

Local Winter Recipes: Vol 3

Eating Local for Less in the
Adirondacks

Quick & Easy Edition



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Welcome to Volume 3 of the Local Winter Recipes guide! This will be a limited series run through the 2021/2022 Winter and into Spring 2022. To make sure you don't miss the next volume and other local food news and AdkAction updates, go to <https://mailchi.mp/adkaction/local-food> to sign up!

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This guide is based on ingredients sourced locally in the Adirondacks and sold locally at the Keeseville Farmacy. For more local food resources, visit adkaction.org/ffp and scroll down to the "Resources" section for a local food map!



= Vegetarian or Vegetarian alternative listed
San Antonio Food Bank

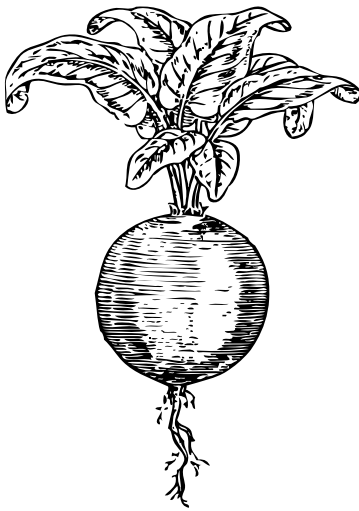


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Apple Crunch Salad



Ingredients

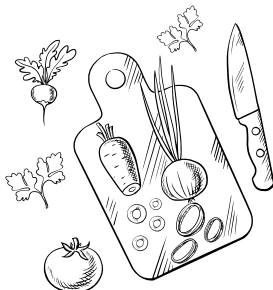


- 8 cups chopped greens
- 1 apple, diced
- 1/3 cup roasted nuts
 - Little Broken recommends walnuts
- 1/3 cup dried cranberries
- 1/3 cup crumbled/diced cheese
 - Little Broken suggests feta
- Optional: chopped peppers, sliced onions

Dressing:

- 1/4 cup olive oil
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. maple syrup
- 2 tsp. Dijon mustard
- salt and black pepper, to taste
- OR see Local Winter Recipes Volume 1 for other salad dressing recipes!

Instructions



adapted from
Little Broken's, "Apple Crunch Salad"

Dressing:

1. Whisk together the olive oil, vinegar, maple syrup, and Dijon. Season with salt and pepper, to taste.

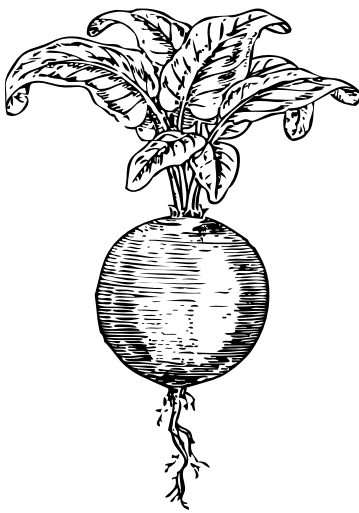
Salad:

1. In a large bowl, mix greens by hand with desired amount of dressing or olive oil. Add apples, nuts, cranberries, and cheese, as well as any other desired toppings.
2. Drizzle more dressing, if desired, and toss to coat. Salt and pepper to taste.

Pear, Ham, & Cheese Pastry Pockets



Ingredients



- 1 package (17.3 oz) of frozen puff pastry dough, thawed
- 1/4 cup honey Dijon mustard
- 1 large egg, beaten
- 8 slices of ham (could be leftover holiday ham!)
- 4 slices of cheese, sliced diagonally
- 1 pear, thinly sliced
- 1 red onion, thinly sliced

Instructions



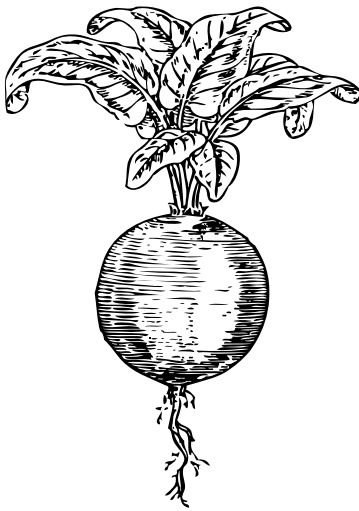
Taste of Home's, "Pear, Ham,, and Cheese Pastry Pockets."

