This publication includes simple recipes that childcare center cooks and educators can use to engage children in snacking and cooking with fresh warm-season fruits and vegetables from on-site production gardens and elsewhere. This is the fifth of eight publications about childcare center production gardens.

Salad Recipes

**MELON SALAD**

**Serves 12 to 14**

- 1 cantaloupe
- 1 honeydew melon
- 1 small watermelon
- 2 tablespoons honey
- 2 tablespoons lemon juice
- Fresh mint leaves for garnish

Cut any combination of melons into cubes or balls. Combine fruit in a large serving bowl. In a small dish, combine honey and lemon juice. Stir well. Pour over melons and toss to mix. Garnish with mint leaves. Cover and refrigerate until ready to serve.

**CUCUMBER, TOMATO, AND BASIL SALAD**

**Serves 6 to 8**

- 2 cucumbers, sliced into rounds or chopped
- 2 large tomatoes, cut into bite-sized pieces
- 1 cup basil leaves, chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper

Gently toss all ingredients together in a bowl, add salt and pepper to taste, and serve.

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Enjoying fresh cucumbers from the garden.

Searching for ripe tomatoes.
**CUCUMBER DIP**

Yield: 2 cups

- ½ cup plain yogurt
- ½ cup light sour cream
- 1 cup chopped cucumber
- 3 tablespoons chopped fresh dill
- 1 tablespoon grated garlic (optional)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Combine yogurt, sour cream, cucumber, dill, garlic, salt, and pepper. Serve with crackers, tortilla chips, carrot sticks, or cucumbers that are sliced into sticks or rounds.

**FRESHTOMATO SALSA**

Yield: About 3 cups. Easily scale the recipe up to make additional servings.

- 1 fresh tomato, diced
- ½ medium onion, finely chopped
- 1 green bell pepper, diced
- 2 tablespoons chopped cilantro
- ½ teaspoon cumin
- 1 lime

Combine chopped vegetables and cumin in a bowl. Cut lime in half and squeeze juice over top of the mixture. Cover and refrigerate 30 minutes to 24 hours to allow flavors to blend.

**FRUIT SALSA**

Serves 20 to 24

- 3 pint containers of raspberries
- 3 pint containers of blackberries
- 1 pint container of strawberries, stems removed and diced

Use whatever fruit combination you have on hand to mix and match. Mix all ingredients in a medium-large mixing bowl until well combined. Allow to chill in the refrigerator for 30 to 60 minutes. Serve with cinnamon chips or graham crackers.

Tip: To create your own tortilla chips, cut whole wheat tortillas into wedges, lay on a baking sheet, and bake at 350°F for approximately 12 minutes.

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**ROASTED GREEN BEANS**

Serves 4 to 6

- 1½ pound fresh green beans
- 2 tablespoons olive oil
- Salt and pepper

Preheat oven to 400°F. Toss green beans with olive oil; add salt and pepper to taste. Arrange in an even layer on a foil lined baking sheet and roast in the oven for about 10 minutes.

**ROASTED OKRA**

Serves 4 to 6

- 20 fresh okra pods, tops removed and sliced ⅜ inch thick
- 1 tablespoon oil
- 2 teaspoons salt
- 2 teaspoons black pepper

Preheat oven to 425°F. Place okra in a bowl and mix lightly with oil, salt, and pepper. Arrange okra slices in one layer on a foil lined baking sheet. Bake about 10 minutes or until lightly browned.

**EGGPLANT PIZZA**

Serves 4 to 6

- 1 large eggplant, cut into ¼ inch thick round slices
- 1 teaspoon oregano or other herb from the garden, or Italian seasoning
- 1 cup pizza sauce or Fresh Tomato Sauce (see recipe pg. 3)
- 1 cup shredded mozzarella
- 1 ounce pepperoni, sliced
- Salt and pepper

Preheat oven to 400°F. Spread the pizza sauce over the eggplant slices, and season with herbs and salt and pepper to taste. Top the eggplant with cheese and pepperoni. Roast the eggplant pizzas until they just start to turn tender, about 15 to 20 minutes.
Cooked Vegetable Recipes (Continued)

FRESH TOMATO SAUCE
Yield: about 3 cups. Easily scale the recipe up to make additional servings.
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 2 pounds whole ripe tomatoes, chopped

Warm the oil in a large pan over medium heat. Add the onion and garlic, cover, and cook for about 4 minutes until the mixture is soft but not browned. Add the tomatoes, reduce the heat, cover, and cook for about 15 minutes or until the tomatoes have collapsed. Remove from the heat. Use on pizzas or reheat before serving.

FRESH TOMATO SAUCE

<table>
<thead>
<tr>
<th>ZUCCHINI MINI MUFFINS</th>
<th>ZUCCHINI FRITTATA</th>
<th>FRESH TOMATO SAUCE</th>
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<tbody>
<tr>
<td>Makes about 24 small muffins</td>
<td>Serves 10 to 12</td>
<td>Yield: about 3 cups. Easily scale the recipe up to make additional servings.</td>
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<tr>
<td>1 cup all-purpose flour</td>
<td>1 pound new potatoes</td>
<td>1 tablespoon olive oil</td>
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<td>½ cup packed dark brown sugar</td>
<td>2 ounces butter</td>
<td>1 small onion, finely chopped</td>
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<td>1 teaspoon baking powder</td>
<td>1 large onion, chopped</td>
<td>1 clove garlic, finely chopped</td>
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<tr>
<td>1 teaspoon ground cinnamon</td>
<td>3 zucchinis, thinly sliced</td>
<td>2 pounds whole ripe tomatoes, chopped</td>
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<td>½ teaspoon salt</td>
<td>8 eggs</td>
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<tr>
<td>¼ teaspoon ground allspice</td>
<td>3 ounces Parmesan cheese, finely grated</td>
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<tr>
<td>⅔ cup shredded zucchini (1 medium zucchini)</td>
<td>1 tablespoon fresh mint leaves, chopped</td>
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<td>3 tablespoons vegetable oil</td>
<td>½ teaspoon pepper</td>
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<tr>
<td>2 tablespoons butter, melted</td>
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<td>2 tablespoons milk</td>
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<td>1 large egg, lightly beaten</td>
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Preheat oven to 400°F. Combine dry ingredients (first six ingredients) in a large bowl. Combine wet ingredients (zucchini and remaining ingredients) in a small bowl. Add the zucchini mixture to the flour mixture and stir lightly—do not over mix. Divide batter into small muffin cups lined with muffin papers. Bake at 400°F for 10 minutes. Confirm doneness when an inserted toothpick comes out clean.

ZUCCHINI FRITTATA

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Boil potatoes for 10 min or until soft; let them cool, then cut them in half. This can be done ahead of time and the potatoes stored in the refrigerator until ready to use. Melt butter in pan, add onion, and cook until soft. Add zucchinis and cook 5 minutes. Stir in the potatoes and cook another 5 minutes until zucchinis are soft. Crack eggs into the bowl and add cheese, mint, and pepper. Whisk together with a fork. Pour the eggs over the mixture in the pan and turn the heat down as low as possible. Cook about 5 minutes or until eggs are set. Serve warm or at room temperature.

Carefully grating zucchini. Photo credit Rosalind Blair