring slightly. Top with cheese. Bake in 350 degrees oven for 35 – 45 minutes.

Source: www.eXtention.com

Italian Vegetable Salad

2 cups rotini pasta, cooked & cooled (1 cup dry, then cooked)
1 medium green pepper
1 large tomato
1/2 cup sugar snap peas
15 ounce can small black olives, drained
6 ounce jar artichoke hearts, drained
2 tablespoons pine nuts
1 tablespoon capers
1/4 cup zesty Italian dressing

Chop pepper, tomato and snap peas. Combine all ingredients and stir. Chill and serve. Refrigerate leftovers.

Source: www.eXtention.com



Apple Salad in a Cup

2 tablespoons non- or low-fat raspberry vinaigrette
1 apple, diced
1/4 cup dried fruit tidbits
2 tablespoons chopped nuts
1 cup mixed greens, rinsed and drained well

Layer ingredients, in order, in a one-quart, travel-proof, lidded insulated cup. When ready to eat, shake cup well to mix salad and dressing.

Fresh & Easy Salsa

Good quality commercial salsa, such as Pace or Maria Rae's
Chopped fresh tomatoes
Sliced black olives
Chopped fresh red onion

Pour salsa into large bowl and add tomatoes, olives and onion. Exact amounts are not important; adjust to personal taste. The more fresh ingredients, the fresher the taste. Stir to combine and serve with chips.

Creamy Squash Soup

Prep Time: 15 minutes
Cook Time: 40 minutes
Serves: 4

2 pounds butternut squash, halved, peeled, seeded, and cut into 1-inch pieces
1 1/2 cups diced onion
2 carrots, peeled and diced
3 (13 3/4-ounce) cans chicken broth
1/2 teaspoon salt
2 tablespoons butter
1/2 cup light cream or heavy cream
Sour cream for garnish, optional

In a medium saucepan, combine squash, onion, carrots, broth and salt. Simmer, uncovered, until squash is very tender, about 40 minutes. Puree soup in a blender or food processor with the butter. Whisk cream into soup. Serve in wide, shallow bowls with a dollop of sour cream, if desired.

Source: www.foodnetwork.com, Paula Deen

Tortellini, Greens and Tomato Soup

6-8 cloves garlic, minced
1/2 onion, chopped
2 tablespoons olive oil
4 cups low-fat chicken broth
6-9 ounces fresh or frozen cheese tortellini
14 ounce can diced tomatoes with juice
10 ounces spinach, Pac Choi or Swiss chard, coarsely chopped
8-10 fresh basil leaves
Parmesan cheese, grated or shredded, optional



Sauté garlic and onion in oil in a large saucepan over medium heat about 2 minutes. Add broth and bring to a boil. Add tortellini and cook halfway (5 minutes frozen, less for fresh); add tomatoes with juice and heavier pieces of the stalk if using Pac Choi or Swiss chard and simmer until pasta is tender. Stir in the leafy greens and cook until they wilt. Serve with Parmesan cheese if desired.

Source: Kate Morrison

Red Pepper Carrot Soup

Prep: 40 minutes
Cook: 40 minutes, plus cooling
Serves: 4

1 medium sweet red pepper
1 pound carrots, sliced
1 medium onion, chopped
2 tablespoons uncooked long grain rice
2 tablespoons butter
2 cans (14-1/2 ounces *each*) chicken broth
2 cups water
1/3 cup orange juice
4-1/2 teaspoons snipped fresh dill
2 teaspoons grated orange peel
1/2 teaspoon salt
1/2 teaspoon *each* dried marjoram, thyme and rosemary, crushed
1/2 teaspoon rubbed sage
1/4 teaspoon pepper

Broil red pepper 4 inches from the heat until skin is blistered, about 6 minutes. With tongs, rotate pepper a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place pepper in a bowl; cover and let stand for 15-20 minutes. Peel and discard charred skin. Remove stem and seeds; set pepper aside.

In a large saucepan, cook the carrots, onion and rice in butter until onion is tender. Stir in the broth, water, orange juice, dill, orange peel, salt, marjoram, thyme, rosemary, sage and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until carrots and rice are tender. Cool for 10 minutes.

