

**Steel Valley Grows Garden**

# **Cooking in the Garden program**

## **Recipe Booklet**



**Meals prepared in  
July, August, and  
September 2019**

# July 16 & 18, 2019

## Grilled Chicken with Strawberry Lime Salsa

(All amounts are "to taste" and any can be omitted if you don't like an ingredient)

- Chop onion, cilantro, jalapeno, and garlic scapes together. (smallish amounts of these ingredients)
- Press garlic and add to mixture. (you can use either garlic scapes or minced/pressed whole cloves or a mix of both)
- Chop strawberries coarsely (make sure they don't become puree) and add to mixture
- Add a pinch of sugar and some feta cheese crumbles.
- Squeeze an eighth to a quarter of a lime into the mix. Stir and serve over grilled seasoned chicken. Or just eat some with a fork. Or it would probably be great with chips too!

Chicken was marinated in a balsamic vinaigrette made with balsamic vinegar, olive oil and a packet of Italian dressing seasoning (Good Seasons brand) the night before the program.

# Sides

## Sauteed Potatoes

Cube potatoes, sautee in oil and butter on an electric griddle with chopped onion, minced garlic, salt and pepper. Add the garlic last as it cooks faster and will burn if it sautees as long as the potatoes!

## Sauteed Kale

Chop kale, sautee in oil and butter on an electric griddle with chopped onion, minced garlic, salt and pepper. Add the garlic last as it cooks faster and will burn if it sautees as long as the kale! Kale cooks for less time than potatoes.

## Sauteed Green Beans

Clean beans then cut in half, sautee in oil and butter on an electric griddle with chopped onion, minced garlic, salt and pepper. Add the garlic last as it cooks faster and will burn if it sautees as long as the beans! Green beans cook for less time than kale.



# August 12, 13, 14, 2019 Grilled Chicken with Bruschetta & Zoodles

(All amounts are "to taste" and any can be omitted if you don't like an ingredient)

- Chop onion, tomato, and garlic scapes.
- Press garlic and add to mixture. (you can use either garlic scapes or whole cloves or a mix of both. Be careful if using both - garlic is strong!)
- Add a pinch of sugar, a pinch of salt, and some chopped basil leaves
- Add balsamic vinegar to taste. Stir and serve over grilled seasoned chicken and/or toasted French bread slices brushed with olive oil. (Add a slice of fresh mozzarella to the bread for a delicious extra.) Or just eat some with a fork.

Chicken was marinated in a balsamic vinaigrette made with balsamic vinegar, olive oil and a packet of Italian dressing seasoning (Good Seasons brand) the night before the program.

French bread slices were brushed with olive oil and toasted on the grill.

# Zoodles

Cut the ends off a zucchini (works with yellow squash as well) and use a spiral cutter to cut it into long noodles. We used the “thick cut” setting on the two spiral cutters in the garden.

Melt some butter and olive oil on an electric griddle. Sautee zucchini noodles with onion, garlic, salt and pepper to taste. Add garlic last as it cooks faster and may burn. Zucchini noodles cook faster than any of the sides from the July session, so check them often for done-ness and don't wait TOO long to add the garlic!



# Sept 9, 16, 23, 2019 Beef and Turkey Sliders with Tomato and Cucumber salad

(All amounts are "to taste" and any can be omitted if you don't like an ingredient)

You can use beef, turkey, or a mixture for these sliders. Mixing ground beef and ground turkey gives you a fairly beefy burger with fewer calories and a bit less fat.

Season ground meat with salad pepper seasoning salt, steak seasoning, onion powder and/or garlic powder. Shape into small patties (slider sized) and grill. Once on the grill, shake more seasoning salt on sliders.

Serve with mayo, mustard, ketchup, and lettuce (all to taste) on Hawaiian sweet rolls.



# Cucumber Tomato Salad

- Chop tomatoes and cucumber and put in a bowl. Using multi-colored tomatoes makes it a very pretty salad. Some students used the spiral cutter and had spiral cucumbers rather than chopped.
- Add a small amount of minced jalapeno, chopped chives, minced garlic, and minced onion, again, all "to taste."
- Add garbanzo beans (AKA chickpeas) and some feta cheese crumbles
- Dress with balsamic vinaigrette: balsamic vinegar, olive oil and a packet of Italian dressing seasoning (Good Seasons brand) (same dressing used to marinate chicken in July and August)





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