Baby Potato Salad

- ½ cup raspberry vinegar
- ½ cup coarse-grained prepared mustard
- ¾ cup virgin olive oil
- Salt to taste
- Freshly ground black pepper to taste
- 1 bunch fresh parsley, chopped
- 2 pounds new potatoes, cut about 1 inch in diameter

In a medium-size bowl, combine the vinegar, mustard, and olive oil, and season with salt and pepper. Add the parsley. In a large pot of cold water, bring the potatoes to a boil over medium-high heat and cook until tender, about 15 minutes. Drain. Cut into halves or quarters. Pour the vinaigrette over them while still warm. Refrigerate overnight, then serve chilled.

Source: Jimmy Schmidt, Cooking for all Seasons, 1991, p. 149
Video Title: Soups

SWEET CORN CHOWDER
6 large ears of sweet white corn, just picked super sweets
remove husk and all silk
2 tablespoons unsalted butter
1 medium yellow onion
6 cups of water
2 tablespoons yellow corn meal
Sea salt
Freshly ground black pepper
For the Buffalo Wing garnish: OPTIONAL
1 cup chicken wing meat
Frank’s hot sauce
Snipped fresh chives

Place the prepared corn in a large pot of cold water. Bring the pot to a boil over high heat and cook for exactly 1 minute after the boil is detected. Drain immediately. Once the corn has cooled enough to handle cut the corn kernels from the cobs. Scrape the cobs with the back of your knife to help release all the corn milk. Reserve 1/4 of the best kernels for garnish in the soup. Meanwhile heat a large sauce pan over medium high heat. Add the butter until melted. Add the onions cooking until tender and opaque and slight golden color appearing on their edges. Add the corn, the water and the cobs to the pot. Slowly whisk in the corn meal. Bring to a simmer until thickened to sauce consistency and the flavored is developed, about 30 minutes. Remove from the heat. Remove and discard the corn cobs. Transfer the chowder in batches to a blender and carefully puree until smooth. Strain through a medium sieve. Season generously with salt, pepper to your taste. Add the garnish corn kernels into the soup and keep warm until serving. Make the garnish: In a small bowl combine the warm chicken meat and the hot sauce to taste. Spoon in the center of the serving bowl. Sprinkle with a few chives if you wish. Serve the warm soup around the garnish. Enjoy.

Source: Jimmy Schmidt

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Thick Vegetable Soup

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**Squash Blossoms with Pepper Tapenade**

1 small red bell pepper, roasted, peeled and seeded  
½ small eggplant, sliced, salted, drained, and grilled  
½ cup black olives, pitted  
4 cloves garlic, roasted and minced  
1 tablespoon anchovy paste  
½ teaspoon freshly ground black pepper  
½ cup virgin olive oil  
16 to 20 squash blossoms, about 3 inches long

  - Corn or virgin olive oil for frying  
2 cups all-purpose flour  
2 tablespoons paprika  
1 teaspoon salt  
¾ teaspoon freshly ground white pepper  
2 large eggs, beaten  
1 cup milk  
1 cup Roast Pepper Vinaigrette Sprigs fresh herbs for garnish

In a food processor, finely chop the pepper, eggplant, olives, garlic, anchovy paste, and black pepper. Slowly add the olive oil, then adjust the salt as necessary (it will depend on the saltiness of the olives). Working with one squash blossom at a time, carefully peel back one petal for filling. Stuff approximately 1 tablespoon of the pepper mixture into the blossom, then fold the petals back over the stuffing. Refrigerate until ready to cook. Fill a large, heavy, deep skillet with oil to a depth of 3 inches. Heat over medium-high heat to 350ºF. In a medium-size bowl, sift together the flour, paprika, salt, and pepper. In another medium-size bowl, combine the eggs and milk. Carefully drench the blossoms, one at a time, in the egg mixture. Shake the excess from the blossoms and transfer to the seasoned flour. Coat evenly, then shake to remove the excess flour. Place the blossoms in the oil and cook until golden, about 4 minutes. Transfer to paper toweling to drain. Arrange the blossoms in the center of the serving plates, spoon the Roast Pepper Vinaigrette over the top, garnish with herbs, and serve.

**Source:** Jimmy Schmidt, Cooking for all Seasons, 1991, p. 119.

**Recipes for Schools:**
Hold down the Ctrl key and click the mouse to view the recipes:
- [Baked Squash Ring](#)

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Spinach Risotto

- 6 tablespoons (3/4 stick unsalted butter
- ½ pound spinach, stemmed and finely chopped
- 3 cups Poultry Stock
- ½ teaspoon salt
- ¼ teaspoon freshly ground white pepper
- 1 cup Arborio rice

In a large saucepan over medium heat, melt 4 tablespoons of the butter. Add the spinach and sauté until tender. Set aside. Bring the stock to a simmer, then add the salt and pepper.

