



# Harvest of the Month

# LEAFY GREENS

## RECIPE: OLD ORCHARD BEACH SCHOOLS "GREEK SALAD"

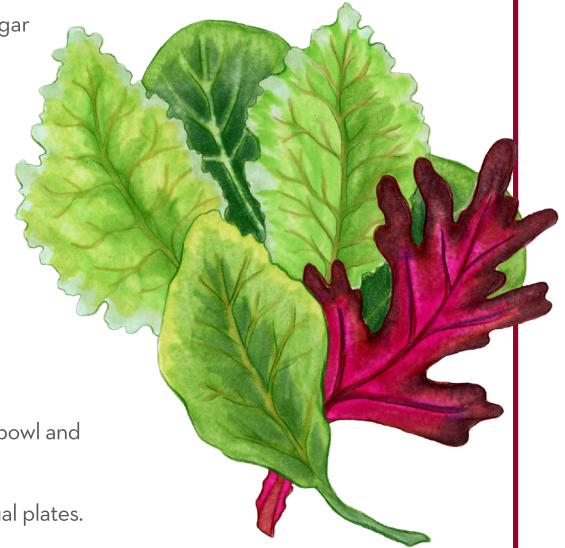
YIELD: 5 SERVINGS

### INGREDIENTS

- 1/2 lb diced, cooked potatoes
- 1/2 diced green pepper
- 2 Tbsp mayonnaise
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 head chopped romaine lettuce
- 1/2 lb diced tomato
- 1/2 lb cucumber cut in 2" sticks
- 1/2 green pepper cut into rings
- 1/2 bunch chopped green onions
- 1/3 cups olives (Greek or black)
- 1/2 cup whole pepperoncini peppers
- 5 hard boiled eggs, cut into quarters
- 2 1/2 oz feta cheese crumbles
- 1/2 cup Greek dressing

### FOR GREEK DRESSING:

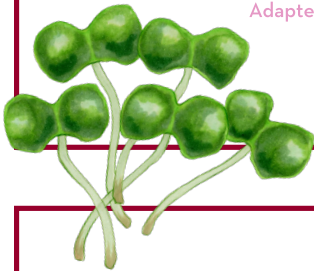
- 1/2 cups olive or soy oil
- 1/4 cups distilled white or apple cider vinegar
- 1 Tbsp lemon juice
- 1 tsp dried oregano (or 2 tsp fresh)
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp dry mustard



### PREPARATION

1. Combine cooked and cooled potatoes, diced green pepper, mayonnaise, salt and pepper in a bowl and mix lightly until combined.
2. Chill at least 1 hour before serving.
3. Prepare individual servings of salad by dividing ingredients into five and layering onto individual plates.
4. To make Greek dressing, simply blend or whisk all ingredients together.
5. Serve salads with homemade Greek dressing.

Adapted from: Old Orchard Beach Schools & Healthy School Recipes



### MEAL PATTERN CONTRIBUTION

13 oz meat/meat alternate  
 1 1/2 cup vegetable:  
 3/4 cup dark leafy green,  
 1/4 cup red/orange,  
 1/4 cup starchy, 1/4 cup other

## RECIPE: THREE SISTERS SALAD

YIELD: 6 - 1 cup SERVINGS

### INGREDIENTS

- 1/2 lb diced butternut squash
- 2 Tbsp + 1 Tbsp olive oil
- 1 - 15 oz can Great Northern canned beans, drained (can use fresh in season!)
- 1 - 15 oz can whole kernel canned corn, drained (can use fresh in season!)
- 1/4 cup diced red onion
- 3 cups chopped romaine lettuce
- 1 Tbsp balsamic vinegar

### PREPARATION

1. Preheat oven to 400° F.
2. Distribute squash evenly on baking sheet and toss with 2 Tbsp olive oil.
3. Bake for 20 minutes, stirring halfway through. Set aside to cool.
4. In a medium bowl, toss together beans, corn, and onion, and dress with 1 Tbsp olive oil and balsamic vinegar.
5. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

Adapted from: Wisconsin Department of Public Instruction & Healthy School Recipes

"The perfect salad for a hot day! Loaded with deliciously baked butternut squash, beans, corn and onions, and dressed with a tangy balsamic dressing. This salad is sure to be a great addition to any meal!"



### MEAL PATTERN CONTRIBUTION

7/8 cups vegetable:  
 1/8 cup dark green,  
 1/8 cup beans/peas,  
 3/8 cup red/orange,  
 1/8 cup starchy

