



Harvest of the Month

TOMATOES

RECIPE: SIMPLE ROASTED TOMATO SAUCE

YIELD: 50 - 1/4 SERVINGS

INGREDIENTS

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|----------------------------|--------------------|
| 20 lbs fresh roma tomatoes | 2 Tbsp dried basil |
| 1 cup olive oil | 2 tsp fennel seeds |
| 1/4 cup sugar | 2 tsp salt |
| 40 cloves, garlic | 2 tsp black pepper |
| 2 Tbsp italian seasoning | |

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 until the tomatoes are soft enough to break up. Convection oven: 400°F about 35-45 minutes
Conventional over: 450°F about 40-50 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



RECIPE: CHEF SAM'S TUSCAN WHITE BEAN SALAD

YIELD: 50 - 3/4 CUP SERVINGS

INGREDIENTS

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| 13 lb 4 oz canned Great Northern Beans, drained and rinsed | |
| 3 lb 2 oz plum tomatoes | |
| 1 cup parsley, chopped | 1 1/2 cup olive oil |
| 1 Tbsp kosher salt | 1/3 cup garlic, minced |
| 1/2 Tbsp black pepper, ground | 3 cups red onion, chopped |

PREPARATION

1. Chop tomatoes into a small dice. Add beans, diced tomatoes and chopped parsley to a large bowl. Add 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: WILD RICE SALAD (GRAB & GO RECIPE!)

YIELD: 48 SERVINGS

A great grab and go lunch! This colorful Southwest themed salad is full of vegetables and flavored with a light dressing.

INGREDIENTS

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|-------------------------|----------------------------------|---|
| 6 lb wild rice | 3 Tbsp black pepper | cherry tomatoes |
| 6 cups fresh lime juice | 6 cups olive oil | 6 cups chopped fresh cilantro |
| 6 Tbsp cumin | 12 cups chopped red bell pepper | 24 cups canned black beans, drained, low sodium |
| 5 Tbsp salt | 12 cups chopped tomato or halved | 24 cups corn kernels |

PREPARATION

1. Cook wild rice according to package directions.
2. Drain well and cool completely on a sheet pan.
3. Whisk together the lime juice, cumin, salt, pepper and oil.
4. Fill 2-ounce dressing cups with 1/4 cup of dressing and cover each with a lid.
5. Layer ingredients into 16-ounce cups as follows: 1 cup rice, 1/4 cup bell pepper, 1/4 cup tomato, 2 tablespoons cilantro, 1/2 cup black beans, 1/2 cup corn.
6. Cover the cup with a flat lid. Place the dressing cup on top of the flat lid. Place the domed lid on top of the salad cup and press to seal. To make the salad, remove lids from the cup. Pour contents of the dressing container into the cup. Replace the domed lid only and shake the salad until ingredients are mixed.

NOTE: For each salad, you will need a 16-ounce clear cup with a flat no-slot lid and a domed no-hole lid, as well as a 2-ounce portion cup with lid.

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

FOR SCHOOL USE

