

**Steel Valley Grows Garden**

**Cooking in the Garden  
program**

**Recipe Booklet**



**Meals prepared in  
June, July,  
and August 2022**

# June 20 & 22, 2022

## 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 with tortilla chips. Or just eat some with a fork. Or even put it on grilled chicken as a salsa!



# Pasta with 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.

Add (pre-cooked) pasta and some more oil to the griddle and cook until warm. Finally, add sliced almonds and dried cranberries to taste and if desired. Continue to pour on olive oil to taste to keep ingredients from burning and/or drying out.



# July 19 & 20, 2022

## Vegetable Fried Rice

- Chop onion, garlic scapes, carrots, kale and swiss chard, and any other veggies you want in your fried rice.
- Scramble 2 eggs in a bowl; heat oil in skillet and add scrambled egg; cook until firm; scrape eggs to edge of pan
- Add more oil to pan, then add “hard” veggies first (carrots, broccoli, cauliflower); continue to add any veggies desired plus onion and garlic and cook until all are slightly soft; add pre-cooked rice, stir eggs, rice and veggies all together; add soy sauce to taste



# Peach Jam

- Peel and remove pits from 3 1/2 lb of ripe peaches. Chop into small pieces.
- Add peaches, 2 1/2 C sugar, and the juice of one lemon to a sauce pan (if the peaches are very ripe and sweet, sugar can be cut down by about 1/4 C; cutting out too much sugar can affect the gelling of the jam)
- Cook jam mixture until it thickens, about 15-25 minutes (when it reaches 220 F it should be done)
- Pour into jar(s) and cover. Jam will last in fridge for about 1 month or in freezer for about a year



# August 15, 16, & 17, 2022

## 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 very quickly, so check them often for done-ness and don't wait TOO long to add the garlic! Add some pre-cooked spaghetti to bulk up the dish if desired, or just stick with the zucchini.



# Apple Fritters

- Peel, core and chop 3 large apples
- Mix chopped apples, 1 1/2 C flour, 1 T sugar, 2 t baking powder, 1/2 t salt, 2/3 C milk, 2 large eggs, and 1 T vegetable oil
- Heat 1 quart vegetable oil in a deep fryer or skillet to 375 F
- Drop large spoonfuls of batter into oil, fry until golden, drain on paper towels, then toss in cinnamon sugar or powdered sugar. Don't burn your mouth by eating too soon!





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