

# LEAF Recipe Book

Our Learning for the Environment, Agriculture, and Food (LEAF) Program always cooks up a healthy snack or meal using fresh produce!

Try some of our recipes at home- if you don't have a fresh ingredient, you can substitute frozen, or even a different vegetable. For example, the recipes that cook greens, could use kale, collards, chard or whatever you have at home.

**Try a recipe and let us know how it goes by taking a picture or video and sending it to us or tagging us on social media!**  
**@commongoodcityfarm**



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# Spinach Apple Salad

## Ingredients

### Maple Cider Vinaigrette

- 1/3 cup cider vinegar
- 2 Tbsp maple syrup
- 1 Tbsp dijon mustard
- 1/4 tsp salt
- 1/4 tsp pepper
- 2/3 cup olive oil

### Salad

- 10 oz fresh spinach (washed)
- 1 apple
- 1 small red onion
- 1/4 cup dried cranberries

## Instructions

1. Mix together the vinaigrette ingredients
2. Thinly slice the apple and red onion
3. Toss the spinach, apple, onions and cranberries with 1/2 of the prepared vinaigrette
4. Serve with additional vinaigrette as needed



# Radish Toasts

(adapted from City Blossoms *Garden Gastronomy*)

## Ingredients

- 4 sprigs dill
- 10 chives
- 1 cup cold, heavy whipping cream
- 1/4 tsp salt
- 10 radishes
- A pinch of pepper
- Bread, sliced into thin pieces (baguette or brown bread work well)

## Instructions

1. Use your hands or kitchen scissors to rip/ cut the chives and dill into small pieces
2. Pour your heavy whipping cream into a mason jar (fill it halfway), add salt and seal it tight. Shake the jar until the mixture becomes thick and spreadable.
3. Once the cream has begun to solidify you can add the chives, (set aside a tablespoon of chives to sprinkle on top), thyme, basil and a pinch of pepper in your jar.
4. Shred the radishes using the grater.
5. Spread your herb cream onto the bread slices and top with the radish and remaining chives.



## Pita Quesadilla with Greens

### Ingredients (makes 10 small quesadillas)

- 2 Tbsp oil or butter
- ½ of a small red onion
- ¼ tsp red chili flakes (optional)
- 1 clove garlic
- 1 pound cooking greens like kale, mustard greens, chard
- 1 tsp salt
- 5 pita pockets split in half or 10 small tortillas
- 1 cup crumbled feta cheese
- ¼ pound grated cheddar cheese
- salsa, lime, or guacamole for serving (optional)

### Instructions

1. **Dice** the onion into small pieces. Smash and **mince** the garlic.
2. Roughly **chop** or rip up the greens and remove the stems.
3. Heat 1 Tbsp of oil in a large skillet, add onion, chili flakes and garlic. Saute 3-5 minutes.
4. Add the chopped greens, season with salt and cook until very tender- 10-15 minutes. Then remove from the heat.
5. Heat remaining 1 Tbsp of oil in a large skillet. Once hot, add pita or tortilla in a single layer. Sprinkle cheese over the whole pita/tortilla surface.
6. Add cooked greens on half the surface, once cheese melts, fold in half with a spatula, cook on both sides until cheese is melted and both sides have browned

## Creamy Pea Dip (tastes like guacamole!)

### Ingredients

- 1 cup frozen green peas, thawed
- ½ cup plain greek yogurt
- 2 Tbsp chopped fresh cilantro
- 2 Tbsp olive oil
- 2 green onions, sliced
- 1 small garlic clove, minced
- ½ tsp salt
- ¼ tsp pepper

### Instructions

1. Chop green onions, garlic and cilantro.
2. Place all ingredients in a food processor. Process until pureed.
3. Transfer mixture to a bowl.
4. Serve with fresh veggies, pita chips or tortilla chips.

*Green peas have more protein than most vegetables. In addition, peas are a good source of dietary fiber, Vitamin A, iron, folate, thiamin, Vitamin C and manganese. They also have a high level of Vitamin K.*



# Apple-Orange Salad

## Ingredients

- 2 oranges
- 1 apple
- ½ lime
- ¼ cup mint leaves
- 1 Tbsp honey
- ½ tsp ginger (optional)
- ½ tsp cinnamon (optional)

## Instructions

1. Peel the oranges, removing as much of the white pith as possible, slice orange into small chunks
2. Cut the apple into small chunks
3. Mix together apples and oranges in large bowl
4. Chop the mint into small strips
5. Juice the ½ lime
6. Whisk together the lime juice, honey, mint, ginger and cinnamon in a small bowl
7. Drizzle the juice over the fruit and toss to gently mix
8. Enjoy!



# Sweet Potato and Turnip Fries

## Ingredients

- 2 sweet potatoes
- 2 turnips
- 3 Tbsp olive oil
- 1 tsp salt
- 1 tsp paprika
- Additional spices of your choosing

## Instructions

1. Preheat oven to 400 degrees
2. Slice sweet potatoes and turnips into ½ inch slices- cut down the length in order to make the biggest pieces possible
3. Take each flat piece and slice lengthwise again to form “fry” shape
4. Toss cut veggies in a bowl with olive oil to evenly coat
5. Add salt, paprika and other seasoning
6. Spread in a single layer on a baking sheet
7. Bake 20-25 minutes until tender inside and crisp outside



# Turmeric Yogurt Dip

## Ingredients

- 1 cup plain greek yogurt
- 2-3 scallions
- 1 Tbsp olive oil
- 2 tsp fresh lemon juice
- 1 tsp ground turmeric
- 1 tsp onion powder
- $\frac{3}{4}$  tsp salt
- $\frac{1}{8}$  tsp cayenne pepper

## Instructions

1. Chop scallions in very small pieces
2. Mix all ingredients together in a bowl
3. Serve with carrot sticks, raw peppers, cucumbers or any veggies you have on hand- also good with pita or tortilla chips!



# Kale Salad

## Ingredients

- 1 bunch kale
- $\frac{1}{2}$  Tbsp olive oil
- $\frac{1}{2}$  cup raw chopped veggies (carrots or red peppers work well)
- $\frac{1}{4}$  cup pumpkin or sunflower seeds
- $\frac{1}{4}$  cup dried cranberries

### *Dressing-*

- 2-3 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 tsp dijon mustard
- salt and pepper to taste

## Instructions

1. Slice kale leaves into ribbons, discard any tough stem ends
2. In a large mixing bowl, drizzle kale with  $\frac{1}{2}$  Tbsp olive oil
3. With clean hands, massage oil into leaves so you can feel then soften, about 2 minutes
4. Mix together dressing ingredients, toss with the kale and add your mix ins

*Did you know? Kale has a lot of beta-carotene, which is also in carrots. Like carrots, kale improves vision. Kale is good for your stomach, liver and immune system. Kale is related to cabbage and there are several varieties, some are more red, some are more curly.*