



Seed to Table

RECIPE

BOOK

Basil Pesto

Ingredients

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

Instruction

Combine the basil in with the nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.)

- Add the garlic, pulse a few times more.
- Slowly add the olive oil in a constant stream while the food processor is on
- Stop to scrape down the sides of the food processor with a rubber spatula
- Add the grated cheese and pulse again until blended
- Add a pinch of salt and freshly ground black pepper to taste

Serve with pasta or spread over toasted baguette slices.

Makes 1 cup.



Prepare Time
15 Minutes



Cook Time
30 Minutes



Garden Fresh Salsa

Ingredients

- 6 Roma or garden tomatoes coarsely chopped
- 1 jalapeno pepper, seeded and coarsely chopped
- 1/2 large red or yellow onion (not sweet) peeled and roughly chopped
- 3 cloves garlic, chopped
- juice of 1 lime
- 1 cup loosely packed cilantro leaves
- 1/2 t salt to taste

Instruction

- Place all ingredients in a food processor and pulse until just chunky
- Taste and adjust salt if needed
- Refrigerate about an hour if time allows
- Color may be lighter than usual due to fresh tomatoes, will darken if stored over time

Yield about 2 cups



Prepare Time
15 Minutes



Cook Time
30 Minutes



Mom's Zucchini Bread

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

Instruction

- Grease and flour two 8 x 4 inch pans. Preheat oven to 325.
- Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
- Beat eggs, oil, vanilla and sugar together in a large bowl.
- Add sifted ingredients to the creamed mixture, and beat well.
- Stir in zucchini and nuts until well combined.
- Pour batter into prepared pans.

Bake for 50-60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool



Prepare Time
15 Minutes



Cook Time
30 Minutes

Makes 2 loaves



Non-Dairy Chocolate Pudding

Ingredients

- 1/3 cup unsweetened cocoa
- 3/4 cup sugar
- 1/4 tsp salt
- 1/4 cup cornstarch
- 3 cups Silk soy, almond or coconut milk, any flavor except Light
- 3 Tbsp margarine
- 1 1/2 tsp vanilla



Prepare Time

15 Minutes



Cook Time

30 Minutes

Instruction

- Combine the cocoa, sugar, salt and cornstarch in a saucepan and mix well.
- -Slowly add the Silk non-dairy milk, whisking constantly to prevent lumps.
- -Bring this mixture to a boil over medium heat while whisking constantly.
- -Lower heat to a simmer
- -Cover and simmer gently for 8-10 minutes, until pudding begins to thicken.
- - Remove from the heat and whisk in the margarine and vanilla.
- - Pour into 1 large bowl or 8 small serving bowls and refrigerate for at least an hour until thoroughly chilled.
- (Place in freezer for about 15 min for a “hurry up” cooling)

For “Eat dirt” presentation add crushed chocolate wafers and gummy worms in clear plastic cups.



Rice Pudding

Ingredients

- 2 c cooked rice
- 2 c whole milk
- 1/3 c sugar
- 1/2 tsp cinnamon
- 1 cardamon pod
- 1/2 tsp vanilla
- 1/4 tsp salt
- 1/4 c raisins
- 1 Tb butter

Instruction

- Place rice and milk in a pot and bring to a boil
- Reduce heat and add sugar, cinnamon cardamon, vanilla and salt
- Simmer for 10 min stirring constantly
- Add raisins and continue to stir until it thickens
- Remove from heat and stir in butter
- Serve warm or cool



Prepare Time

5 Minutes



Cook Time

10 Minutes



No Knead Bread



Ingredients

- 3 cups all purpose flour, more for dusting
- ¼ teaspoon instant yeast
- 1 ⅝ cups water
- 1 ¼ teaspoon salt
- Cornmeal or wheat bran as needed



Prepare Time

14 hours



Cook Time

1 hour



Instruction

- In a large bowl combine flour, yeast, and salt
- Add 1 ⅝ cups water and stir until blended, dough will be shaggy and sticky -Cover bowl with plastic wrap and let rest at room temp for 12 to 24 hours
- Dough is ready when surface is dotted with bubbles
- Lightly flour work surface, place dough on it, sprinkle with a little more flour, and fold over once or twice on itself.
- Cover loosely with plastic wrap and let rest for about 15 minutes
- Using enough flour to keep dough from sticking to work surface and hands, quickly and gently shape dough into ball
- Generously coat cotton towel (not terry cloth) or Silpat mat with flour, wheat bran, or cornmeal
- Place dough, seam side down, on Silpat mat or towel and dust with more flour, bran, or cornmeal
- Cover with another cotton towel and let rise for 2-3 hours
- At least a half hour before dough is ready, preheat oven to 450 degrees
- Put a 6 to 8 quart heavy covered pot (cast iron, ceramic, enamel or Pyrex) in oven while it heats
- When dough is ready, dough will be more than double in size and will not readily spring back when poked with finger
- When dough is ready, carefully remove pot from oven
- Slide your hand under towel and turn dough into the pot, seam side up
- Shake pan once or twice to even dough out, it will straighten out mostly while baking
- Cover with lid and bake 25 minutes
- Remove lid and bake another 20-25 minutes, until loaf is beautifully browned
- Remove from oven, cool on rack

