

# Penne with Summer Squash & Feta

## INGREDIENTS

8 ounces uncooked penne (tube-shaped pasta)  
1 tablespoon olive oil  
½ teaspoon dried oregano  
2 medium summer squash or zucchini, halved lengthwise and sliced  
2 garlic cloves, crushed  
¾ cup chicken broth  
½ teaspoon grated lemon rind  
1½ tablespoons fresh lemon juice  
¼ teaspoon black pepper  
⅔ cup crumbled feta cheese

## PREPARATION

Cook the pasta according to package directions. While the pasta cooks, heat oil in a large skillet over medium-high heat. Add oregano, zucchini, and crushed garlic; sauté 3 minutes. Stir in chicken broth, lemon rind and juice, and black pepper. Add pasta and cheese; toss well. Serve immediately.

*Adapted from Cooking Light*

# No Fail Kale

## INGREDIENTS

1 bunch kale, curly green or lacinato  
1 onion  
¼ cup broth (veggie or chicken) or beer  
⅔ tablespoons butter or olive oil  
½ tablespoons minced garlic, or to taste  
salt and pepper to taste

## PREPARATION

Remove the stems from the kale. Coarsely chop the leaves. Slice the onion into half moons. In a large skillet or wok, heat the oil or butter over medium heat and add the onions. Sauté until soft. Add the garlic and sauté for another minute until the garlic is fragrant. Add the chopped kale and toss to combine with the onions and garlic then add the broth or beer. Season with salt and toss the kale to coat; then cover and let braise, tossing occasionally for 3-5 minutes or until the greens are tender. Season with pepper.

*From Janine McCormick, Fort Hill Farm*

# Swiss Chard Pie

## INGREDIENTS

2 tablespoons oil  
1 onion, chopped  
1 garlic clove, minced  
1 bunch swiss chard  
6 eggs  
1 cup shredded cheddar or swiss  
1 teaspoon salt  
2 piecrusts

## PREPARATION

Preheat oven to 400°F. Heat oil in a large skillet. Add onion and garlic and cook until golden brown. Wash, trim, and chop chard. Add to pan and cook down until wilted and stems are tender. Beat eggs in a bowl; stir in cheese, salt, and chard mixture. Pour into pie shells and bake 30-40 minutes or until a knife inserted into the center comes out clean. Makes 2 pies.

*From Asparagus to Zucchini: a guide to farm fresh, seasonal produce*

# Coconut Rice with Swiss Chard, String Beans & Pistachios

## INGREDIENTS

1½ cups brown rice  
1 cup coconut milk  
2 cups water  
3 cardamom pods  
pinch of salt  
1 pound green beans  
1 bunch swiss chard, torn  
pinch of soy sauce  
salt and pepper to taste  
¼ cup shelled pistachios

## PREPARATION

In a pan with a cover, combine the brown rice, coconut milk, water, cardamom pods, and a pinch of salt. Bring to a boil and then simmer, covered, for fifty minutes. In a separate pan, steam the chard and green beans in water with a drop of soy sauce until cooked to desired consistency.

When the rice is done cooking, remove the cardamom pods. Mix the rice with the veggies. Season to taste and sprinkle with pistachios.

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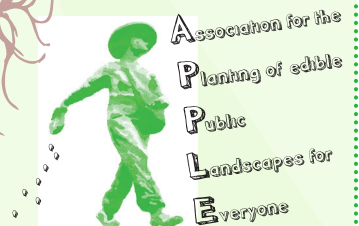
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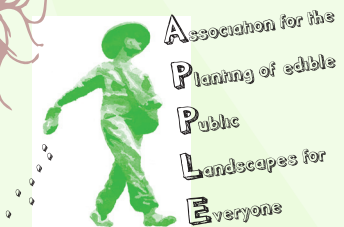
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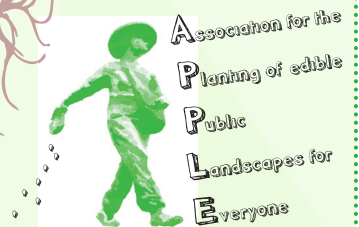
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# Kettle Kale

## INGREDIENTS

½ teaspoon kosher salt  
½ teaspoon sugar  
3 large handfuls lacinato kale, torn into shreds  
or left intact to let kids eat 'off the stick'  
1 to 2 tablespoons flavorless oil like canola

