



Hello Chefs!

At Poughkeepsie Farm Project we believe Food is Love and we are so excited to share with you our recipes from this year's Poughkeepsie Food Power Club!

To find out more about what we do, learn all about the farm, and food we grow, go to : www.farmproject.org

RECIPE LIST:

Healthy Snacks: Dips, Sauces and Dressing

Sweet Potato Hummus
Minty Pea Dip
Red Bean Dip
Real Ranch Dip
Lemony Salad Dressing
Pico De Gallo
Cabbage Slaw
Pickled Veggies
Sunflower Basil Pesto
Spinach Bruschetta

Smoothies:

Sweetie Pie Smoothie
Brilliant Beet (Full Heart) Smoothie
Mint Chocolate Green Smoothie
Strawberry Sorrel Smoothie
Strawberry Rhubarb Smoothie

Main Dishes and Hearty Sides:

Colcannon
Jollof Rice
Vegetable and Chicken Sausage Creole Gumbo
Black Bean and Sweet Potato Chili
Veggie Fried Rice

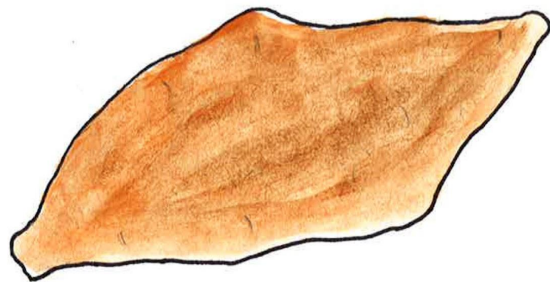
Sweet Treats:

Sweet Potato Pudding
Parsnip Spice Cake

Smoky Sweet Potato Hummus

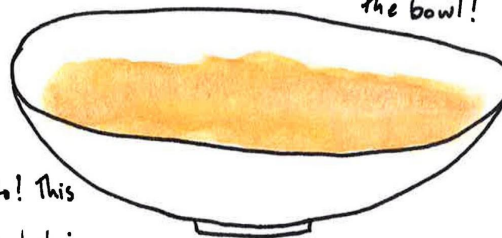
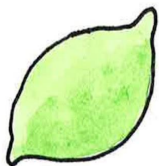
INGREDIENTS

- 1 Medium sweet potato
- Juice from 1 lime
- 1 clove garlic
- 1 550 mL can chickpeas
- 2 T tahini
- 3 T olive oil
- ½ t salt
- ½ t ground cumin
- ½ t ground coriander
- ½ t chili powder



DIRECTIONS

- Roast sweet potato in oven until soft
- While roasting sweet potato, assemble + combine all other ingredients in a large bowl
- Remove skin of sweet potato, dice, and add to bowl
- Use potato masher to mash all ingredients together into a smooth, hummus consistency
- Serve with pita bread, veggies, or eat it right out the bowl!



We celebrate the legacy of George Washington Carver with the yummy + nutritious sweet potato! This "Plant Doctor" dedicated his life to helping farmers and their soil thrive. Among his many contributions, he encouraged farmers in the south to rotate their cotton with crops such as sweet potatoes and peanuts, and he came up with hundreds of uses for them!

Benefits of crop rotation:

- Fertile soil - not always the same crop taking the same nutrients
- Prevents erosion
- Fewer problems from pests, weeds and diseases
- Planting cover crop (plants we don't but do magic!) puts nutrients into soil after other crops

MINTY PEA DIP

Ingredients

- 1 small bag of frozen peas (thawed)
- 2 cloves garlic, peeled and roughly chopped.
- ¼ cup grated Parmesan cheese.
- ¼ cup chopped fresh mint leaves.
- juice from one lemon.
- 3 tablespoons extra virgin olive oil.
- 2 tablespoons of water, if necessary to thin.
- salt and pepper to taste

Directions

Blend together until smooth adding water if needed. Serve with crackers or veggie sticks.

