



FEED OUR FUTURE®

Local Foods for Growing Minds



Greek Zoodle Salad

Featured Item: Tomatoes
Serving Size: 0.25 cup • Yield 40

HACCP Process #2:
Same day service

CACFP Credit:
0.25 Cup of Vegetables

INGREDIENTS

SALAD

1 lbs., 8 oz	Squash, summer, raw
1 pint, 1/4 cup diced	Cucumber, seedless
1 pint, 1/4 cup	Cherry Tomatoes, Local
1/2 cup	Red Onion, chopped
1 cup	Black Olives
1 3/4 cup	Feta Cheese

DRESSING

1/3 cup, 2 tsp	Extra Virgin Olive Oil
1/4 cup	Red Wine Vinegar
1 tbsp	Lemon Juice
1 tsp	Garlic, minced
1/4 tsp	Kosher Salt
1 1/2 tsp	Oregano
1/8 tsp	Black Pepper
1 tsp	Dijon Mustard



DIRECTIONS

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

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

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

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

NUTRITION FACTS

Calories:	48
Total Fat:	4 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	6 mg
Sodium:	121 mg
Total Carbohydrate:	2 g
Dietary Fiber:	0.3 g
Total Sugars:	0.8 g
Protein:	1.2 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

Tomato Basil Pizza

Featured Item: Tomatoes
Serving Size: 1 slice • Yield 20

HACCP Process: #3 -
Complex Food Preparation

CACFP Credit:
1.5 oz of Meat/Meat Alternate
2.75 oz of Grain
1/8 Cup of Vegetables

INGREDIENTS

2 Pizza dough ball, WG, Dough Go's, 28oz
1 lbs., 14oz Mozzarella Cheese, shredded
1 pt. Pizza Sauce, with Basil
1/4 cup Basil, Local, chopped
24 slices Tomatoes, Local



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare pizza dough according to instructions.
3. Spread sauce over crust.
4. Top with cheese.
5. Slice tomatoes and remove seeds and excess juice to reduce excess moisture while pizza is cooking.
6. Top with basil leaves.
7. Bake until golden brown.
8. Cut into 20 slices and serve.

NUTRITION FACTS

Calories: 342
Total Fat: 9 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 22.5 mg
Sodium: 443 mg
Total Carbohydrate: 44 g
 Dietary Fiber: 5 g
 Total Sugars: 3 g
Protein: 16 g



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ECE FCCH RECIPE

Tomato Basil Pizza

Featured Item: Tomatoes
Serving Size: 1 slice • Yield 10

HACCP Process: #3 -
Complex Food Preparation

CACFP Credit:
1.5 oz of Meat/Meat Alternate
2.75 oz of Grain
1/8 Cup of Vegetables

INGREDIENTS

1 Pizza Dough Ball, Whole Grain, 22 oz
15 oz Mozzarella Cheese, shredded
1 cups Pizza Sauce, with Basil
1/4 cup Basil, Local, chopped
12 slices Tomatoes, Local



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare pizza dough according to instructions.
3. Spread sauce over crust.
4. Top with cheese.
5. Slice tomatoes and remove seeds and excess juice to reduce excess moisture while pizza is cooking.
6. Top with basil leaves.
7. Bake until golden brown.
8. Cut into 10 slices and serve.

NUTRITION FACTS

Calories: 342
Total Fat: 9 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 22.5 mg
Sodium: 443 mg
Total Carbohydrate: 44 g
 Dietary Fiber: 5 g
 Total Sugars: 3 g
Protein: 16 g



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Greek Zoodle Salad

Featured Item: Tomatoes
Serving Size: 0.25 cup • Yield 6

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.25 Cup of Vegetables

INGREDIENTS

SALAD

3 5/8 oz	Squash, summer, raw
1/3 cup, 1/4 tsp diced	Cucumber, seedless
1/3 cup, 1/4 tsp	Cherry Tomatoes, Local
1 tbsp, 5/8 tsp	Red Onion, chopped
2 tbsp, 1 1/4 tsp	Black Olives
1/4 cup, 5/8 tsp	Feta Cheese, crumbled

DRESSING

2 3/4 tsp	Extra Virgin Olive Oil
1 7/8 tsp	Red Wine Vinegar
1/2 tsp	Lemon Juice
1/4 tsp	Garlic, minced
1/8 tsp	Kosher Salt
1/4 tsp	Oregano
1/8 tsp	Black Pepper
1/4 tsp	Dijon Mustard



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.
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4. Serve.

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