

Discover the variety of delicious meals you can make with all (or mostly) local ingredients! With the exception of a few items like vegetable oil and certain spices, most of these ingredients are available from local farms and companies. Look for the "EAT LOCAL" signs in the store to find the products you're looking for. If a recipe doesn't specify measurements, simply improvise according to taste and what you have on hand.

Eat Local This Week... BREAKFAST OPTIONS

Chilaquiles

You'll Need: Eggs, corn chips, red or green salsa, cheddar cheese, sour cream

Make It: Scramble a few local eggs, add a handful of lightly crumbled, corn tortilla chips and some of your favorite green or red salsa. Simmer until the tortilla chips are slightly soft. Spoon the eggs onto a plate and top with local shredded cheese and sour cream. Serve with hot sauce and corn bread.

Ham & Cheese Breakfast Casserole

You'll Need: Eggs, egg whites, milk, mustard, fresh rosemary, freshly ground pepper, spinach, whole grain bread, diced ham or bacon, jarred roasted red peppers, shredded Swiss cheese

Make It: Preheat oven to 375°F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray. Whisk 4 eggs, 4 egg whites, and 1 cup milk in a medium bowl. Add 2 tablespoons mustard, 1 teaspoon minced rosemary and 1/4 teaspoon of pepper. Whisk to combine. Toss 5 cups of chopped and wilted spinach, 4 cups of bread cubes (4-6 slices of whole grain bread, crusts removed, cut into 1-inch cubes), 1 cup diced ham or bacon (about 5 ounces), and 1/2 cup chopped roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with 3/4 cup cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Baked Apple-Cinnamon French Toast

You'll Need: Milk, egg whites, wildflower honey, vanilla extract, salt, whole wheat bread, dried apples, raisins, ground cinnamon, ground nutmeg, confectioners' sugar

Make It: Whisk 3 cups milk, 2 cups whisked egg whites, 3 tablespoons honey, 1 1/2 teaspoons vanilla, and 1/4 teaspoon salt in a large bowl. Trim the crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with 1 cup chopped dried apples, 1/2 cup raisins, 1 1/2 teaspoons cinnamon, and 1/2 teaspoon nutmeg in another large bowl. Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours. Preheat oven to 350°F. Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes. Dust with confectioners' sugar and serve.

5-Minute Tostada

You'll Need: Corn tortilla, egg, black bean salsa (or fresh salsa and beans), spinach or arugula, mozzarella or cheddar, fresh or dry oregano, crushed red pepper, salt, pepper

Make It: Toast a local corn tortilla until golden. Meanwhile, scramble and cook an egg with fresh salsa and beans. Cover the toasted tortilla with fresh spinach or arugula, the egg, grated mozzarella or cheddar, then fresh or dry oregano, crushed red pepper, and salt or pepper to taste. Microwave or bake until cheese is melted and serve.

Also Try...

Creamy Berry Smoothie - Blend frozen berries with plain yogurt, milk or soymilk, and maple syrup to taste.

Scrambled Eggs or Tofu with Fresh Herbs & Home Fries

Maine-Grown Oatmeal with Maple Syrup & Milk or Soymilk

Local Whole Grain Toast with Greens & Cheese

Quiche with Seasonal Vegetables & Cheese

Yogurt with Fresh Fruit & Granola

Miso Soup with Tofu & Seaweed



Eat Local This Week... *LUNCH OPTIONS*

Fried Green Tomato Sandwich with Bacon

You'll Need: Bacon, green tomatoes, flour, cornmeal, milk, olive oil or butter, Thousand Island dressing, chili powder or Cajun seasoning, sourdough bread, lettuce

Make It: In a large skillet, cook 8 slices of local bacon and set aside. Strain and reserve the bacon grease. In a small bowl, combine 3/4 cup local flour with 1/4 cup local corn meal, a pinch of salt and pepper, and 1 cup local milk. Mix it all together like pancake batter. Slice 3 or 4 green tomatoes 1/2-inch thick and dip them into the batter. Add 1/4 cup olive oil (or butter) and the bacon grease to the skillet and pan-fry a few slices of the battered tomatoes at a time until golden on both sides. Set on paper towels to drain. Make a chili sauce using a 1/2 cup of Thousand Island dressing and 1 teaspoon Cajun spice or chili powder. On lightly toasted sourdough bread, spoon 2 tablespoons of chili sauce, topped with two slices of fried tomatoes, two slices of bacon and the last piece of toasted bread. A little lettuce adds crunch.

