

Herb Vinaigrette

Featured Item: Herbs
Serving Size: 2 tbsp • Yield 50

HACCP Process #1:
No Cook

Child Nutrition Credit:
None

INGREDIENTS

1 1/2 cups	Apple cider vinegar
3/4 cup	Honey
1 quart, 2/3 cup	Canola oil
1 1/2 cup	Local Herbs, chopped
1/3 cup	Lemon juice
1/4 cup	Garlic
1 tablespoon	Salt



DIRECTIONS

1. In a mixing bowl, combine vinegar, honey, lemon juice, and garlic. Whisk well.
2. While whisking, slowly add canola oil.
3. Mix in chopped local herbs.
4. Add salt to taste.

NUTRITION FACTS

Calories: 180
Total Fat: 18 g
 Saturated Fat: 1 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 221 mg
Total Carbohydrate: 4 g
 Dietary Fiber: 0 g
 Total Sugars: 4 g
Protein: 0 g



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Basil Pesto

Featured Item: Herbs
Serving Size: 2 tbsp • Yield 25

HACCP Process #1:
No cook

Child Nutrition Credit:
None

INGREDIENTS

1 pound, ounces	Basil, fresh, Local
1 cup, 2 tablespoons	Olive oil
1/3 cup	Parmesan cheese, grated
3 tablespoons	Lemon juice
1 tablespoon	Garlic, fresh, peeled
1 teaspoon	Black pepper

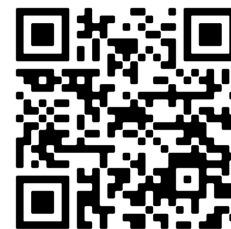


DIRECTIONS

1. In the food processor, add basil, along with all of the other ingredients except olive oil.
2. Pulse until smooth, drizzling in olive oil as needed to thin.
3. Taste. Cheese usually provides enough salt. Can add up to 1/2 teaspoon of salt per 16 yield batch if needed.
4. Enjoy! This can be used on pasta, fish, chicken, or sandwiches. Can be frozen up to 1 month.

NUTRITION FACTS

Calories: 102
Total Fat: 11 g
 Saturated Fat: 1 g
 Trans Fat: 0 g
Cholesterol: 02 mg
Sodium: 17 mg
Total Carbohydrate: 0 g
 Dietary Fiber: 0 g
 Total Sugars: 0 g
Protein: 1 g



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Strawberry, Cucumber, Basil Salad

Featured Item: Herbs
Serving Size: 1/2 cup • Yield 25

HACCP Process #1:
No cook

Child Nutrition Credit:
0.25 cups of Fruit
0.25 cups of Other

INGREDIENTS

- 1/2 cup** Basil, fresh, LOCAL, chopped
- 3 quarts** Strawberries, sliced
- 3 quarts** Cucumber, sliced and quartered
- 1 cup** Balsamic vinegar
- 1/2 cup** Sugar
- 2 1/4 teaspoon** Salt
- 1 1/4 teaspoon** Black pepper



DIRECTIONS

1. Wash and chop basil.
2. Wash cucumbers. If they have seeds, remove them. Then dice cucumber into small pieces.
3. Wash and slice strawberries.
4. Place strawberries, basil, balsamic, and sugar in a bowl. Toss gently to coat. Cover and chill for 1 hour.
5. Combine cucumbers, salt, and pepper with strawberry and basil mixture. Toss gently to coat.
6. Serve immediately.

NUTRITION FACTS

Calories: 19
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 49 mg
Total Carbohydrate: 4 g
 Dietary Fiber: 1 g
 Total Sugars: 3 g
Protein: 0 g



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