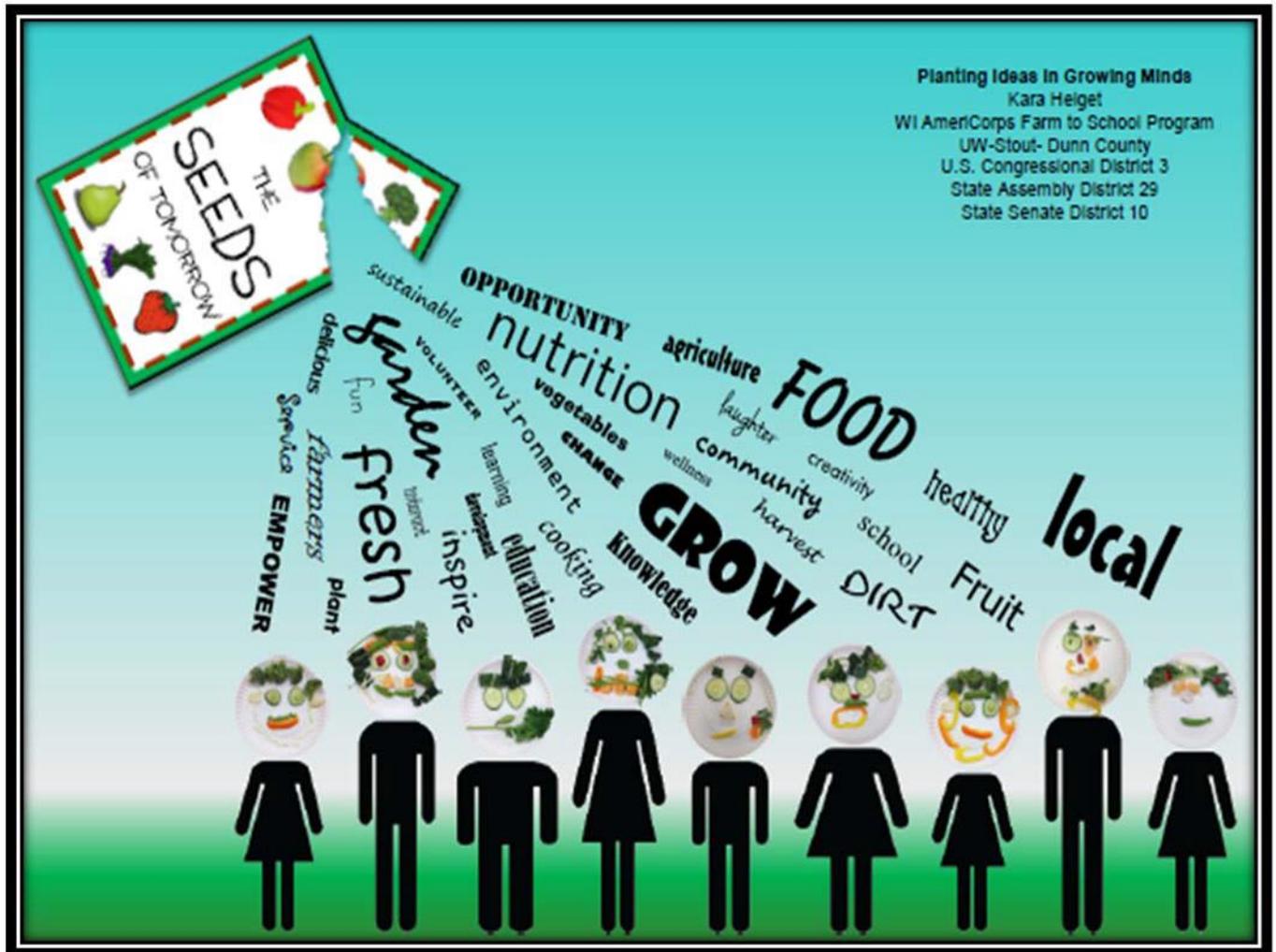


# DATCP-AMERICORPS FARM TO SCHOOL PROGRAM

2014-2015

## TASTING COOKBOOK





# DATCP AmeriCorps Farm to School

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Hello AmeriCorps Members,

This book contains recipes submitted by our AmeriCorps Members from the 2014-2015 service year. The recipes in this book were used in real classrooms with real students. The Members prepared food and encouraged the students to take “a polite bite”. To venture outside of the familiar and try foods that were healthy, often locally sourced, and delicious. They worked hard over the year to carefully introduce foods so that students would begin to look forward to tasting whatever new treat they brought. The Members built relationships with the students and became champions of healthy living. We hope that you will take these recipes and use them to encourage a “polite bite” in your own classrooms.

*This book is dedicated to all of the Members that served in the DATCP-AmeriCorps Farm to School Program in the 2014-2015 service year. A special thanks to Christine Stamm and all those at DATCP that helped make this book a possibility.*

All the Best,

Dominique Bradley  
Program Manager

## 2014-2015 AmeriCorps Completing Members

Ashland School District- Nathanael Secor and Eric Morud

Bayfield School District- Magdalene Dale and Rachel Pettit

CESA Purchasing- Christopher Bauer

Crawford County UW Extension- Kate Maxfield and Lauren McElroy

Eat Here Eat Well Jefferson County- Liesl Schultz Hying

Farmshed- Joe Nowinski and Olivia Ehlers

Goodwill Industries of North Central Wisconsin- Kelly Hammond and Alissa Lick

Northland Pines School District- Nancy Junkerman and Jasmyn Schmidt

REAP Food Group- Jill Carlson, Clare Mesean, Ida Yu, Jenna Delesha

Re:TH!NK Winnebago- Emily Verbeten

Richland County School District- Julie Whitney

Rock County UW Extension- Jo Anne Franzene and Elizabeth White

Spooner Area School District- Cindy Cameron

UW Stout- Kara Helget and Jennifer Robey

Viroqua Area School District- Kristine DaPrato

Waupaca UE Extension- Jean Oberstadt and Mikayla Wehrle