RED BEAN DIP

Ingredients:

- 1 can of red kidney beans
- 1 clove garlic
- Salt
- 1 tbs olive oil
- lemon juice to taste
- fresh chives

Directions:

Combine ingredients in a food processor OR mash with potato masher until smooth. Serve with crackers or veggies!

Real Ranch Dip

Ingredients:

- ¾ cups mayonnaise (or greek yogurt)
- ¼ cup sour cream
- Parsley, minced
- Chives, finely minced
- 1 garlic clove, finely minced
- Juice of 1 lemon
- 1 pinch of salt

Mix all ingredients together and enjoy with raw veggies!

***DRESS IT UP!* : Simple Lemony Salad Dressing**

This is our go- to dressing for kale salad or other salad bars we did in Food Power Club

Ingredients

- Juice of 2 lemons
- ½ cup olive oil
- 1 tbl honey

Directions

Shake in a tightly sealed jar until blended and creamy.

Pico de Gallo

This recipe for pico de gallo, a fresh salsa, was a class favorite at our Taco Party!

Ingredients

- 1 red onion
- 1 28 oz can diced tomato or 2 lbs fresh tomatoes
- Juice of 1 lime
- ¼ bunch of cilantro
- Salt, to taste

Directions

In a food processor or blender, pulse onions until finely chop

Enjoy on tacos, or with tortilla chips!

Note: Pico de Gallo is meant to be a spicy dish, so you may add hot sauce or hot peppers if you wish.

Cabbage Slaw

We made this slaw with fresh harvested radishes to top our tacos, but it makes a great side dish as well!

Ingredients

½ head green or purple cabbage, sliced thin or grated
1 cup radishes, sliced thin or grated
2 tablespoons olive oil
Juice of 1 lime
sea salt and black pepper to taste

Directions

Mix all ingredients in a large bowl. Massage dressing into the cabbage to wilt slightly. Adjust seasonings as needed.

Pickled Veggies:

Food Power Club used this to quick pickle daikon radish and carrots from the farm! This recipe would work for cucumber pickles too.

Recipe for Brine (per jar) - *The recipe is for a basic brine but you can adjust the spices based on your preference.*

- 1 Tbsp sea salt
- 1 cup apple cider vinegar (estimate - use equal parts vinegar and water)
- 1 cup water (estimate)
- Small bunch of fresh dill leaves
- 1 clove garlic, peeled
- A few black peppercorns
- Optional spices: celery seed, mustard seed, crushed red pepper

Instructions

Heat the brine (salt, water, vinegar) to boiling. Slice the vegetables and place them in the jar with the herbs and spices.

Pour hot brine over the veggies, put the lid on, and place them in a refrigerator to cool. Enjoy when cool, or for up to two weeks if refrigerated.

Sunflower Basil Pesto

Ingredients

2 ½ - 3 cups basil leaves (substitute some kale, spinach or arugula if desired)
½ cup grated parmesan cheese
¼ sunflower seeds
1 tablespoon lemon juice (fresh if possible)
1-2 cloves garlic, peeled
¼ teaspoon sea salt
¼ - ⅓ cup extra virgin olive oil

Directions

In a food processor or blender, pulse the sunflower seeds until they are coarsely chopped. Add the garlic and pulse to chop. Finally add the remaining ingredients and enough olive oil to get the mixture to blend until nicely mixed.

Spinach Bruschetta

Ingredients

1 French baguette
2 cups spinach, coarsely chopped
1 cup cannellini beans
2 tablespoons olive oil
1-2 cloves garlic, minced or pressed
zest of ½ lemon
1 tablespoon lemon juice
sea salt to taste

Directions

Warm olive oil in a pan and gently cook garlic over medium low heat for 3 minutes. Add the spinach, lemon zest, and cannellini beans and cook through until warmed. Finish with lemon juice and sea salt. Slice baguette into ½" slices. Finish with a sprinkle of cheese if desired.



Sweetie Pie Smoothie

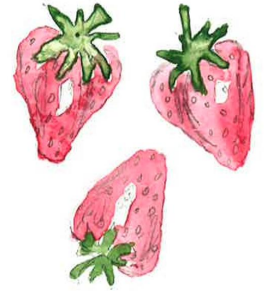


- ROASTED SWEET POTATO
(REMOVE SKIN)
- BANANA
- ALMOND MILK
- VANILLA EXTRACT
- CINNAMON
- MAPLE SYRUP
- ICE

Blend all ingredients together
until smooth!

