



New Hampshire Eat Local Month Recipes

August 2016

Thanks for coming! And thanks for caring about local foods and reducing waste. Note that our recipes contain **red** and **green** words: **Red** signals local produce that is in season whereas **green** is for local foods that are in season now and throughout the year. Find out more at NHEatLocal.org.

The Morning Beet

Serves 2



Inspired by Mildred's Drumlins Farm, Lee Farmers Market, and food blogger Naturally Ella.

Ingredients:

- 2 cups low-fat cottage cheese
- 2 beets, washed and trimmed*
- 1 ½ tablespoons olive oil, plus extra for roasting
- 1-2 teaspoons za'atar spice, or see recipe below

Instructions:

1. Preheat the oven to 400°F.
2. Wash beets, brush with oil, and wrap in tin foil. Place wrapped beets on a cookie sheet.
3. Roast beets for 30 minutes or until soft.
4. Remove from oven and let cool. Slice beets into sixths.
5. Top two bowls of cottage cheese with the beets. Drizzle with olive oil and sprinkle with za'atar.

Becca's Za'atar recipe:

In a small bowl, combine 1/8 teaspoon savory; ¼ teaspoon lemon zest; ½ teaspoon marjoram; 1 teaspoon each of cumin, oregano, salt, and thyme; and 1-2 tablespoons toasted sesame seeds.

***Reduce Food Waste:** Combine the beet greens with rice, egg, and arugula for a hearty lunch.



Jalapeño, Cheddar, & Corn Salad with Lime Dressing

Serves 4



Inspired by [Applecrest Farm](#), [Babcock Farm](#), [Mildred's Drumlin Farm](#), [Shagbark Farm](#), [Durham Farmers Market](#), [Lee Farmers Market](#), and [Food & Wine's Nick Fauchald](#).

Ingredients:

- 2 tablespoons fresh lime juice
- 1 small chili pepper, seeded and coarsely chopped
- 1 ½ teaspoons honey
- ¼ teaspoon cumin
- 2-3 sprigs of fresh Thai basil
- ¼ cup vegetable oil
- Salt and pepper, to taste
- 4 cups fresh corn kernels (or shave 4 ears of corn)*
- 1 cucumber, halved and thinly sliced crosswise
- ½ cup coarsely chopped flat-leaf parsley
- ¼ small red onion, thinly sliced
- 2 cups arugula*
- ¾ cup of cubed [Cabot Jalapeño Light Cheddar Cheese](#)

Instructions:

1. Use a blender or food processor to purée the lime juice, chili pepper, honey, cumin, and basil. With the machine on, add the oil. Season with salt and pepper.
2. In a large bowl, toss the corn with the cucumber, parsley, red onion, arugula, cheese cubes, and dressing.
3. Plate the salads and serve.

***Reduce Food Waste:** Use what's on hand: Corn from the fridge and beet greens from the morning's recipe.