1. Preheat oven to 400°F and take out an un-greased baking/cookie sheet.
2. Unfold each sheet of puff pastry and cut each sheet into 4 squares.
3. Spread mustard over each square (leave edge available and brush egg on edge of pastry square).
4. On one corner half of each square, place toppings of pear, onion, cheese, and ham. Fold opposite corner over toppings, creating a triangle.
5. Press edges with fork to seal and place on baking sheet.
6. Brush tops with egg and bake 10-14 minutes (if freezing, let cool and place in freezer safe bag, separating layers with wax paper)
 - a. For a simpler version, use a tortilla to make this a wrap!

Quesadillas, a Few Ways



Ingredients



Base Ingredients

- 6 tortillas
- Butter or oil (for greasing the pan)
- 1 1/4 cup shredded cheese (mozzarella, parmesan)

Spinach Quesadillas

- 4 cups (3oz) fresh spinach
- 4 green onions, chopped
- 1 tomato, chopped
- 2 Tbsp lemon juice
- 1 tsp cumin
- 1/4 tsp garlic powder

Pizza Quesadillas

- 1 cup spaghetti sauce
- slices of pepperoni & hard salami

Instructions



adapted from

Taste of Home's, "Spinach Quesadillas" and "Pizza Quesadillas"

For Spinach quesadillas:

1. In a large skillet, mix all filling ingredients until spinach is wilted.
2. Add in cheeses and stir until melted.
3. Top half the tortilla with a generous spoonful of filling, then fold the other half over filling.
4. Place on griddle/pan coated with butter/oil, and cook 1-2 minutes (until brown) on each side.

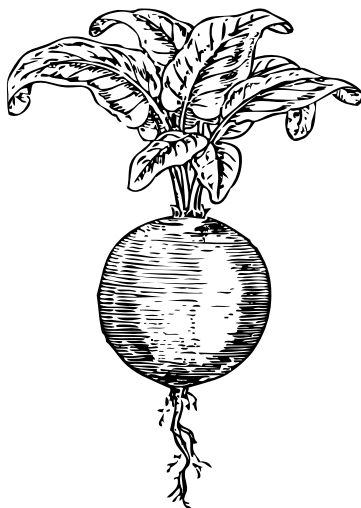
For Pizza Quesadillas:

1. Heat spaghetti sauce over medium-low heat for 3-4 minutes (until heated through)
2. Top half the tortilla with pepperoni, salami, and cheese, then fold the other half over filling.
3. Place on griddle/pan coated with butter/oil, and cook 1-2 minutes (until brown) on each side.

Cauliflower or Chickpea Tacos



Ingredients



- roasted cauliflower or chickpeas
- 6 tortillas
- ½ cup cheese, grated
- ½ cup salsa or sauce of choice
- additional toppings: chopped greens, sliced peppers, corn, lime, sour cream

Roasted Cauliflower

- 1 head cauliflower, cut into small pieces
- 2 cloves garlic, unpeeled
- 1 tbsp butter, melted
- 1 tsp smoked paprika
- ½ tsp cayenne pepper
- salt and pepper

Roasted Chickpeas

- 15 oz can chickpeas
- 1 TBSP avocado oil or olive oil
- 1/4 tsp sea salt
- 1 tsp cumin
- 3/4 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper

Instructions



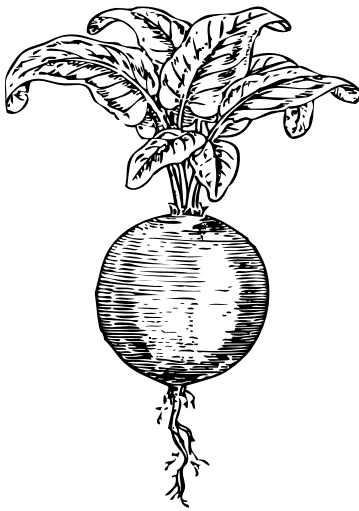
adapted from
Leanne Brown's, "Cauliflower Tacos"

1. Roasted Cauliflower (also from Leanne Brown's Good and Cheap) & Roasted Chickpeas (from Peas and Crayons', "Crispy Taco Seasoned Roasted Chickpeas" --- Follow "Roasted Veggies" recipe from Local Winter Recipes Volume 1!
2. Warm up the tortillas in the microwave for 20 to 30 seconds, or put them in a warm oven covered with a towel while you prepare everything else.
3. Place two to three tortillas on each plate and fill with a generous serving of cauliflower or chickpeas.
4. Sprinkle the grated cheese over top, top with additional toppings, and drizzle with salsa or sauce of your choice.

