



# Harvest of the Month

# TOMATOES

## RECIPE: WILD RICE SALAD

YIELD: 8 SERVINGS

### INGREDIENTS

- 1/2 lb wild rice
- 1/2 cup lime juice
- 1 1/2 tsp cumin
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 cup olive oil
- 1 cup chopped red bell pepper
- 1 cup chopped tomato or halved cherry tomatoes
- 1/2 cup chopped fresh cilantro
- 2 cups canned black beans, drained and rinsed
- 2 cups corn kernels

This colorful Southwest themed salad is full of vegetables and flavored with a light dressing.

### PREPARATION

1. Cook wild rice according to package directions.
2. Drain well and cool completely in a small bowl.
3. Whisk together the lime juice, cumin, salt, pepper and oil.
4. Add the cooked and cooled rice to the above dressing.
5. Mix in the bell pepper, tomatoes, cilantro, black beans, and corn.
6. Chill in fridge overnight.

Adapted from: inHarvest

### MEAL PATTERN CONTRIBUTION

- 2 oz grain
- 1 cup vegetable (1/2 cup red/orange, 1/2 cup starchy)
- 2 oz meat/meat alternate



## RECIPE: CHEF SAM'S TUSCAN WHITE BEAN SALAD

YIELD: 8 SERVINGS

A super simple white bean salad flavored with olive oil, parsley, and garlic. This salad tastes delicious and is a colorful, flavorful side to add to your menu.

### INGREDIENTS

- 2 lb canned Great Northern Beans, drained and rinsed
- 1/2 lb plum tomatoes
- 2 Tbsp chopped fresh parsley
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp olive oil
- 1 Tbsp minced garlic
- 1/2 cup finely chopped red onion

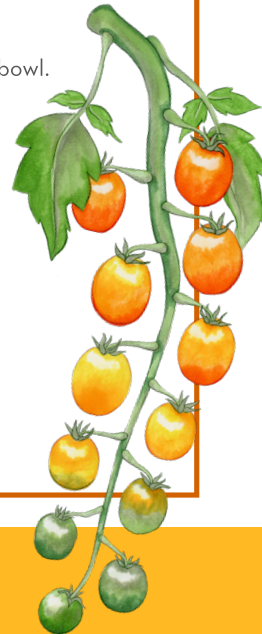
### PREPARATION

1. Chop tomatoes into a small dice and place in bowl.
2. Add beans and chopped parsley, salt and pepper. Mix well.
2. In a skillet over medium heat, heat olive oil. Once hot, add onions and garlic and sauté until onions are translucent (3-5 minutes). Stirring constantly.
3. Add olive oil, garlic and onions to beans and tomato mixture. Mix well. Chill until ready to serve.

Adapted from: Healthy School Recipes

### MEAL PATTERN CONTRIBUTION

- 1/2 cup legume/vegetable



## RECIPE: SIMPLE ROASTED TOMATO SAUCE

YIELD: 5 SERVINGS

Use this sauce with pasta or on a pizza, or in any recipe that calls for a simple marinara!

### INGREDIENTS

- 4 lbs fresh roma tomatoes
- 3 Tbsp olive oil
- 1 Tbsp sugar
- 6 cloves, garlic
- 2 tsp italian seasoning
- 1 1/2 tsp dried basil
- 1/2 tsp fennel seeds
- 1 tsp salt
- 1/2 tsp black pepper

### PREPARATION

1. Core tomatoes with a tomato corer or knife and remove any bruised or brown spots.
2. Place in a parchment-covered roasting pan, top up.
3. Drizzle the tops with oil and sugar.
4. Roast in a 450°F oven until the tomatoes are soft enough to break up, about 45 minutes.
5. Break up with a spoon, add garlic, then roast until partly blackened, about 15 minutes.
6. Return to oven and continue to roast an additional 15 minutes. (Partly blackened tomatoes will make a tasty sauce.)
7. Cool slightly and blend until smooth in a food processor with remaining ingredients.
8. Serve hot as you would any tomato sauce: with pasta, in Chicken Parmesan or soups, stews, etc.

Adapted from: Massachusetts Farm to School

### MEAL PATTERN CONTRIBUTION

- 1/4 cup red/orange vegetable

