

Real Food Institute of Midcoast Maine
“Back to Scratch” Cooking and Processing Workshop for Institutions
October 28-29, 2011, Spruce Point Inn, Boothbay Harbor, Maine

MAINE MARINATED VEGGIES FOR SALAD BARS
25 servings

Ingredients

4 cups dried beans, cooked*
3 cups carrots, thinly sliced
2 onions, thinly sliced*
12-14 cups veggies*

Directions

Blanch the uncooked vegetables briefly until crisp tender. Prepare the cooked beans and seasonal veggies. Set aside.

Dressing

$\frac{3}{4}$ cup apple cider vinegar*	1 tablespoon or to taste dried Italian herbs
$\frac{1}{2}$ cup olive oil	pepper to taste
$\frac{1}{4}$ cup canola oil*	sea salt to taste
$\frac{1}{4}$ cup sugar	

Directions

Combine dressing ingredients and mix well, pour over veggies. Marinate 4 hours or longer. Serve as a salad, or in components on salad bar.

Nutritional analysis per serving (approximate, varies with veggies): 142 calories, 3 grams protein, 14 grams carbohydrates, 9 grams fat, 336 mg. sodium, 4 grams fiber.

USDA School Lunch Guidelines: $\frac{1}{2}$ - $\frac{3}{4}$ cup veggie, increase beans for a full legume serving

Cheryl's notes: This is a very basic recipe that can vary widely with ingredients and creativity. Salad bars are excellent ways to introduce new veggies. Shapes and sizes are often important to eaters, so be creative, vary the herbs and seasonings, try new cuisines, and enjoy!

(Over)

*Seasonal Ingredient Suggestions

MAY/JUNE: *asparagus, fiddleheads, onions, carrots, salad turnips, radishes*

JULY/AUGUST: *broccoli, peppers, onions, beans, summer squash, cauliflower, carrots, celery*

SEPTEMBER/OCTOBER: *broccoli, leeks, onions, peppers, cauliflower, dried beans*

NOVEMBER/DECEMBER: *leeks, onions, carrots, dried beans, frozen beans*

JANUARY/APRIL: *onions, roots, frozen veggies, dried beans*

Maine apple cider vinegar, canola oil, carrots, onions, dried beans are available all year.

For more information about seasonal eating and to download copies of seasonal eating brochures and recipes, go to www.mofga.org

For updates to these recipes and/or to include comments and input from your test results, please contact:

Cheryl Wixson
P.O. Box 757
Stonington, ME 04681
cheryl@mofga.org



<http://realfoodinstitute.com/>

www.ceimaine.org

<http://mofga.org/>