



FEED OUR FUTURE®

Local Foods for Growing Minds



HOME RECIPE

Greek Zoodle Salad

Featured Item: Tomatoes

Serving Size: 1/2 cup • Yield 4

Fun Facts:

We love tomatoes in Ohio so much that tomato juice is our State drink!

Try It!

Chop fresh tomatoes, chop fresh herbs, and mix together for a salsa.

INGREDIENTS

SALAD

- 3** Zucchini
- 1/2 cup** Cucumber, seedless
- 1/3 cup** Cherry Tomatoes, Local
- 1 tbsp** Red Onion, chopped
- 3 tbsp** Black Olives
- 2 ounces** Feta Cheese

DRESSING

- 2 1/2 tbsp** Extra Virgin Olive Oil
- 1 1/2 tbsp** Red Wine Vinegar
- 1 1/3 tsp** Lemon Juice
- 1/2 tsp** Garlic, minced
- 1/2 tsp** Dijon Mustard
- 1/4 tsp** Kosher Salt
- 1 1/3 tsp** Oregano
- 1/4 tsp** Black Pepper



DIRECTIONS

1. Wash and prepare all vegetables. Quarter and slice cucumbers into pieces. Spiralize zucchini, if needed. Slice grape tomatoes in half. Dice red onions.**
2. Combine all dressing ingredients in a bowl. Whisk together until blended.
3. To make salad, combine all vegetables, cheese, and dressing in a bowl. Toss until all vegetables and cheese are coated with dressing.
4. Serve.

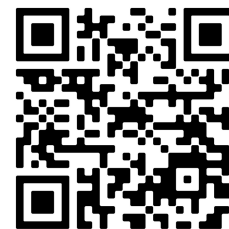
**Best practice is to use local produce and feta cheese.

**Use fresh zucchini and spiralize. (2-3 zucchini yields 2 1/2 cups of spiralized zucchini).

**If a spiralizer is not available, purchase pre-spiralized zucchini.

NUTRITION FACTS

Calories: 134
Total Fat: 13 g
 Saturated Fat: 3 g
 Trans Fat: 0 g
Cholesterol: 8 mg
Sodium: 244 mg
Total Carbohydrate: 3.5 g
 Dietary Fiber: 1 g
 Total Sugars: 1 g
Protein: 3 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.

Tomato Basil Pizza

Featured Item: Tomatoes
 Serving Size: 1 slice • Yield 8

Fun Facts:
 Basil is part of the mint family.

Try It!
 Buy basil in all kinds of shapes and colors. Have a taste testing contest!

INGREDIENTS

- 1** Pizza Dough Ball, Whole Grain, 22 oz
- 1 quart** Mozzarella Cheese, shredded
- 1 cup** Pizza Sauce, with basil
- 2 tbsp** Basil, Local
- 8 slices** Tomatoes, Local



DIRECTIONS

1. Preheat oven to 350 degrees.
2. If pizza crust is frozen, thaw.
3. Prepare pizza dough according to instructions.
4. Spread sauce over crust.
5. Top with cheese.
6. Slice tomatoes and remove seeds and excess juice to reduce excess moisture when pizza is cooking..
7. Top with basil leaves.
8. Bake until golden brown.
9. Cut and serve.

NUTRITION FACTS

Calories: 359
Total Fat: 14 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 666 mg
Total Carbohydrate: 37 g
 Dietary Fiber: 4 g
 Total Sugars: 3.5 g
Protein: 20 g



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