Washburn School District- Kellie Pederson

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*Submitted by Bayfield School District*



## **One Sister Squash Soup**

**Prep Time:** 60 minutes (mostly baking and cooling the squash)

**Cooking Time:** 15 minutes

### **Ingredients**

- 1 ½ cup cooked Butternut or Acorn Squash (about 1 squash)
- 2 apples thinly sliced (peeled and cored)
- 1 cup of coconut milk (or other milk you like)
- 1 ½ cups vegetable broth
- ½ teaspoon salt
- 1 teaspoon powdered sage
- ¼ teaspoon curry powder
- 2 teaspoons honey
- green onions for garnish

### **Directions**

1. Using a large sharp knife, cut squash into quarters. Remove seeds. Place face down on a well-oiled pan. Bake for 35 minutes at 400 degrees or until tender. Cool for 20 minutes. Using a large metal spoon, scoop the squash from the skins. (This step can be done ahead of time)
2. Using the apple peeler/corer, process 2 apples. If you do not have a peeler/corer, you can slice the apples instead.
3. Place the sliced apples, squash and broth in the food processor or blender. Blend until smooth. If the mixture is too thick, add a little more broth.
4. In a medium saucepan, combine squash mixture with coconut milk & all of the spices.
5. Cook on medium high heat until soup begins to bubble. Stir often. Turn down to medium low and simmer for about five minutes with the lid off.
6. When soup is complete and stove is off, stir in honey.
7. Serve with a garnish of chopped apple or green onion. Salt and pepper to taste.

*Contributed by Winnebago re:THINK*

## **Easy Homemade Apple Slaw**

Yields 8, ½ cup servings

### **Ingredients**

6 oz plain yogurt  
1/4 cup honey  
1/4 teaspoon paprika  
2 tablespoons orange juice  
2 teaspoon prepared mustard (optional)  
2 cups diced apples (about 2 medium apples)  
¼ cup diced celery

### **Directions**

1. Prepare the dressing: Mix yogurt, honey, paprika, orange juice, and mustard. Chill.
2. Dice apples and celery.
3. Combine dressing with apples and celery. Serve immediately or store in the refrigerator for up to 24 hours.
4. Enjoy!