Thai Cucumber Salad

You'll Need: Cucumbers, jalapeño or other hot pepper, scallions or chives, fresh cilantro and parsley, peanuts, rice wine vinegar, garlic, curry powder

Make It: Seed and dice 2 large cucumbers from the garden, and add 1 diced fresh hot pepper, 6 sliced scallions (or a handful of chives), 1/4 cup each of fresh cilantro and parsley, and 1 cup of roasted peanuts. Make a dressing of equal parts rice wine vinegar and peanut oil, 1 clove of fresh chopped garlic, 1 tablespoon of sugar, and 1 teaspoon of curry powder. Add the dressing to the cucumbers and marinate in the refrigerator for at least 30 minutes. Serve cold with grilled local tofu or tempeh steaks.

Insalata Caprese

You'll Need: Small fresh mozzarella balls, cherry tomatoes, red onion, fresh basil, olive oil, salad greens

Make It: Combine 1 pint of mozzarella balls, 1 pint of cherry tomatoes, 1/2 of a thinly sliced red onion, and 2 tablespoons of chopped basil. Splash with olive oil, season with salt and pepper, and serve on a bed of fresh salad greens. Roast a little red bell pepper and cut it into strips as a garnish for a real treat. Serve with fresh, crusty bread.

Tomato Bruschetta

You'll Need: Roma tomatoes, red onion, fresh basil and parsley, garlic, olive oil, balsamic vinegar, bread, soft goat cheese

Make It: Dice 8, fresh Roma (plum) tomatoes and combine them with 1 small, diced red onion, 1/2 cup of fresh chopped basil, 1 tablespoon of fresh chopped garlic, and 1 large pinch of chopped parsley. Splash the mixture with about 1/4 cup olive oil and a few teaspoons of balsamic vinegar (or use Three Acre Kitchen Balsamic Vinaigrette), and salt and pepper to taste. Let sit about an hour at room temperature and serve on small slices of baked bread spread with soft goat cheese.

Antipasti

You'll Need: Cauliflower or broccoli, green beans, celery, carrots, fennel bulb, red and green bell peppers, tomatoes, fresh basil, fresh oregano or marjoram, salami or summer sausage, red wine vinaigrette

Make It: Combine 2 cups each of cauliflower or broccoli florets (chopped small), cooked green beans, (clipped, cleaned and cut into 1-inch pieces), celery, and carrots (matchsticked); 1 cup each of julienned fennel bulb, red bell pepper, and green pepper; and 2 tomatoes (seeded and chopped). Add 1/4 cup of chopped basil, 1 tablespoon oregano or marjoram, and 2 cups of local summer sausage cubes or salami. Dress it with 1 cup of red wine vinaigrette and season with salt and pepper. Let it marinate 30 minutes at room temperature and serve with fresh crusty bread. Garnish with olives, if you like.



Eat Local This Week... *DINNER OPTIONS*

Chicken Tikka Masala

You'll Need: Chicken breast or thighs, yogurt, garlic, ginger, cumin, cayenne pepper, cinnamon, lemon juice, onion, jalapeño pepper, garam masala, paprika, coriander, tomato sauce, tomato paste, heavy cream, rice

Make It: Marinate 2 pounds of cubed local chicken in 1 cup local yogurt seasoned with 2 teaspoons black pepper and 1 teaspoon each of fresh ginger, ground cumin, ground cayenne pepper, cinnamon, and salt. Add a squeeze of lemon juice and let it sit overnight in the refrigerator. To prepare: sauté 1 small diced onion with 1 diced jalapeño pepper, 2 tablespoons each of fresh ginger and garlic, and 1 teaspoon each of garam masala, paprika, and coriander. Add 1 cup each of your favorite tomato sauce (local or homemade) and local heavy cream and 1 tablespoon of tomato paste, and simmer for 15 minutes. In a separate skillet, heat 2 tablespoons vegetable oil, add the marinated chicken and cook through. When the chicken is done, add it to the tomato sauce, heat it through and serve over rice.

