



R2G
rust2green utica

FOOD MATTERS!

Rust to Green Utica and the Mohawk Valley Food Action Network are working together to create a productive and resilient food system and equal access to affordable, healthy and nutritious food for all.

Learn about Rust to Green's work on food, how you can get involved, and much more, at www.rust2green.org/utica

WHITE BEAN AND TOMATO SALAD

1 15 oz can white beans (cannellini beans, white kidney beans), drained and rinsed
1/2 cup red onion, chopped
1 cup (about 1/2 pound) tomatoes, seeded and diced
1/3 cup fresh parsley, minced
2 tablespoons lemon juice
2 tablespoons olive oil
1/2 teaspoon each basil, thyme, and oregano
1/4 teaspoon fresh ground black pepper

Combine all ingredients. Toss gently to mix.
Chill until ready to serve.

Adapted from "A Taste of Utica," by Joe Mezzanini and Jeanann Murphy, available for sale at: <http://cnyEats.com/>
Submitted to cnyEats.com by Mario.

Lemon Basil Salad Dressing

1/3 cup olive oil
1/4 cup apple cider vinegar
1/4 cup maple syrup
1 tablespoon Dijon mustard
1 1/2 teaspoon minced fresh basil (or 1/2 tsp. crushed dried basil)
1/8 teaspoon finely grated lemon zest
salt and pepper

Whisk ingredients together in bowl. Taste and adjust flavor with maple or vinegar, if needed.
Refrigerate.

Add to your favorite mix of salad greens and vegetables.

Adapted by Cornell University Cooperative Extension of Lewis County from the "Eat Smart New York!" recipe book.

Pumpkin Bread

3 cups sugar
1 cup oil (canola or vegetable)
4 whole large eggs
1 1/2 cups pumpkin
3 1/2 cups all purpose flour
1 teaspoon baking powder
2 teaspoons baking soda
2 teaspoons salt
1/2 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
2/3 cups water

Preheat oven to 350 F. Mix all ingredients into one large bowl. Pour into three lightly greased, medium loaf pans. Fill pans 1/2 full. Bake for 50 - 55 minutes or until a knife comes out clean when inserted in the middle. Makes 3 loaves. You can freeze them for later use.

Adapted from "A Taste of Utica," by Joe Mezzanini and Jeanann Murphy, available for sale at: <http://cnyEats.com/>
Submitted to cnyEats.com by Joe Mezzanini.

"Frittata Di Uova Verdura" Vegetable Omelet with Dandelions

1 pound fresh dandelion greens
6 tablespoons olive oil
6 eggs
2 tablespoons freshly grated Romano or Parmesan cheese
A dash of salt and pepper

Remove wilted leaves from dandelion greens, cut off flower stalk and roots if they are there. Wash leaves thoroughly under cold water. Do not drain - any water that clings to the leaves will serve as cooking liquid. Cut greens into 2 inch pieces, and sauté in oil over medium heat until tender, stirring once.

Combine eggs, cheese and seasonings, and beat only enough to blend yolks and white. Pour beaten eggs into the pan, over the cooked dandelions, reduce heat to low, and cook until under side of omelet is brown (about 6 minutes). Turn omelet and brown other side.

Serve hot or cold as main dish, side dish, or sandwich filling. Serves 6.

Adapted from "A Taste of Utica," by Joe Mezzanini and Jeanann Murphy, available for sale at: <http://cnyEats.com/>
Submitted to cnyEats.com by Eva Russo.

Corn, Tomato, and Cucumber Salad

4 ears of corn, cooked (to equal about 2 to 2½ cups corn kernels)
2 large ripe tomatoes
2 medium cucumbers
½ cup lime juice (or white wine vinegar)
½ teaspoon sugar
2 tablespoons olive oil
1 teaspoon salt
½ teaspoon black pepper
1 medium red onion, diced
6 tablespoons parsley

Cut kernels from corn. Seed and dice tomatoes and cucumbers. Place in a medium bowl. In a smaller bowl, whisk together lime juice, sugar, oil, salt, and pepper. Stir in red onion. Toss corn, tomatoes, and cucumbers with dressing. Season with salt and pepper, if desired. Add chopped parsley or cilantro just before serving.

Adapted from "Vegetable of the Month Club" by Cornell University Cooperative Extension of Cayuga County

Chicken and Broccoli in Lemon Sauce

1 bunch broccoli, cut in bite size pieces (1 1/3 pounds)
1 pound boneless skinless chicken breasts, cut in thin strips
4 tablespoons lemon juice
4 cloves garlic, sliced thinly
¼ cup grated Parmesan cheese
4 tablespoons olive oil
1 pound pasta, any shape
black pepper to taste

Cook pasta and drain, saving ½ cup of the pasta water.

In a frying pan, sauté garlic in oil on low flame. Add sliced chicken and sauté about 10 minutes. Add broccoli and sauté 5 additional minutes. Add reserved pasta water and lemon juice and heat through.

Toss cooked chicken and broccoli mixture with pasta. Sprinkle with Parmesan cheese.

Adapted by Cornell University Cooperative Extension from the "Eat Smart New York!" recipe book.