**Pro Tip: Try this recipe with roasted winter
squash for a Pumpkin Pie version!**

Full heart Smoothie



- BANANA
- STRAWBERRIES
- BEETS
- ORANGE JUICE
- ICE
- VANILLA EXTRACT

Place all ingredients in blender
+ mix until thick and smooth!



MORE SMOOTHIES!

MINT CHOCOLATE GREEN SMOOTHIE

Ingredients

- 1 small frozen banana
- 1 1/2 cups milk of choice
- 1 cup fresh spinach
- 10-20 fresh mint leaves (more if they are small)
- 1/2 cup crushed ice or more, if you'd like it thicker
- 1 tablespoon chocolate chips

Directions:

Add all ingredients except chocolate chips to blender and blend until smooth.

Taste for minty flavor. Add more mint leaves if necessary.

Pulse chocolate chips into the smoothie and serve!

Strawberry Sorrel Smoothie Recipe-

- ***2 cup shredded sorrel***
- ***2 bananas (cut up)***
- ***6-8 strawberries (cut up)***
- ***Juice of 1 lemon***
- ***1 tbsp honey***
- ***Milk of choice***
- ***Ice***

Strawberry Rhubarb Smoothie

- 2 cups strawberries
- ½ cup rhubarb, cut up
- 2 ripe bananas, cut up
- 1 cup milk of choice
- 1 cup ice
- 1 tbsp honey

Main Dishes and Hearty Sides

Colcannon

Colcannon is a traditional Irish dish that makes a healthy side dish

Recipe

- 2 lbs potatoes, peeled
- 1 bunch Kale
- ½ - 1 cup greek yogurt
- Salt and pepper to taste
- Hot Sauce and/or mustard (optional toppings)

Directions:

- Peel then boil potatoes until tender
- Remove kale from the stem and saute in a pan with olive oil and minced garlic until wilted
- Mash potatoes together with kale and greek yogurt until creamy
- Add salt and pepper and other toppings to taste and serve warm

Jollof Rice

Ingredients

- 3 cups cooked rice
- ¼ cup vegetable oil
- 1 tablespoon butter (optional)
- 1 onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 1 teaspoon dried thyme
- 1 teaspoon curry powder
- 1 tablespoon smoked paprika
- ¼ teaspoon cayenne, more as desired
- Tomato paste
- 3 garlic cloves, minced
- 1 chicken breast, cubed
- ½ inch piece ginger, peeled and grated
- 1 small can of diced tomatoes
- cilantro (for garnish)

Directions

In a skillet, saute the chicken in half of the oil. Season with salt and cook over medium heat for 4-6 minutes. Remove from pan when chicken is cooked through (reads 165 F on a meat thermometer) and put to the side. With the remaining oil/ butter, saute the onion for 3 minutes then add the celery, green pepper, garlic, ginger, and dried spices. Cook until vegetables are starting to soften and spices are aromatic., about 5 minutes. Add the tomato sauce and paste, cooking for a few more minutes. Stir in the rice and cooked chicken breast. Stir until heated through. Enjoy garnished with cilantro.

Vegetable and Chicken Sausage Creole Gumbo

Ingredients

½ cup canola oil
Kosher salt and freshly ground black pepper, to taste
8 oz. andouille chicken sausage, cut into ½" pieces
1 cup flour
2 ribs celery, finely chopped
1 small yellow onion, finely chopped
1 small green bell pepper, stemmed, seeded, and finely chopped
2 tsp. dried thyme
1 tsp. cayenne
1 small can crushed tomatoes
6 cloves garlic, finely chopped
1 bay leaf
½ cup okra slices
4 cups stock (chicken or vegetable)

Directions

Heat ¼ cup oil in a deep heavy-bottomed pot over medium-high heat. Cook sausage briefly in the oil until lightly browned, about 5 minutes. Transfer to a plate. Add remaining oil, and reduce heat to medium-low; stir in flour, and cook, stirring constantly, until this mixture (called a roux) is the color of caramel, about 10 minutes. Add celery, onion, and pepper, and cook until soft, about 6 minutes. Add thyme, cayenne, tomatoes, garlic, and bay leaf, and cook for 3 minutes. Return sausage to pot along with okra and stock, and bring to a simmer and cook for 15-30 minutes. Longer cook time on low heat produces richer flavor. Season as needed with salt and pepper, and serve with white rice on the side.