*Contributed by Richland County*

## **Pumpkin or Squash Bars**

### **Ingredients**

2 cups sugar  
4 eggs  
2 cups pumpkin or squash  
 $\frac{3}{4}$  cup softened butter  
2 cups flour  
2 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon cinnamon

### **Directions**

1. Cream together sugar, eggs, squash and butter.
2. Stir in all dry ingredients.
3. Bake in 9x13 pan for 30 minutes at 350 degrees.



*Submitted by Rock County*

## **Bike Blender Smoothies**

(as showcased at Janesville Winter Farmer's Market)

**Smoothies are fun to make and can be very healthy. Here are some general tips:**

- If you want a sweet smoothie, add fruit. Also, remember that honey and maple syrup are a healthier alternative to sugar.
- Bananas and pineapples have strong flavor and a LOT of natural sugar in them. Because of this, they are good to use in green smoothies; they help to mask the flavor of vegetables! This way, you can get all of the health benefits of the vegetables without having to taste them!
- If you add yogurt to your smoothie, it will make it taste creamier.
- It is fun to experiment with different fruits, fruit juices, and vegetables. If you want to make it healthier, you can add chia seeds, hemp hearts, and ground flax seeds.



## **Pumpkin-Apple Smoothie**

### **Ingredients**

- 1 cup pumpkin
- 2 cups applesauce
- 1 - 2 teaspoons cinnamon
- ½ teaspoon ginger

*Submitted by Rock County*

## **Christy's "I Hate Pumpkin" Pumpkin Hummus**

### **Ingredients**

1 cup pumpkin puree  
15-oz can chick peas (drained)  
1 - 2 cloves garlic  
1 tablespoon tahini  
1 teaspoon cumin  
1 teaspoon cinnamon  
1 pinch paprika  
1 pinch cayenne pepper (optional)  
1 tablespoon extra-virgin olive oil  
1 tablespoon lemon juice

### **Directions**

Like all hummus, this recipe is hard to blend. You need a powerful blender!  
This recipe is best served with Blue Farm Blue Corn Tortilla Chips.



*Contributed by Goodwill Industries of North Central Wisconsin*

## **Cheesy Kale Chips**

### **Ingredients**

1 bunch kale (about 1 cup)  
1 tablespoon olive oil  
1 tablespoon Wisconsin cheese  
(cheddar or parmesan)  
Salt and pepper (to taste) Large baking pan lined with parchment paper

### **Directions**

Preheat oven to 250 degrees

1. Carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale
2. Place bite-sized kale in large bowl and drizzle kale with olive oil then sprinkle with salt and pepper
3. Move kale to baking pan and sprinkle with cheese
4. Bake for 30 minutes at 250 degrees

Enjoy!

*TIP: kale chips should be stored in an air-tight container. If they lose their crunch, they can be put back in the oven at 250 degrees for 5 minutes before serving.*



*Contributed by Bayfield, WI*

## **Cran-merry Solstice Sauce**

**Prep Time:** 5 minutes

**Cooking Time:** 25 minutes

### **Ingredients**

2 - 12oz packages of fresh or frozen cranberries (approx 3 cups)

1 cup apple cider or apple juice

⅓ cup of maple syrup

½ teaspoon cinnamon (optional)

½ teaspoon allspice (optional)

1 tablespoon fresh grated ginger (optional)

### **Directions**

1. Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.
2. Combine cranberries, apple cider & ginger into a small sauce pan. Bring to a boil.
3. Turn heat to medium and continue to cook until most of the cranberries have burst. Stir often so cranberries do not burn!
4. Add maple syrup and spices. Turn heat to low and continue to simmer until your sauce thickens to your desired consistency.
5. Remember, sauce will continue to thicken as it cools!