Thai Beef Salad

You'll Need: Sirloin or similar steak, Roma tomatoes, scallions, cucumber, sesame ginger dressing, lettuce, fresh cilantro

Make It: Slice 1 pound of roasted or grilled and chilled locally raised steak into thin strips. In a bowl, mix together 2 Roma tomatoes (seeded and sliced into wedges), 1/2 cup sliced scallions, 1/4 cup fresh chopped cilantro and 2 cups of peeled, sliced, seeded cucumber. Add the beef to the vegetables and dress with 3/4 cup of your favorite locally made sesame ginger dressing. Serve on a bed of crunchy, local salad greens, and garnish with fresh cilantro sprigs.

Butternut Squash Tortillas

You'll Need: Butternut squash, portobella or other mushroom, onions, cheddar, lettuce or arugula, corn or flour tortillas, oil, salt, pepper, crushed red pepper

Make It: Peel squash and slice into long, thin matchsticks. Steam or microwave until al dente. Slice mushrooms and onions into thin strips. Combine squash, mushrooms, and onions, and season to taste with salt, pepper, and crushed red pepper. Sear the vegetables on medium-high heat, flipping every few minutes, until browned and cooked through. Lightly toast tortillas so that they are warm but still pliable. Top with vegetables, chopped greens, and grated cheddar.

Bok Choy & Tofu Stir Fry

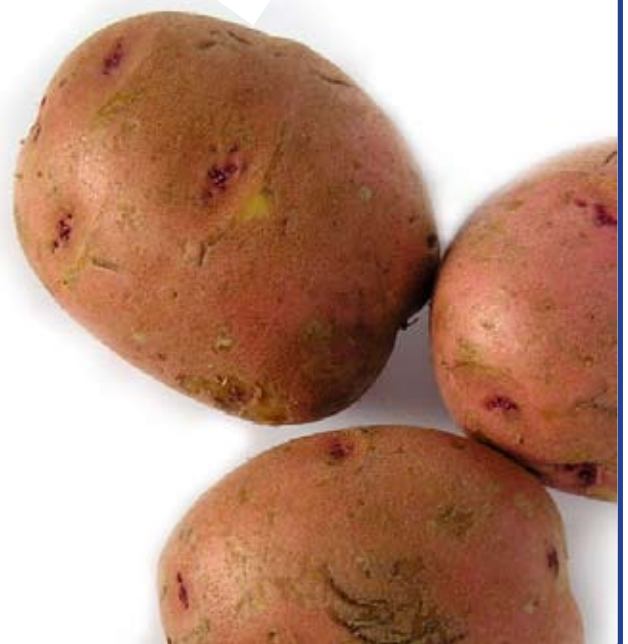
You'll Need: Baby bok choy, tofu, scallions, fresh basil, fresh lemongrass and/or lemon balm, oil, soy sauce

Make It: Slice tofu into triangles and sear in a hot pan with oil. Remove, turn down heat, and sauté bok choy and scallions until bright green and fragrant. Remove from heat and stir in thinly sliced herbs (basil, lemongrass and/or lemon balm). Sprinkle with soy sauce and serve.

Garlic & Chive Twice Baked Potatoes

You'll Need: Baking potatoes, cream cheese, sour cream, cheddar (or Swiss) cheese, garlic, scallions or chives

Make It: Bake 4 potatoes. When cool enough to handle, cut each in half and scoop the flesh into a bowl, reserving the skins. To the potato flesh, add 1/4 pound each of cream cheese, sour cream and shredded cheddar cheese; 1 teaspoon of fresh chopped garlic; a handful of fresh chopped chives or scallions; and a pinch of salt and pepper. Mix or mash together, then scoop the mixture back into the skins and bake at 350°F until the cheese is melted and the potatoes begin to brown, about 10 to 15 minutes. Try adding 1/2 cup of caramelized onions or sautéed mushrooms for even richer flavor. Serve with grilled beef, chicken, or fish.