Sheet Pan Sliders



Ingredients



- 2 packs (12 oz, 12 rolls each) of Hawaiian Sweet Rolls
- 1 - 1 1/2 pounds of lunchmeat (ham, turkey, chicken, bacon, etc.)
- 8-12 slices of cheese (Swiss, cheddar, etc.)
- 24 dill pickles

Toppings

- 1/2 cup butter, cubed
- 2 Tbsp finely chopped onion
- 4 Tbsp Dried dill
- 2 Tbsp Onion powder
- 2 Tbsp Parsley
- 4 Tbsp Dijon mustard or Ranch

Instructions



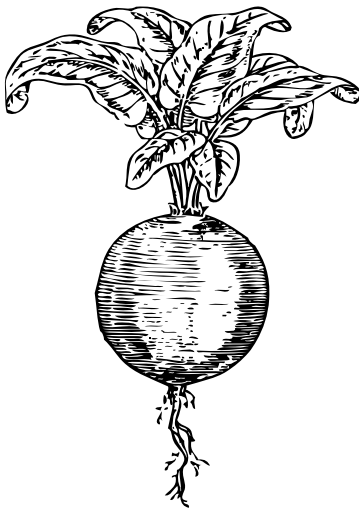
adapted from
Taste of Home's, "Cuban Sliders" and
This Farm Girl Cooks', "Chicken Bacon Ranch Sliders"

1. Preheat oven to 350°F and grease (with butter, oil, or cooking spray) a 13" x 9" baking pan
2. Slice rolls in half (without separating) and lay bottoms into baking pan
3. Layer with:
 - a. Cuban Sliders: ham, Swiss, pickles
 - b. Chicken Bacon Ranch Sliders: chicken, cheddar, bacon
4. Top with remaining half of rolls. Brush with topping:
 - a. Butter (melted), onion, mustard for Cuban Sliders
 - b. Ranch, onion powder, parsley, dried dill for Chicken Bacon Ranch Sliders
5. Bake for 10-20 minutes until browned

Apple Orchard Panini



Ingredients



- 2 or 4 slices/halves of bread or buns - see Homemade Bread Recipes in Local Winter Recipes Volume 2!
 - Iowa Girl Eats suggests Italian bread or Ciabatta rolls
- 2 Tbsp Olive oil or butter
- 2 Tbsp Apple butter
- 4-8 slices of deli turkey or ham - or you can use any leftover holiday ham or turkey!
- 2 apples, thinly sliced
 - Iowa Girl Eats recommends Granny Smith apples
- 4 slices of cheese
- Optional: greens, peppers, onions

Instructions



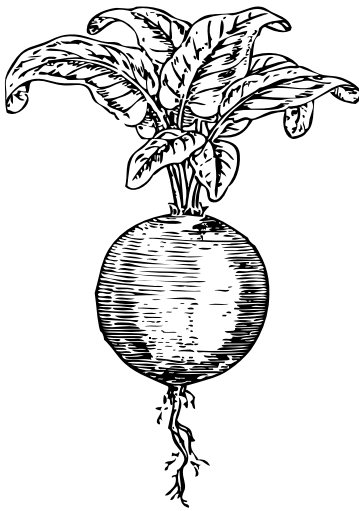
Iowa Girl Eats', "Apple Orchard Panini"

1. Preheat panini maker or grill/skillet/pan to medium-high heat. If not using a panini maker, find a flat lid or another pan to set on top of the sandwich(es) to press.
2. On the outer sides of the bread, brush on olive oil or butter. On the inner sides of the bread, brush on apple butter.
3. Layer on turkey/ham, apples, cheese, and any other desired toppings. Add the other slice of bread on top.
4. Place in panini maker or in skillet and press. Cook until golden brown.