### **Possible substitutions**

- Substitute orange juice instead of apple juice for a tangier variation.
- Substitute 1 ½ cups peeled & chopped apples instead of 1 ½ cranberries for a milder cran-apple sauce.
- Substitute honey instead of maple syrup. For this substitution, add the honey in at the very end after cranberries have been removed from the stove.



*Submitted by Northland Pines School District*

## **Cranberry Orange Relish**

### **Ingredients**

1 quart of cranberries  
1 large seedless orange  
1 cup sugar

### **Directions**

1. Discard any soft cranberries, then wash in cold water and drain.
2. Pare orange with a knife and pull out the white inner portion of the skin. Separate the orange into sections, removing the membrane.
3. Put the cranberries, orange sections and yellow part of orange peel through food chopper (processor), using the coarsest blade. Stir in sugar.
4. Turn mixture into a clean glass jar or bowl, cover tightly and let stand overnight or longer in the refrigerator or any cool place to blend the flavors. Serve as a relish with chicken, turkey, or roast meat. About 2 1/2 cups.



*Submitted by Bayfield School District*

## **Garden Face Frittata**

Prep Time: 15 minutes

Cook Time: 25 minutes

You can substitute any garden veggies into this simple and fun recipe.



### **Ingredients**

2 tablespoons oil, divided  
3 cloves garlic, minced  
2 tomatoes, diced  
¼ cup green olives  
6 wild ramps (or 1 small leek)  
2 ½ cups leafy greens (spinach, kale, swiss chard, etc.)  
8 each local eggs

2 tablespoons milk  
3 tablespoons soft cheese, such as goat cheese or cream cheese  
½ teaspoon salt  
½ teaspoon black pepper  
½ teaspoon oregano, dried  
¼ teaspoon thyme, dried

### **Directions**

1. Reserve 2 tablespoons of tomatoes, ½ cup leafy greens, 1 olive, and ½ Tbsp goat cheese for the topping.
2. Chop olives, green, and ramps (using both the white bulb and green leaves of the ramps) and set aside.
3. In a medium bowl, whisk together eggs, milk, cheese, chopped olives, and spices. Set aside
4. In a large oven-proof skillet, heat oil over medium high heat. Add garlic and sauté for 1 minute.
5. Add ramps and tomatoes and sauté for another couple minutes. Add greens and cook until wilted.
6. Pour egg mixture into hot pan and mix quickly.
7. Tilt pan slightly and with a spatula gently lift edges of the frittata and let egg run underneath to cook, creating a firm underlayer. Do this for the first 3-4 minutes of cooking.
8. Cover and turn the heat to low. Continue to cook, shaking pan and using spatula to loosen to prevent the frittata from sticking to the bottom.
9. Continue until the bottom becomes golden brown and the eggs are about set, about 10 minutes.
10. While frittata is cooking, move rack in oven to the top and turn broiler on high.
11. When frittata is golden brown underneath, uncover and place under broiler for 2-3 minutes. Check frequently to prevent burning.
12. Remove frittata from oven and allow to cool.
13. When cool, invite your kids to create a fun face or picture with the toppings. Frittata can be served hot or cold. Store in a covered container and refrigerate up to 3 days.

Inspired by Owen Maroney

*Submitted by Bayfield School District*

## **Sassy Cheese Spread**

### **Ingredients**

8 oz container of Sassy Nanny Lake Effect goat cheese  
2 oz of fresh or frozen (thawed) pesto  
2 oz of bell pepper jelly or relish  
pinch of salt and pepper

### **Directions**

1. In small bowl combine cheese, pesto, pepper relish, and salt and pepper.
2. Gently fold ingredients together with spatula being careful not to over-mix, just enough to incorporate ingredients.
3. To serve, you can either put the spread in a festive bowl or take a piece of saran wrap and put the mixture on the wrap, fold up all ends and gently form a log shape, then put on a plate and decorate with available garnish.

Serve with a warm, crusty baguette from a local bakery!