DINNER, Continued...

Pesto Pizza

You'll Need: Prepared pizza crust, pesto, plum tomatoes, feta cheese, black pepper, fresh basil

Make It: Heat grill to medium-high. Carry crust and toppings out to the grill. Lay crust on grill. Cover grill and cook until the crust's underside is lightly browned, about 3 minutes. Using tongs, flip crust. Immediately spread 1/2 cup pesto over the crust. Top with 4 thinly sliced plum tomatoes. Sprinkle with 1/2 cup crumbled feta and black pepper taste. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with about 1/4 cup torn fresh basil leaves and serve immediately.

Corn Stuffed Peppers

You'll Need: Green peppers, corn, black eyed peas (or other cooked bean), smoked cheddar cheese, jalapeño, butter, fresh cilantro, chili powder or Cajun spice

Make It: Cut 2 or 3 green peppers in half lengthwise and set aside. In a bowl, combine about 1 cup of fresh-cooked local corn kernels, 1/2 cup cooked black eyed peas, 1/4 cup smoked cheddar cheese, 2 teaspoons each of chopped jalapeño pepper, butter, and fresh, chopped cilantro. Portion the corn mixture into the peppers, drizzle with a little butter, and top with some chili powder or Cajun spices. Bake in a 375°F oven for 20 minutes and serve hot.

Cucumber Yogurt Soup

You'll Need: Cucumbers, water, plain yogurt, fresh dill weed, lemon juice (optional)

Make It: Peel and chop 8 pickling cucumbers (or medium regular cucumbers) and blend in a food processor with 3 cups each water and yogurt. Add dill and a splash of lemon juice (optional) to taste. Serve cold.

Simple Sides:

Local Pizza - Cover pizza dough or Rustic Crust pizza crust with tomato sauce or sliced tomatoes and thinly sliced vegetables of choice (onions, mushrooms, peppers, eggplant, arugula, zucchini...). Top with local mozzarella or feta cheese and minced herbs to taste (parsley, oregano, chives, basil...). Bake at 450°F until done, about 20 minutes. Or, make the pizza on a tortilla and put it through one to two rounds in the toaster oven.

Garden Salad - Combine fresh lettuce and whatever else is in season. Dress with vinaigrette or plain yogurt blended with fresh herbs. Turn it into a meal by topping with grilled chicken or beans, served with crusty whole grain bread or oven-roasted potatoes.

Oven-Roasted Potatoes - Slice into wedges and toss with oil or butter and roast at 400°F for about 20 minutes or until golden. Also try cubed winter squash or matchstick beets.

Corn on the Cob - Steam cobs in 1 to 2 inches of water for approximately 10 minutes.

Easy Peasy - Lightly sauté fresh peas, snow pea pods, and/or sugar snap peas with a little butter or oil, fresh dill, and a dash of vinegar or lemon juice.

Grilled Zucchini or Eggplant - Slice into long strips and marinate in Italian dressing for 30 minutes, then grill.

Simple Kale - Remove the ribs of fresh kale and tear into pieces. Rub the greens with a little olive oil. Lightly dress with tamari. Also try with collard greens, chard, etc.

Kale & Mushroom Sauté - Sauté local mushrooms, chopped garlic, and chopped kale in a little butter or oil.

Marinated Root Vegetable Slaw - Grate root vegetables of choice such as carrots, beets, and radishes or daikon root. Toss with a dash of vinegar and maple syrup or honey.

Love Your Brussels Sprouts - Peel the outer layer of leaves off Brussels sprouts, trim the ends, and chop into quarters. Saute in a little butter or olive oil for 1 minute. Add some white wine, cover, and let steam for 3-5 minutes. Uncover and cook off any remaining liquid. Add a little more butter or oil, salt and pepper to taste, and sauté until golden.

Cauliflower Mashed "Potatoes" - Boil chopped cauliflower until tender. Drain, mash with milk or cream, butter or oil, and salt and pepper to taste.