In a blender, puree carrot mixture and roasted pepper in small batches. Return to the pan; heat through. Yield: 4 servings.

Nutrition Facts: 1 serving (1-1/2 cups) equals 162 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 802 mg sodium, 25 g carbohydrate, 5 g fiber, 3 g protein.

Source: Taste of Home 2009

Very Veggie Lasagna

Serves: 12

2 medium carrots, julienned
1 medium zucchini, cut into 1/4-inch slices
1 yellow summer squash, cut into 1/4-inch slices
1 medium onion, sliced
1 cup fresh broccoli florets
1/2 cup sliced celery
1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper
2 garlic cloves, minced
1/2 to 1 teaspoon salt
2 tablespoons canola oil
1 jar (28 ounces) spaghetti sauce
14 lasagna noodles, cooked and drained
4 cups (16 ounces) shredded part-skim mozzarella cheese



In a large skillet, stir-fry the vegetables, garlic and salt in oil until crisp-tender.

Spread 3/4 cup spaghetti sauce in greased 13-inch x 9-inch baking dish. Arrange seven noodles over sauce, overlapping as needed. Layer with half of the vegetables, spaghetti sauce and cheese. Repeat layers.

Cover and bake at 350 degrees for 60-65 minutes or until bubbly. Let stand for 15 minutes before cutting.

Source: Taste of Home's Contest Winning Annual Recipes 2005



Tomato, Parmesan, and Basil Summer Pizza

- 1 thin pizza crust, baked
- 5 tablespoons French onion dip
- 1/2 teaspoon crushed oregano
- 5 medium-sized red and yellow tomatoes
- 2 tablespoons fresh basil leaves snipped into pieces
- 1/4 teaspoon salt or to taste
- 1/8 teaspoon coarse ground pepper
- 2 teaspoons virgin olive oil
- 1/2 cup freshly grated parmesan cheese

Preheat the oven to 450 degrees.

Spread the onion dip on the prebaked crust. Sprinkle the oregano evenly over the onion dip.

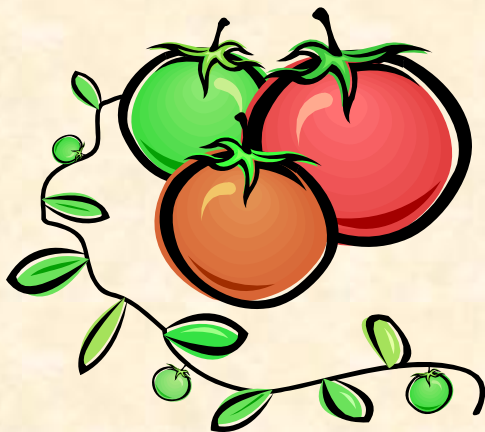
Cut the tomatoes into quarter-inch thick slices. Lay them on paper towels as you cut them to soak up part of the juice.

Layer the tomatoes on the crust. Sprinkle with salt and pepper.

Sprinkle the freshly cut basil over the tomatoes and drizzle with olive oil. Spread the parmesan cheese over the tomato slices.

Return the pizza to the oven. Bake only until the cheese is melted and bubbly, about five minutes. Serve hot.

Source: www.preparedpantry.com



Roasted Sweet Potato Soup

Prep/Total Time: 30 minutes

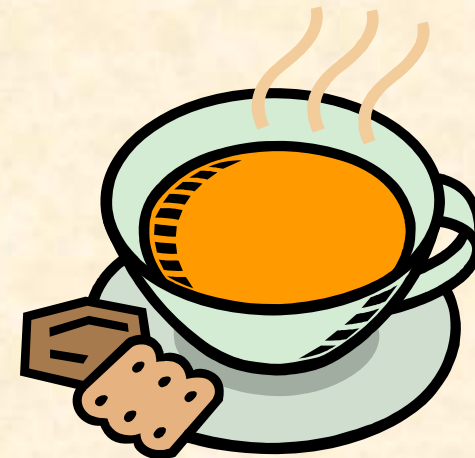
Serves: 8

- 2 pounds sweet potatoes, baked (5 small *or* 3 large)
- 2 tablespoons butter
- 1 large onion, chopped
- 2 celery ribs, chopped
- 1 can (49 ounces) chicken broth
- 1 medium potato, peeled and cut into cubes
- 1/3 cup maple syrup
- 1/8 teaspoon white pepper
- Half-and-half cream, optional

Cut baked sweet potatoes in half lengthwise. Scoop out pulp and set aside. In a saucepan, heat butter over medium heat. Add onion and celery; cook until tender. Add broth and potato; cook 15 minutes or until potato is tender. Add reserved sweet potato, maple syrup and pepper.