## Homemade Sauerkraut

### Ingredients

- 1 wide mouth quart jar
- 1 large mixing bowl
- 1 small cabbage (around 2 lb)
- 1 tablespoon non-iodized sea salt
- 1 teaspoon caraway and/or dill seed
- Minced onion and/or garlic to taste

### Directions

- 1) Wash your hands and make sure all surfaces are well cleaned. Since sauerkraut uses “good” bacteria that are naturally occurring on the cabbage to ferment, it is important to reduce any possible spoilage by starting with proper hygiene.
- 2) Cut the cabbage in half with a large knife. This makes it easier to work with on your cutting board so that it doesn’t slip.
- 3) Slice the cabbage into thin strips about 1 cm wide or less. Cut out the heart and any fibrous pieces out of the cabbage and feed them to your rabbits or put them in your compost.
- 4) Once the cabbage is entirely sliced, sprinkle the salt, seeds, and optional onion and garlic into it. Mix these ingredients thoroughly and then begin to massage the mixture vigorously with your hands. The goal is to have the salt pull the juices out of the cabbage. Squeeze, punch, and massage the mixture until it feels juicy.
- 5) Once you can see juices pooling in the bowl, it is ready to put into the jar. If you are using cabbage that has been in cold storage for many months (and therefore has begun to dehydrate), it may be necessary to add several tablespoons of purified water to the recipe to get the desired amount of liquid.
- 6) Compress the salted cabbage into the jar using your clean hands or a utensil to push the contents down until they are covered by juice. You will need to leave at least 1 inch headspace on the top as the fermentation process will cause the ‘kraut to rise and bubble.
- 7) Loosely screw the cap on the jar and place it on a plate or in a bowl in a cool – 55-70 degree area. Each day, check on the sauerkraut and push the cabbage down under the juices. This will encourage thorough fermentation and make sure the sauerkraut doesn’t overflow. Try the sauerkraut after one week. How does it taste? Some people prefer it at this stage and if you find that to be the case you can put the jar into the refrigerator or you can keep it fermenting for up to a month in this manner. As a rule, the sauerkraut gets softer in texture and more sour in flavor as time goes on.

*Sauerkraut pairs well with heavy foods and is used as a pro-biotic digestive aide. It compliments grilled cheese sandwiches, bratwurst, pork chops, duck, and is great as a component of salads. The 5<sup>th</sup> graders at Lake Superior Elementary School (Ashland, WI) as well as the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade charter schools of Ashland Elementary Charter School made sauerkraut with the cabbage that we grew in the school garden. This was a fun and enlightening activity for the children as it taught them about fermentation and the roles that certain microbes play in healthy digestion as well as in traditional food preservation. While we used dozens of cabbages to make our 5 gallon batches, this recipe has been adjusted for the average family. Since the sauerkraut takes several weeks to ferment, it is best to plan ahead if you will want it to accompany a meal.*

## "Beet It" Brownies

Prep Time: 45 minutes

Cooking Time: 30 minutes

### Ingredients

3-4 Small Beets

Olive Oil

3-4 oz bar of chocolate

$\frac{3}{4}$  cup all-purpose flour

2 teaspoons baking powder

6 tablespoons butter (room temperature)

$\frac{1}{4}$  cup brown sugar

1  $\frac{1}{2}$  teaspoon vanilla extract

2 eggs (room temperature)

Pinch of salt

### Directions

1. Wash and remove the greens from small beets. Drizzle with a little olive oil, wrap in tin foil, and roast in a 400F oven until soft (about 40 minutes).
2. Cool beets, then puree and set aside.
3. Preheat oven to 350F, then butter and flour a small (8" or 9") cake pan.
4. Melt chocolate and set aside to cool.
5. In a small bowl, mix together all-purpose flour, baking powder, and salt
6. In a large bowl combine butter and brown sugar. Use a hand mixer (or a lot of elbow grease and a whisk) to beat until creamy
7. Once sugar and butter are creamed beat in vanilla extract and eggs
8. Once combined stir in beet puree, chocolate and flour mixture
9. Pour into the prepared pan and bake for 30 minutes.

Cool and serve! Let me know if you all try this recipe, and if your guinea pigs...I mean guests...can guess the secret ingredient!



