

TOMATO SALSA



This fresh dish comes from the Vermont Harvest of the Month club.

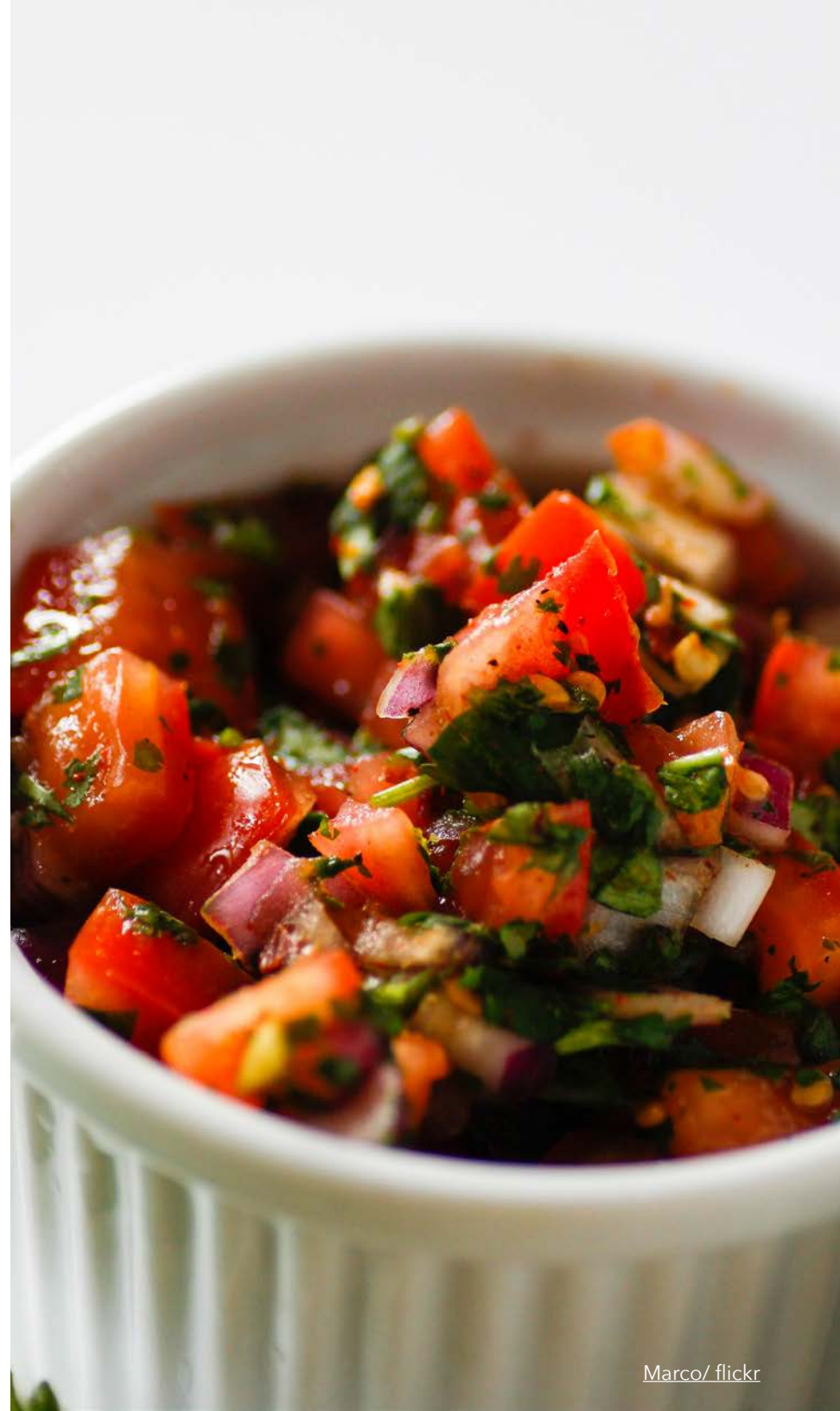
SERVES 50

INGREDIENTS

- 6 3/4 pounds fresh tomatoes
- 6 cloves garlic
- 1 medium onion
- 1/4 cup plus 2 tablespoons cilantro
- 1/4 lime juice
- 1/4 cup olive oil
- 2 teaspoons salt

PREPARATION

1. Mince the fresh tomatoes, garlic, onion and cilantro. Some children suggested puréeing a portion of the tomatoes to give the salsa a smoother texture, while others enjoyed it chunky style – we'll leave it to you to decide.
2. Mix all ingredients in a bowl.
3. Let all ingredients stand for at least 20 minutes or up to one day, in the fridge, before serving.