Quick Green Beans - Steam green beans until bright green, about 5 minutes. Toss with toasted sesame seeds, or chopped fresh dill or marjoram, and salt and pepper to taste.

Bacon Makes It Better - Pan fry local bacon until crispy. Add chard, spinach, or kale, and sauté until wilted.

Eat Local This Week... DESSERT OPTIONS

Peach and Blueberry Cobbler

You'll Need: Unsalted butter, vegetable oil, whole wheat flour, baking powder, salt, milk, sugar, vanilla extract, fresh or frozen peaches, fresh or frozen blueberries

Make It: Preheat oven to 350°F. Place 3 tablespoons butter and 3 tablespoons oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes. Meanwhile, combine 1 cup flour, 1 1/2 teaspoons baking powder, and 1/2 teaspoon salt in a large bowl. Add 1 cup milk, 1/2 cup sugar, and 1 teaspoon vanilla. Stir to combine. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon 3 ripe but firm fresh peaches (pitted and sliced into eighths; or 3 1/2 cups frozen) and 2 cups (1 pint) of blueberries evenly over the batter. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

Apple Crisp

You'll Need: Apples (i.e.: Cortland or McIntosh), oatmeal, all-purpose flour, sugar and/or maple syrup, cinnamon, nutmeg, butter

Make It: Preheat oven to 350°F. Peel and slice apples until they fill a baking pan. Sprinkle with cinnamon, nutmeg, and sugar or maple syrup. In a blender or food processor, grind half of the oatmeal into a flour. In a medium bowl, combine oatmeal, oat flour, and all-purpose flour. Mix in melted butter, sugar or maple syrup, cinnamon, and nutmeg to taste. Cover the apples. Bake until the top is golden and the apples are tender.

Goat's Milk Panna Cotta with Honey

You'll Need: Unflavored gelatin, oil, goat's milk, cow's milk, sugar, cream, honey

Make It: Sprinkle 1 1/2 envelopes unflavored gelatin over 1/4 cup cold water in a small bowl and set aside. Lightly oil 8 ramekins. Bring 1 1/2 cup goat's milk, 1/2 cup cow's milk, and 1/4 cup sugar to a boil. Turn off heat and stir until sugar is dissolved. Allow milk to cool to 130°F, then add gelatin and stir until dissolved. Slowly pour in 2 cups cream, stirring. Set the molds on a tray, pour in the warm cream mixture, and refrigerate until set, about 8 hours. Once set, turn panna cotta onto a plate and drizzle with warm honey.

Strawberry Shortcake

You'll Need: Strawberries, biscuits, heavy whipping cream, maple syrup or powdered sugar, vanilla extract (optional)

Make It: Beat cream until it begins to thicken. Add maple syrup or sugar and vanilla to taste. Continue beating until frothy. Cut biscuits in half. Top each half with sliced strawberries and whipped cream.

Bittersweet Chocolate Mint Truffles

You'll Need: Heavy cream, fresh chocolate mint or peppermint, bittersweet chocolate, cocoa powder

Make It: Pour 1 1/4 cups of cream into a small saucepan and bring to a boil. Add about 6 herb sprigs, remove from heat, cover, and let infuse for 30 minutes. Strain. Meanwhile, chop 1 pound chocolate into small pieces, then put it into the food processor. Heat the cream to a full boil, then immediately pour over the chocolate. Let sit for 1 minute, then process until smooth. Transfer to a container and let sit on the counter for two hours. Scoop the mixture into 3/4-inch balls and place on a cookie sheet lined with parchment paper. Roll in your hands to form perfect balls. Put about 1/4 cup cocoa powder into a mixing bowl and drop a few truffle sin at a time, coating evenly. Store in a container in the refrigerator for up to 2 weeks. Let warm to room temperature before serving. Feel free to experiment with different herbs and chocolates.



Homemade Frozen Fruit Bars

You'll Need: Fruit, juice or simple syrup or yogurt

Make It: Coarsely puree fruit and liquid in a blender. Pour into molds and freeze. Try peaches or melon with simple syrup. Strawberries with vanilla yogurt. Blueberries and grape juice....