Place one-third broth mixture in a blender or food processor. Cover and blend until smooth. Repeat with remaining broth mixture. Return pureed mixture to saucepan. Add 2 tablespoons cream if desired and heat through. Drizzle individual servings with additional cream if desired.

Source: Taste of Home 2009



Pizza Bread

- 1 1/4 cup tomato vegetable juice, such as V-8
- 2 tablespoons pepper olive oil
- 1 egg white
- 1/4 cup grated parmesan cheese
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 2 tablespoons sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 3 cups bread flour
- 1 1/2 teaspoons quick-rising active dry yeast



Place ingredients in bread machine pan in order specified by the manufacturer. Set cycle for white, light crust.

Source: Joyce Whipps, West Des Moines, Iowa
First Place, 2000 Breads, Bread Machine

Tomato Pizza Bread

- Serves: 8
- 1 tube (13.8 ounces) refrigerated pizza crust
 - 2 garlic cloves, minced
 - 1/2 teaspoon dried oregano
 - 1 cup (4 ounces) shredded part-skim mozzarella cheese, *divided*
 - 1 plum tomato, halved lengthwise and thinly sliced
 - 1/2 teaspoon Italian seasoning, optional

On a greased baking sheet, roll pizza crust into a 12-in. x 8-in. rectangle. Bake at 425° for 6-8 minutes or until the edges are lightly browned. Sprinkle with garlic, oregano and half of the cheese. Arrange tomato slices in a single layer over cheese. Top with remaining cheese and Italian seasoning if desired. Bake 6-8 minutes longer or until cheese is melted and crust is lightly browned.

Source: Taste of Home

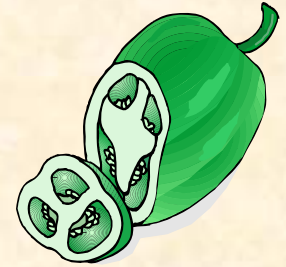
Nutrition Facts: 1 serving (1 piece) equals 132 calories, 4 g fat (1 g saturated fat), 8 mg cholesterol, 303 mg sodium, 18 g carbohydrate, 1 g fiber, 7 g protein.

Focaccia Bread with Veggies and Herbs

- 2 packets dry active yeast
- 2 1/4 cups warm water
- 5 1/2 cups all-purpose flour
- 2 teaspoons salt
- Olive oil or butter

Topping suggestions:

- Chopped bell peppers
- Chopped mild onion
- Chopped and drained tomatoes
- Black or green olives
- Dried oregano
- Grated Parmesan cheese



Dissolve yeast in 1/4 cup warm water (105-115°). Cover and let stand about 15 minutes.

In mixer bowl, combine salt and flour. Add yeast mixture, then continuously add remaining liquid as needed, mixing until soft dough forms. Place dough on a lightly floured surface and knead for approximately 1 minute, forming a soft, still sticky ball. Place in oiled bowl and turn several times, covering dough with oil. Cover dough with plastic wrap and let stand in warm area, until dough doubles in size, about 1 hour. Deflate dough and remove from oiled bowl. Place on well-oiled baking pan. (Traditionally, Focaccia breads are round.) Optional: You may use corn meal in the baking pan instead of oil if you choose.

Press and stretch dough with floured fingertips. Dimple dough, and allow to rise again, about 20 minutes. Brush lightly with olive oil or butter.

Top sparingly with fresh garden veggies listed above or others of your choice. Dimple again with fingertips before baking.

Preheat oven to 425° and bake approximately 35 minutes. Makes 1 loaf.

To finish, dust Focaccia bread with dried oregano and grated parmesan cheese.

Source: Chef Joseph Madson, the Ozark Gourmet