

HARVEST of the MONTH at home

Aloo Gobi



INGREDIENTS

- 1 head cauliflower, cut into inch-wide florets
- 1 lb Yukon Gold potatoes, peeled and cut into 1/2-inch cubes
- 5 tablespoons vegetable oil
- 1/2 teaspoon cumin seeds
- 3/4 teaspoon salt
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tsp minced fresh jalapeño, with seeds
- 2 tsp minced peeled fresh ginger
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp turmeric
- 1/4 tsp cayenne
- 1/2 cup water

DIRECTIONS

1. Put oven rack in upper third of oven and place a shallow baking pan on rack. Preheat oven to 475°F.
2. Toss cauliflower and potatoes together in a bowl with 3 tablespoons oil, cumin seeds, and 1/4 teaspoon salt.
3. Spread in hot baking pan and roast, stirring occasionally, until cauliflower is tender and browned in spots and potatoes are just tender, about 20 minutes.
4. While vegetables are roasting, cook onion, garlic, jalapeño, and ginger in remaining 2 tablespoons oil

in a 12-inch heavy skillet over moderate heat, stirring frequently, until very soft and beginning to turn golden, 8 to 10 minutes.

5. Add ground cumin, coriander, turmeric, cayenne, and remaining 1/2 teaspoon salt and cook, stirring constantly, 2 minutes. Stir in water, scraping up any brown bits from bottom of skillet, then stir in roasted vegetables. Cook, covered, stirring occasionally, 5 minutes.

Source: Epicurious

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Baked Potato Bar



INGREDIENTS

- 4 russet potatoes
- 1 cup steamed broccoli
- 1 cup Greek Yogurt
- 1 cup shredded Cheddar cheese
- 1/2 cup diced scallions
- 1/2 cup crumbled bacon (optional)
- 1/2 cup diced yellow onion
- 1/2 cup salsa
- 1/2 cup black beans
- salt & pepper

DIRECTIONS

1. Preheat oven to 450F
2. Stab potatoes with fork, place on baking sheet. Put into oven, cook for 50-60 mins, until soft.
3. Set out all toppings, and top as desired.

Source: Massachusetts Farm to School

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Sweet Potato Biscuits



INGREDIENTS

- 1 ½ cups all purpose flour
- ½ cup whole wheat flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- ¼ cup unsalted butter, cold
- ½ cup sweet potatoes, cooked and mashed
- ¾ cup milk

DIRECTIONS

1. Preheat oven to 450°F.
2. Combine the flours, baking powder and salt in a medium-sized mixing bowl. Stir to mix well.
3. Cut the cold butter into small pieces and add to the flour mixture.
4. Using your fingertips, work the butter into the flour until it has the consistency of corn meal.
5. In a small bowl combine the milk and sweet potato and mix well using a fork or a whisk. Add to the flour mixture all at once and stir quickly just until it forms a ball.
6. Turn the dough out onto a lightly floured surface and knead 14 times. DO NOT overwork the dough or it will become tough.
7. Pat the dough out until it is ½ -inch thick. Cut into rounds with a biscuit cutter or the floured top of a drinking glass.
8. Gather the scraps, pat out and cut again until all the dough is used.
9. Place dough rounds on a cookie sheet and bake for 8 to 10 minutes or until the bottoms of the biscuits are golden brown.

Source: Chef Ann Foundation

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Sweet Potato & Black Bean Enchiladas



INGREDIENTS

- 1 cup red enchilada sauce
- 1 teaspoon olive oil
- 3 cloves garlic, minced
- 1 small onion, diced
- 1 jalapeño, seeded and diced
- 10oz can diced tomatoes with green chiles
- 2 1/2 cups sweet potatoes (about 1 large), peeled and cut into 1/2-inch cubes
- 1-1/2 cups can black beans, rinsed and drained
- 1/4 cup fresh cilantro
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- salt & pepper
- 10 medium whole-wheat flour tortillas
- 2 cups shredded cheddar

DIRECTIONS

1. Preheat the oven to 400 degrees F. Put 1/4 cup red enchilada sauce on the bottom of a 13-by-9-inch baking dish.
2. Heat the olive oil over medium-high heat in a large skillet. Add the garlic, onions and jalapeño and cook until the onions become translucent and the garlic is fragrant, about 2 minutes.
3. Add the cubed sweet potatoes, diced tomatoes, black beans, cilantro, cumin, chili powder, salt and pepper to taste and 1/4 cup water. Cover and cook over medium-low heat, stirring occasionally, until the sweet potatoes are tender, about 10 minutes.
4. Place a generous 1/3 cup filling in the center of each tortilla, roll up and place in the baking dish seam-side down.
5. Top with the remaining 3/4 cup enchilada sauce and the cheese. Bake, covered with foil, until the enchiladas are hot and the cheese is melted, about 10 minutes.

Source: Food Network