COLORFUL CRISPY SALAD



Small salads made with a mixture of vegetables are a great way to boost nutrition. Enjoy them as a side at meals or as an afternoon snack. Recipe from Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware.

SERVES 48

INGREDIENTS

8 cups tomatoes,
seeded and diced

8 cups cucumber,
peeled and diced

2 cups, bell pepper,
red, chopped

1 cup olives, canned

8 cups, lettuce, chopped

1/2 olive oil

1/4 vinegar

4 teaspoons oregano

PREPARATION

1. Place all salad ingredients into a bowl.
2. In a separate bowl, mix dressing ingredients together (olive oil, vinegar, oregano).
3. Pour dressing over salad. Toss to coat.



POWER SALAD

Recipe and photo from Hoover City Schools and Meatless Monday.

SERVES 20

INGREDIENTS

1 pound 4 ounces
romaine lettuce

1 pound 4 ounces
spring salad mix

10 cups garbanzo
beans, roasted

2 pounds 3 ounces
cherry tomatoes

1 pound 11 ounces
cucumber, peeled, sliced

11 ounces broccoli

1 pound 4 ounces
chedder cheese

5 cups blueberries, frozen

2 ounces flatbread

20 packets raspberry
vinaigrette

PREPARATION

1. Prepare Roasted Garbanzo Beans and set aside.
2. Mix romaine lettuce and spring mix together. Portion 2 cups on bottom of clear plastic hinged container.
3. Cut cherry tomatoes length-wise. Toss together 4 tomatoes, 4 cucumber slices, 2 ounces of carrots, 3 pieces of broccoli, 1 ounce cheese and 1/2 cup roasted chickpeas and spread over top of lettuce.
4. Sprinkle 1/4 cup blueberries on top
5. Cut 1/2 flatbread into 3 triangles. Place in front left-corner of container. Each salad will contain 1/2 flatbread to credit 1 oz of whole grain.
6. Place dressing packet in front right-corner. Close container and refrigerate until service.



LOCAL CATCH FISH TACOS



This delicious recipe was adapted from Idaho Child Nutrition Programs.

Choose locally caught white fish such as redfish or pollock.

SERVES 100, 2 OUNCES OF FISH

INGREDIENTS

For the fish and sauce

15 pounds of white fish
1 quart plain low-fat yogurt
1 quart mayonnaise
1/2 cup lime juice, unsweetened
2 cups canned green chili peppers, drained
2 1/2 tablespoons ground cumin
2 1/2 tablespoons dried oregano leaves
2 1/2 tablespoons garlic powder
1 tablespoon salt

Taco filling

2 pound shredded raw green cabbage
2 1/4 pound shredded raw purple cabbage
10 2-inch limes
13 1/4 pound tomatoes
1 2/3 pound green onion

Sides

100 small corn tortillas
1/2 #10 can low-sodium salsa

PREPARATION

1. Bake fish portions. Fish is done when it flakes apart easily and internal temperature reaches 155 F.
2. For the sauce: In a large bowl or mixer, mix yogurt, mayonnaise, lime juice, green chilies, cumin, oregano, garlic powder, and salt.
3. For the taco filling: Toss shredded cabbages together in a large bowl. Slice each lime into 10 slices. Dice tomatoes. Slice green onion.
4. For the tortillas: Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball. Place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.
5. To assemble dish, in each tortilla, add 2 ounce portion of fish, 1/4 cup cabbage mix, 1/4 cup diced tomatoes, 1 tablespoon sliced onion, and 1 3/4 tablespoon sauce. Garnish with 1 lime slice and 1 tablespoon salsa. Serve.



Larry Hoffman/ flickr