Homemade Veggie Burgers, a Few Ways



Ingredients



Black Bean Burger

- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled
- 1 egg
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp Thai chili sauce or hot sauce
- ½ cup bread crumbs

Mushroom Burger

- 3 Tbsp canola oil, or vegetable oil, divided
- 1 small white or yellow onion, diced
- 1 clove garlic, minced
- 3 green onions, diced
- 1/2 tsp cumin
- 3/4 cup diced mushrooms
- 2 Tbsp warm water
- 1 1/2 tsp egg replacer
- 1 (15-ounce) can pinto beans, drained
- 1 tsp minced fresh parsley
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Note: for dried beans, soak overnight in water before use

Instructions



adapted from AllRecipes and the Spruce Eats

Black Bean Burger

1. In a medium bowl, mash black beans with a fork until thick and pasty.
2. Finely chop bell pepper, onion, and garlic. Then stir into mashed beans, add egg, chili powder, cumin, and chili sauce. Add breadcrumbs until mixture is holding together.
3. Divide into patties & grill over medium-high heat for 8 minutes or bake at 375°F for 10 minutes per side.

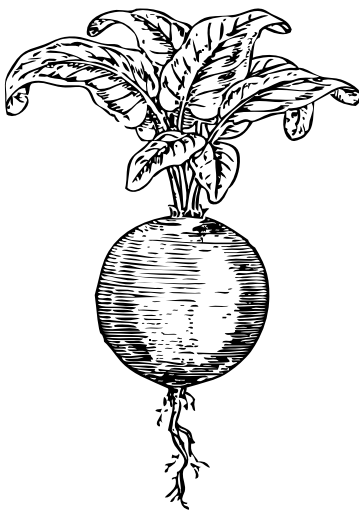
Mushroom Burger

1. Add 1 Tbsp of oil to a skillet over medium heat. Sauté diced onion and garlic until soft (3 to 5 minutes).
2. Add green onions, cumin, and mushrooms. Cook until mushrooms are browned (5 minutes). Set aside.
3. Mash pinto beans with a fork, add water and egg replacer and mix well. Then add mushroom/onion mixture, parsley, salt, and pepper and mix well.
4. Shape into patties
5. Place skillet over medium heat, with oil, and brown each side (3 minutes)

Homemade Veggie Burgers, a Few Ways (cont.)



Ingredients



Beet Burger

- 1/4 cup uncooked white or brown rice
- 3/4 cup water
- 1 shallot, peeled and quartered
- 1 large beet, peeled and quartered
- 1 cup canned black beans, rinsed and drained
- 1 large egg
- 1/2 cup breadcrumbs
- 2 Tbsp chopped fresh parsley
- 1 tsp ground cumin
- 1/4 tsp freshly ground black pepper
- 1/4 tsp kosher salt, to taste

Chickpea Burger

- 2 cups canned chickpeas, plus chickpea liquid
- 1 stalk celery, diced small
- 1 small carrot, grated
- 1/2 medium onion, minced
- 1 1/2 tsp garlic powder
- 1/2 cup all-purpose flour
- 1 tsp salt, or more to taste
- 1/2 tsp ground pepper, or more to taste
- 2 to 3 Tbsp vegetable oil, for frying

Instructions



adapted from AllRecipes and the Spruce Eats

Beet Burger

1. Cook rice as directed.
2. Mince shallot and grate beet. Mash black beans with fork. Add minced shallot, grated beet, mashed black beans, and cooled cooked rice to bowl and mix together. Add egg, breadcrumbs, chopped fresh parsley, ground cumin, ground black pepper, and salt and stir.
3. Divide into patties & bake at 400°F for 15 minutes per side.

Chickpea Burger

1. Drain chickpeas and reserve 4 to 5 tablespoons of chickpea liquid.
2. Add chickpeas to blender or food processor and blend until chickpeas are crumbly, but no further - your chickpeas will turn to hummus!
3. Add to large bowl with celery, carrot, onion, garlic powder, flour, salt, and pepper, then mash together until well combined. Add chickpea liquid until mixture holds together.
4. Shape into patties and place on parchment paper-lined baking sheet (flash freeze for a few minutes to help patties firm up).
5. Place skillet over medium heat, with oil, and brown each side (3-4 minutes)