*Submitted by REAP Food Group*

## **Wisconsin Rainbow Veggie Stir-Fry**

### **Ingredients**

Some type of fat (Olive oil, butter, vegetable oil)

Pinch of Salt

Pinch of Pepper

Herbs or spices (here we use mix of oregano, basil, thyme)

A colorful mix of veggies (here we use 4 cups total of carrots, red beets, and kohlrabi to serve ~25 people, but you can use whatever veggie you like)

### **Directions**

- 1) Wash your hands or use hand sanitizer.
- 2) Coat wok or sauté pan with oil and heat to medium heat.
- 3) Add washed and chopped up root vegetables (add harder veggies first, add leafier, more tender veggies later)
- 4) Cook 10-15 minutes or until root veggies have softened and become browned at the edges. Stir often with wooden spoon or spatula.
- 5) Season with salt, pepper, and a heavy shake of herbs! Serve and enjoy!





## **Green Monster Smoothie**

### **Ingredients**

- 1 banana
- 1 handful spinach leaves
- ½ cup Vanilla Yogurt
- ½ cup Almond Milk (or regular cow, or soy milk)
- 1 tablespoon Flax Seed Meal (or peanut butter)

### **Directions**

1. Mix spinach leaves and milk (in blender or food processor) until smooth and green.
2. Add banana, broken into several chunks. Blend again until smooth.
3. Add yogurt and flax seed meal or peanut butter.
4. Blend a final time until smooth and well mixed.

*Submitted by Bayfield School District*



## **Maple Vanilla Squish Squash**

**Prep/Total Time:** 30 minutes

### **Ingredients**

2 cups butternut squash, peeled and cubed (or 10 oz. thawed frozen squash)

Water to cover

¼ stick salted butter

¼ cup maple syrup

1 ½ teaspoon vanilla extract

¼ teaspoon salt

1/8 teaspoon black pepper

### **Directions**

1. Peel, seed and dice butternut squash into even size pieces. Place squash in a medium sauce pan, cover with water and bring to a simmer over medium heat. Simmer squash for 5-10 minutes until squash is fork tender. Strain Butternut squash and place into a bowl.
2. If using frozen squash, you can skip the above steps and instead reheat squash until hot in microwave or oven.
3. In a mixer or with a hand blender, mash squash until smooth. Add Butter and stir until butter is completely melted. Add remaining syrup, vanilla, salt and pepper and stir until completely mixed.
4. Adjust seasoning as desired with salt and pepper and serve.

*Inspired by Patrick Moore, A'viands Food Service Director for the Ashland School District*

*Submitted by Bayfield School District*

## **Peanut-Rhubarb Snack Bars**

Prep Time: 20 minutes

Cook Time: 25 minutes

### **Ingredients**

1 pound rhubarb, thinly sliced  
1/4 cup honey  
Canola spray oil  
1 cup whole wheat flour  
1 cup all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup smooth peanut butter  
1/2 cup reduced-fat (2%) milk  
1/4 cup brown sugar  
2 eggs  
1 teaspoon pure vanilla extract



### **Directions**

1. In a medium saucepan, combine rhubarb and honey. Cover and cook over medium heat, stirring halfway through, about 10 minutes. Uncover and reduce heat to medium low.
2. Continue to cook, stirring occasionally, until thick and jammy, about 10 minutes more. Set aside to cool. (This step can be done up to 3 days ahead of time. Alternatively, use already prepared jam--you will need about 1 1/4 cups.)
3. Preheat the oven to 350°F. Coat a 9x13-inch baking dish with spray oil; set aside.
4. Meanwhile, in a medium bowl, combine whole wheat flour, all-purpose flour, baking powder and salt; set aside.
5. In a large bowl, beat together peanut butter, milk, brown sugar, eggs, vanilla and reserved rhubarb jam. Stir in flour mixture.
6. Spread batter into the prepared baking dish. Bake until cooked through and golden brown, about 25 minutes.
7. Allow to cool slightly before cutting into squares. Serve warm or at room temperature.