Black Bean and Sweet Potato Chili

Ingredients:

- 2 cans black beans
- 1 onion
- 5 cloves garlic
- 1 red bell pepper
- 1 28 oz. can crushed tomato
- 2 sweet potatoes
- 1 teaspoon cumin
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 teaspoon cocoa powder
- 1 teaspoon olive oil
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Directions:

- Measure and mix all dry ingredients ahead of time, set aside.
- Dice onions and garlic, saute in olive oil in a large pot for about five minutes or until soft.
- Add all of the other ingredients.
- Add 1 cup of water and bring to a boil. Reduce heat and simmer for at least 30 minutes.

Vegetable Pan Fried Rice

Ingredients

3 cups cooked white or brown rice (about 1 cup dry)
1 cup fresh or frozen sweet peas
1 large carrot or 2 small carrots, peeled and grated
1 yellow onion, julienne into very thin strips
3-4 leaves curly kale, destemmed and chopped
3 eggs
3 tablespoons soy sauce
1 tablespoon rice vinegar
½ teaspoon sea salt
2 tablespoons high heat cooking oil (canola, sunflower, etc)

Directions

- Cook rice and sweet peas according to package directions. Rice can be cooked with a ½ teaspoon of sea salt, if desired.
- In a separate skillet, saute onion in 1 tablespoon cooking oil for 3-4 mins until translucent. Keep stirring to a minimum so the onions have a chance to brown slightly. Add carrots and kale, and cook until kale is wilted and carrots are softened, about 5 minutes more. As vegetables cook, crack eggs into a small bowl and scramble with a fork. Push the browned onions to the side of pan, add the remaining oil followed by the scrambled eggs into skillet. Stir until cooked through. Add peas, rice, and stir to mix.
- In a small bowl, combine the soy sauce and rice vinegar. Pour over the rice mixture and stir again to combine. Enjoy! This dish is delicious with hot sauce or fresh cilantro.

Sweet Treats

Sweet Potato Pudding

Ingredients

2 sweet potatoes, roasted or cooked until very soft
1 cup milk of choice (we used coconut milk)
½ cup unsweetened cocoa
2 tbl maple syrup
1 cup medjool dates or raisins, soaked in warm water 1 hr or up to overnight and drained
½ teaspoon vanilla, optional

Directions

1. Peel and chop sweet potatoes into chunks
2. Add all ingredients to a blender or food processor and blend until smooth and creamy
3. Taste for sweetness and adjust as needed!

Parsnip Spice Cake

Ingredients

1 1/2 cups all-purpose flour
1 cup sugar
2 teaspoons baking powder
1 teaspoon ground ginger
1/2 teaspoons ground cinnamon
2 teaspoons pumpkin pie spice
3/4 teaspoon salt
2 tightly packed cups parsnips, shredded
3 large eggs
1/2 cup canola oil
1/2 cup milk (or non-dairy substitute)
1 teaspoon vanilla extract
Optional: ½ cup chopped walnuts

Directions

Preheat the oven to 350°F. Butter and flour a 9-by-13 pan. In a large bowl, combine the flour, sugar, baking powder, spices and salt. Whisk to combine. In a medium bowl, combine the eggs, oil, milk, and vanilla. Whisk to combine. Pour the wet ingredients over the dry ingredients and stir until just mixed well. Stir in parsnips and walnuts. Pour batter into prepared pan and bake for about 25 - 30 minutes, until a tester comes out clean from the center of the cake. Cool completely on a rack.