## PREPARATION

Preheat the oven to 350°F. Line a baking sheet with aluminum foil. Combine the salt and sugar in a small bowl. Rinse the kale leaves and dry well. Put the kale leaves in a large bowl. Drizzle 1 tablespoon of the olive oil over them and massage the oil into the leaves until well covered; use more oil if needed. Put the kale on a cookie sheet. If you have chosen to leave the kale on the stalks be sure to turn halfway through cooking. 'Chips' should be turned occasionally as well. Bake until the leaves are crisp (around 12 minutes) to the touch but still a dark green- do not let them brown as they would become bitter. Remove from oven and sprinkle with salt and sugar immediately.

# Green Bean & Cherry Tomato Salad

## INGREDIENTS

1 small onion, chopped  
½ pound green beans, ends snapped off  
½ pound cherry tomatoes, stemmed and cut in half  
1 tablespoon red wine vinegar  
Salt and fresh-ground black pepper  
¼ cup extra virgin olive oil  
6 basil leaves or handful of parsley chopped

## PREPARATION

In a small bowl, mix chopped onion with 2 teaspoons salt. Stir and then mash with a fork to macerate. Let sit for 10 minutes and rinse; this will make the raw onion less biting. Cook beans until tender in salted boiling water. Drain and immediately spread them out on plate to cool. Stir together the green beans, tomatoes, and onion in a large bowl. In a separate bowl, whisk vinegar and oil to make a dressing. Toss with the green bean mixture. Let sit for 15 minutes or more to allow the flavors to meld. Taste for seasoning and add salt and vinegar as needed. Add the basil or parsley and give a final gentle stir.

*Adapted from the Armenian Cookbook by Rachel Hogrogian*

# Panzanella

## INGREDIENTS

2 cups stale Italian bread, cubed  
4 medium tomatoes, cored and roughly chopped  
1 medium red onion, chopped  
1 15 ounce can cannellini or great northern beans, drained and rinsed  
1/3 cup chopped fresh basil  
¼ cup extra virgin olive oil + 2 to 3 tablespoons more for bread  
¼ cup balsamic or red wine vinegar  
salt and pepper to taste

## PREPARATION

Preheat oven to 350°F. Toss the cubed Italian bread (croutons) with olive oil and salt in a bowl until coated. Place croutons in a single layer on a baking sheet and bake until they just start to turn golden at the edges; time will depend on the type of bread used. Next, whisk oil and vinegar together to make dressing. Combine croutons, beans, tomatoes, and onions. Add the dressing to the mixture. Stir in basil and season to taste with salt and pepper just before serving.

# Black Bean, Tomato & Corn Salad

## INGREDIENTS

2 medium tomatoes, chopped  
1 ½ cups black beans, drained and rinsed  
½ cup fresh cilantro, chopped  
kernels from 3 ears of corn, raw or cooked  
1 small jalapeno, deseeded and chopped (optional)  
2 tablespoons olive oil  
juice of 1 lime  
salt to taste

## PREPARATION

If you would prefer your corn cooked, bring the water to a boil, drop the ears of corn in, and then bring the water back to a boil again. Once it comes back to a boil, cook 2 minutes (short cooking time keeps the corn sweet), then remove to a plate. Let cool before removing kernels from cobs. Mix corn kernels, black beans, jalapeno, and tomato in a large bowl. In a smaller bowl, whisk together lime juice, and olive oil; add to corn mixture. Toss with cilantro and season to taste.

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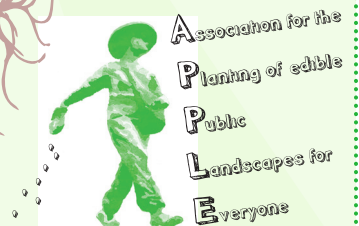
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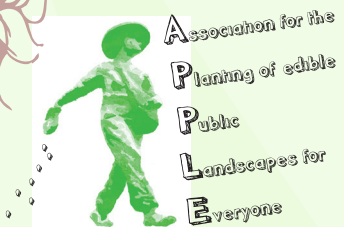
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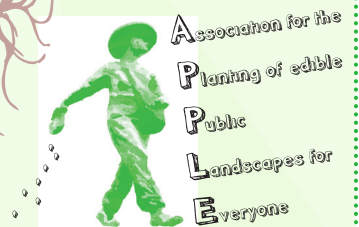
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