*These delicious snack bars taste just like your favorite peanut butter and jelly sandwich. A great use for tart rhubarb jam, try this recipe with lingonberry or raspberry jam, too.*

Submitted by re:TH!NK Winnebago

## Ratatouille

*Most of the ingredients of this delicious dish can be picked up at the farmer's market and cooked the same day! For even cooking, make sure the vegetables are cut to the same size. One cup of ratatouille provides one serving of vegetables.*

### Ingredients

- 1 medium eggplant, peeled, quartered & diced
- 1 small zucchini, diced
- 1 small yellow squash, diced
- 2 small bell peppers, sliced thin (any color)
- 1 yellow onion, sliced thin
- 5 plum tomatoes, diced
- 3 - 4 garlic cloves, minced
- 1 tablespoon dried oregano
- 2 teaspoons dried thyme
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh basil
- 2 tablespoons olive oil

### Directions

Preheat oven to 350 degrees F.

1. Wash and cut all vegetables, but do not mix them. Arrange into separate sections on a baking tray, drizzle with olive oil, and sprinkle the minced garlic and herbs over the vegetables.
  2. Bake for 25 minutes, stirring occasionally.
  3. Toss baked product gently to combine.
- Serve over brown rice or pasta, with bread, or on a pizza or quesadilla with cheese.



*Submitted by Goodwill Industries of North Central Wisconsin*

## **Tomato Pops**

### **Ingredients**

1 pint cherry tomatoes  
1 bunch fresh basil  
1 cup fresh mozzarella balls  
1 tablespoon olive oil  
1/4 teaspoon sea salt  
1/4 teaspoon pepper  
12 long wooden skewers  
Splash of balsamic vinegar (optional)

### **Directions**

- 1) Put tomatoes and mozzarella balls in a large bowl (drain water from mozzarella balls)
- 2) Slowly pour oil onto the tomato-mozzarella mixture while mixing with a large spoon
- 3) Season with salt and pepper, stirring to ensure ingredients are evenly seasoned.
- 4) Spear the veggies and cheese onto the skewers, alternating between tomatoes, mozzarella and basil several times per spear.
- 5) Enjoy!

Optional - add balsamic vinegar to mixture before skewering, or drizzle over finished sticks



*Submitted by Winnebago re:THINK*

## **Easy Homemade Salsa Recipe (Serves 4)**

### **Ingredients**

2 cups tomatoes, chopped (about 4 tomatoes)  
1 tablespoon red onion, chopped  
Salt to taste  
1 yellow, orange, or green pepper, chopped  
1 tablespoon cilantro, chopped  
2 teaspoons lime juice  
1 jalapeno pepper, seeded and chopped

### **Directions**

1. Place all of the ingredients in a bowl. Stir to combine
2. Serve with chips, over tacos, or use as a salad dressing.



*Submitted by Rock County*

## **Bike Blender Smoothies for Summer**

### **Kiwi Watermelon Smoothie**

1 ½ cup peeled diced watermelon  
1 kiwi, peeled, halved  
1 date, pitted  
1 cup ice cubes

### **Fruit Salad Smoothie**

½ cups grapes, red or green  
1 medium orange  
½" thick slice fresh pineapple, core included  
¼ cucumber, peeled  
1 medium carrot, halved  
¼ medium apple, seeded  
2 cups ice cubes



*Submitted by Bayfield School District*

## **Cucumelon Salad**

*Use more cucumbers if melon isn't available and adjust herbs and seasonings as needed.*

### **Ingredients**

1 small melon (about 1 pound), seeded and cubed (about 4 cups)  
1 medium cucumber, cut in half lengthwise, seeded and sliced into half moons  
1/4 cup chopped fresh herbs, such as basil, mint or tarragon  
Juice and zest of 1 lemon  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

### **Directions**

In a large bowl, toss together all ingredients to combine.  
Serve with yogurt or cottage cheese for a light and healthy lunch.





DATCP AmeriCorpsFarm to School Program  
August 2015  
Publication # MK - AD - 65