



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

Herb Vinaigrette

Featured Item: Herbs

Serving Size: 2 tbsp • Yield 50

HACCP Process #1:

No Cook

Child Nutrition Credit:

None

INGREDIENTS

1 pint, 1/3 cup	Apple cider vinegar
1 quart	Olive Oil (extra virgin)
1/2 cup	Granulated Sugar
1/4 cup	Mustard (dijon)
1 cup	Thyme (fresh)
1 cup	Rosemary (fresh)
1 cup	Basil (fresh, local)
1/4 cup	Garlic, minced
1/3 teaspoon	Salt
1/4 teaspoon	Pepper



DIRECTIONS

1. Finely mince herbs and garlic or process herbs and garlic in a food processor until finely minced. **Utilize any combination local chopped herbs (such as basil, sorrel, rosemary, thyme, mint) so that total amount of herbs is equal to total quantity of herbs in recipe.
2. In a mixing bowl whisk together oil, vinegar, sugar, mustard, salt and pepper. Whisk herbs into vinaigrette.

NUTRITION FACTS

Calories:	164
Total Fat:	18 g
Saturated Fat:	2.5 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	41mg
Total Carbohydrate:	2.5 g
Dietary Fiber:	0 g
Total Sugars:	2 g
Protein:	0 g



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

ENJOY!



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

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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ECE CENTER RECIPE

Basil Pesto

Featured Item: Herbs

Serving Size: 2 tbsp • Yield 50

HACCP Process #1:

No cook

Child Nutrition Credit:

None

INGREDIENTS

3 pounds, 2 ounces Basil, fresh, Local

1 pint, 1/3 cup, 1/2 teaspoon Olive oil

3/4 cup, 1 1/2 teaspoon Parmesan cheese, grated

1/3 cup, 2 3/4 teaspoon Lemon juice

3 tablespoons, 3/8 teaspoon Garlic, fresh, peeled

1 5/8 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: 2 g

Trans Fat: 0 g

Cholesterol: 1 mg

Sodium: 17 mg

Total Carbohydrate: 0.8 g

Dietary Fiber: 0 g

Total Sugars: 0 g

Protein: 1 g



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ECE CENTER RECIPE

Strawberry, Cucumber, Basil Salad

Featured Item: Herbs
Serving Size: 1/2 cup • Yield 50

HACCP Process #1:
No cook

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

INGREDIENTS

1/2 cup, 1 teaspoon	Basil, fresh, LOCAL, chopped
3 quarts, 1/2 cup	Strawberries, sliced
3 quarts, 1/2 cup	Cucumber, sliced and quartered
1 cup, 2 teaspoons	Balsamic vinegar
1/2 cup, 1 teaspoon	Sugar
2 1/8 teaspoon	Salt
1 1/8 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: 29
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 99 mg
Total Carbohydrate: 6.5g
 Dietary Fiber: 1g
 Total Sugars: 5g
Protein: 0.5g



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ECE FCCH RECIPE

Herb Vinaigrette

Featured Item: Herbs
Serving Size: 2 tbsp • Yield 6

HACCP Process #1:
No Cook

Child Nutrition Credit:
None

INGREDIENTS

1/4 cup, 1 1/2 teaspoon	Apple cider vinegar
1/3 cup, 2 tablespoons, 1 1/8 teaspoon	Olive Oil (extra virgin)
1 tablespoon	Granulated Sugar
1 1/2 teaspoon	Mustard (Dijon)
1 tablespoon, 2 7/8 teaspoon	Thyme (fresh)
1 tablespoon, 2 7/8 teaspoon	Rosemary (fresh)
1 tablespoon, 2 7/8 teaspoon	Basil (fresh, local)
1 1/2 teaspoon	Garlic, minced
Less than 1/8 teaspoon	Salt
Less than 1/8 teaspoon	Pepper



DIRECTIONS

1. Finely mince herbs and garlic or process herbs and garlic in a food processor until finely minced. **Utilize any combination local chopped herbs (such as basil, sorrel, rosemary, thyme, mint) so that total amount of herbs is equal to total quantity of herbs in recipe.
2. In a mixing bowl whisk together oil, vinegar, sugar, mustard, salt and pepper. Whisk herbs into vinaigrette.

NUTRITION FACTS

Calories: 164
Total Fat: 18 g
 Saturated Fat: 2.5 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 41mg
Total Carbohydrate: 2.5 g
 Dietary Fiber: 0 g
 Total Sugars: 2 g
Protein: 0 g



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ECE FCCH RECIPE

Basil Pesto

Featured Item: Herbs
Serving Size: 2 tbsp • Yield 8

HACCP Process #1:
No cook

Child Nutrition Credit:
None

INGREDIENTS

8 ounces	Basil, fresh, Local
½ cup, 2 teaspoon	Olive oil
2 tablespoon	Parmesan cheese, grated
1 tablespoon	Lemon juice
1 ½ teaspoon	Garlic, fresh, peeled
¼ 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

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ECE FCCH RECIPE

Strawberry, Cucumber, Basil Salad

Featured Item: Herbs

Serving Size: 1/2 cup • Yield 6

HACCP Process #1:

No cook

Child Nutrition Credit:

0.25 Cups of Fruit

0.25 Cups of Other

INGREDIENTS

1 tablespoon	Basil, fresh, LOCAL, chopped
1 ½ cup	Strawberries, sliced
1 ½ cup	Cucumber, sliced and quartered
2 tablespoon	Balsamic vinegar
1 tablespoon	Sugar
1/4 teaspoon	Salt
1/8 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: 29

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Cholesterol: 0 mg

Sodium: 99 mg

Total Carbohydrate: 6.5g

Dietary Fiber: 1g

Total Sugars: 5g

Protein: 0.5g



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