Recipe time: About 1½ hrs and 14 to 20 hours for rising
Yields one loaf

Pumpkin Pancakes



Ingredients

- 1 1/4 cups all purpose flour
- 2 Tbsp light brown sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1 tsp ground cinnamon
- Pinch ground ginger
- 1 c milk (whole, 2% or almond milk)
- 1/2 cup canned (or well baked*) pumpkin or butternut squash 1 egg
- 2 Tbsp vegetable oil
- 1 tsp vanilla

Instruction

- In a large bowl, whisk together the flour, brown sugar, baking powder, salt, cinnamon, and ginger and set aside.
- In a medium bowl, whisk together the milk, pumpkin (or butternut squash), egg, vegetable oil, and vanilla.
- Pour wet ingredients into flour mixture and mix gently until completely combined. (do not over mix)
- Heat griddle to medium heat.
- When griddle is warm, ladle batter onto griddle and cook until small bubbles form. Turn and cook other side until light brown.
- Remove from griddle, spread with butter, and cover with maple syrup or agave.
- Eat and Enjoy!

If using fresh pumpkin or butternut squash: Cut a small pumpkin or medium squash in half. Bake on an oiled baking sheet skin side up for about 1 hr on 350 F until very soft. Scoop out of skin and mash well. Cool and measure as needed.



Prepare Time

1 hour



Cook Time

15 minutes



Bliss Balls

Ingredients

- 1/2 c tahini butter
- 3/4 c almond butter
- 1/3 c agave
- 1/4 c cocoa powder
- 1/4 c raw pumpkin seeds
- 1/2 c raw sesame seeds
- 3/4 c sunflower seeds
- 1/2 c shredded coconut, unsweetened
- 1/4 c raisins

Additional 1/2 c shredded coconut, unsweetened for rolling

Instruction

In a medium-sized mixing bowl, combine the tahini, almond butter, agave and cocoa powder. Add the sesame seeds, sunflower seeds, coconut and raisins. Mix well and form into small balls by hand. Roll the balls in a small amount of coconut. Place them on a cookie sheet and put into the fridge for 20 minutes.

Makes up to 40 balls.



Prepare Time
15 minutes



Freeze Time
20 Minutes



Potato Leek Soup



Ingredients

- 2-3 med potatoes
- 1 med leek
- 1 stalk of celery
- 1/2 c milk or milk substitute
- 1/2 tsp salt
- 1 Tb butter or butter replacement

Instruction

- Peel the potatoes and cut them in 1/2" cubes
- Remove the bottom from leek and cut into small slices until just above the white part of the stalk
- Wash celery stalk, remove bottom inch and leaves and cut remaining stalk in small slices
- Add above ingredients to a pot and add just enough water to cover the veggies.
- Cook until potatoes are tender
- Add milk, salt and butter and reheat until hot.



Prepare Time

15 minutes



Cook Time

20 Minutes



30-Minute Pizza



Ingredients

- 1 tsp yeast
- ½ c warm water
- 1 Tbs olive oil
- ½ tsp salt
- ½ tsp sugar
- 1 ¼ c flour



Prepare Time
15 minutes



Cook Time
20 Minutes

Instruction

- Preheat oven to 450*
- Measure ½ c warm water in glass measuring cup and pour into medium drinking glass or small bowl
- Add the yeast to the warm water, stir and let stand until it begins to bubble
- Add 1 Tbs olive oil , ½ tsp salt, and ½ tsp sugar to yeast water, stir and set aside
- In a medium bowl, measure 1 ¼ c flour
- Add the yeast/water mixture to the flour and stir until smooth
- Form the dough into a ball and divide it into 3 equal portions
- Generously flour a cutting board (one for each team member)
- Roll each part into a ball and pat it into a personal pizza (about 6 " in diameter)
- Drizzle dough with olive oil and spread evenly
- Add enough sauce to cover center of the pizza, leaving the crust edge free of sauce
- Add desired toppings and sprinkle with mozzarella cheese
- Bake in 450* oven for about 10 min.
- Enjoy!

This recipe will make 3 personal or one medium pizza or can be doubled to make 2 medium or one large pizza.



California Cole Slaw

Ingredients

- 1/2 head red cabbage, chopped
- 1/2 head green cabbage, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small carrot, shredded
- 1/2 cup cider vinegar
- 3 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup olive oil

Instruction

In a large salad bowl, place the chopped cabbages, bell peppers and shredded carrot. In a small bowl, whisk the vinegar, sugar, salt, pepper and olive oil and pour over vegetables. Toss the mixture until the vegetables are fully coated with the marinade.



Prepare Time

20 minutes

