

LET'S GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



RECIPE #1 GARDEN PIZZAS

Ingredients needed:

For the Medallions

- 1 large zucchini
- 1 large yellow squash
- 1 medium eggplant
- 1 large tomato
- 1 cup cheese, grated or shredded
- 1-2 eggs, beaten

For the Breading

- 1/2 cup cornmeal
- 1/2 cup whole wheat flour
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon oregano
- 1 teaspoon red pepper flakes (optional)
- 2 teaspoons olive oil

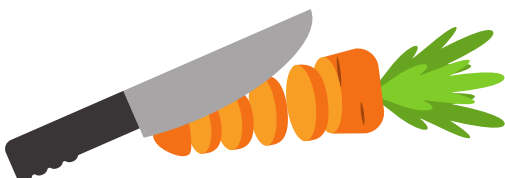
For the Topping

- Try
 - Chopped mushrooms, cheese, & crushed almonds
 - Cheese, big slices of tomato, & basil
 - Cheese, onion and sausage

Instructions:

1. Preheat oven to 350 degrees,
2. Slice the zucchini, yellow squash, eggplant, and tomato into 1/2-3/4" thick medallions,
3. In a plastic bag or large Tupperware combine breading ingredients, mixing to combine,
4. Crack eggs into a small bowl and whisk,
5. Dip each medallion into the whisked egg, coating both sides,
6. Place coated medallions into the breading mix,
7. Close the Tupperware or bag and shake medallions until both sides are coated with the breading ingredients,
8. Grease a baking sheet lightly with olive oil,
9. Place one layer of breaded medallions on the baking sheet,
10. Bake for 15 minutes on one side, then flip and bake for another 15 minutes,
11. Remove and then top with your selection of topping combinations you fancy
12. Enjoy!

Tip: If you have kids in your life, have them help chop and select the veggie toppings - by having colorful veggie choices, kids are more likely to try them.



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RECIPE #2 VEGETABLE PANZANELLA SALAD

Ingredients needed:

For the Salad

- 3 tablespoons olive oil
- 1 loaf French bread (the staler the better), cubed
- 1 teaspoon, salt
- 2 large tomatoes, diced
- 1 large cucumber, sliced
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 small red onion, diced
- 1/2 cup fresh basil, coarsely chopped

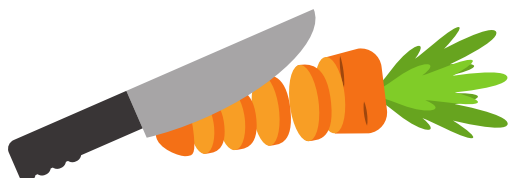
For the Dressing

- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- 3 teaspoons apple cider vinegar
- 1/2 cup olive oil
- Pinch of salt and pepper

Instructions:

1. In a large saute pan, heat the olive oil over medium heat,
2. Add in the bread cubes and salt. Toast over medium heat for 10 minutes, stirring occasionally,
3. In a large bowl, add all vegetables and stir to combine,
4. In a small bowl, mix all the dressing ingredients until combined, season to taste with salt and pepper,
5. Add the dressing and bread cubes to the vegetables and toss until dressing has evenly coated the veggies and the bread.

Tip: Red and yellow bell peppers are not required, but do add to the color and nutrients offered - a good replacement for color could be using green bell peppers and colorful tomatoes.



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RECIPE #3 RATATOUILLE

Ingredients needed:

- 2 tablespoons olive oil
- 2 medium bell peppers, cubed
- 1 medium onion, chopped
- 1 - 2 garlic cloves, finely chopped
- 3 medium tomatoes, chopped
- 1 medium eggplant, peeled and cubed
- 1 medium zucchini, cubed*
- Chopped fresh parsley, oregano, and basil

*You can replace the zucchini for another squash you prefer.

Instructions:

1. Heat the olive oil in a large skillet over medium heat,
2. Saute the peppers, onions, and garlic until soft,
3. Stir in the tomatoes, eggplant, zucchini, and herbs,
4. Cover and simmer for about 30 minutes,
5. Remove from heat and enjoy.

Tip: Try using carrots and the carrot tops in place of the parsley! Also, you can make this recipe with whatever vegetables you have in your fridge or around the kitchen.

RECIPE #4 SALSA

Ingredients needed:

- 5 cups shredded greens (arugula, watercress, radicchio)
- Kernels from 3 ears of corn
- 1/4 cup cider vinegar
- 1-2 hot peppers minced

Instructions:

1. Combine all ingredients, stirring to combine.