In another large saucepan, over high heat, melt the remaining 2 tablespoons of butter. Add the Arborio rice and stir until coated and heated, about 3 minutes.

Reduce the heat to medium and add the hot stock, ½ cup at a time, to the rice, stirring until the stock is absorbed after each addition. Continue to add stock and stir until all of it is absorbed, approximately 25 minutes. Remove from the heat, stir in the spinach, and serve.


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Asparagus
- Vegetable Stromboli
- Chinese Style Vegetables
- Green Beans with Shallots and Pancetta

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Video Title: Contrast Matters - Vegetable Ingredients in a Salad

Red Broccoli Salad
- 2 pounds bacon
- 1 large head fresh broccoli, chopped
- 3/4 cup chopped celery
- 1/4 cup minced green onions
- 1/4 cup diced red onion
- 1 1/2 cups seedless grapes, halved
- 3/4 cup blanched slivered almonds
- 1/4 cup white sugar
- 2 tablespoons distilled white vinegar
- 1 cup mayonnaise

Place bacon in a large skillet. Cook, turning frequently, over medium high heat until evenly browned. Cool, and then crumble. Preheat oven to 300 degrees F (150 degrees C). Spread slivered almonds on a cookie sheet. Bake for approximately 12 to 14 minutes or until lightly browned, turning once during toasting. Cool. In a small bowl, mix together mayonnaise, sugar, and vinegar. Set aside. In a large bowl, combine broccoli, crumbled bacon, celery, green onions, red onions, grapes, and toasted almonds. Toss with mayonnaise dressing. Chill for several hours in the refrigerator.


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Carrot-Raisin Salad
- Cranberry Vegetable Salad
- Three Bean Salad

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Pumpkin Wheat Bread

1 ½ cups all-purpose flour
2 cups whole wheat flour
2 cups sugar
1 tablespoon baking powder
2 teaspoon baking soda
4 large eggs, at room temperature
2 cups canned solid-pack pumpkin
2 teaspoons salt
½ pound (2 sticks) unsalted butter, at room temperature
1 large egg yolk, beaten with ¼ cup heavy cream for glaze

Position the rack in the lower third of the oven and preheat to 350ºF. Butter two 9- by 5-inch loaf pans. Sift the flours, sugar, baking powder, and baking soda and salt in another bowl. Add to the dry ingredients and mix until smooth. With a mixer, blend in the butter, 1 tablespoon at a time. Divide the batter between the pans. Brush the loaves with the egg glaze, then bake until golden brown, about 45 minutes. Invert onto racks and cool before using. (Can be prepared 2 days ahead. Wrap tightly.)

Makes 2 loaves


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Brown Bread
- Whole Wheat Pizza Dough
- Bread Pudding
- Cornbread

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Video Title: Food of the Gods

Pressed Chocolate Cake with Hazelnut Ice Cream and Hot Fudge Sauce
7 ounces extra bittersweet chocolate (do not use baking chocolate)
14 tablespoons (1 ¾ sticks) unsalted butter
5 large eggs, separated
¾ cup sugar
Pinch of salt
2 tablespoons unsweetened dark cocoa powder
8 scoops Hazelnut Ice Cream (recipe follows)
2 cups Rattlesnake Hot Fudge Sauce (see page 107)

Preheat the oven to 350ºF. Grease a 10-inch springform pan. In the top of a double boiler over simmering water, combine the chocolate and butter. Heat until melted and smooth. Transfer to a medium-size bowl and whisk in the egg yolks and vanilla. Sift in the sugar, salt, and cocoa while continuing to whisk.

With a mixer, whip the egg whites to soft peaks. Fold one third of them into the chocolate mixture. Repeat with the remaining whites, then pour the mixture into the prepared pan. Place on the lower rack of the oven and bake for 25 minutes. Remove to a cake rack and immediately loosen the springform collar (sides). Slip a plate inside the collar on top of the cake and push down slightly to push the air from the cake. Remove the plate and springform collar, and allow the cake to cool before serving.

To serve, cut cake into eight pieces and place on serving plates. Position a scoop of ice cream on each piece of cake and spoon hot fudge sauce over the top. Serve immediately.


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Apricot Cake
- Banana Cake
- Brownies

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Pepper Sauce

1 large red bell pepper, deeply roasted,
   Peeled and seeded
1 cup dry white wine
¼ teaspoon salt
   Freshly ground black pepper to taste
   Crushed red pepper (hot!) to taste

In a small saucepan combine the bell pepper and wine. Bring to a simmer over medium heat and cook until the pepper is tender and the wine is reduced to ¼ cup, about 15 minutes. Transfer to a food processor and puree until smooth. Season with salt, black pepper, and red pepper.

Orange Vegetable Kabobs

1 large sweet onion
1 large unpeeled navel orange
1 medium sweet red pepper, cut into 1-inch pieces
1 medium sweet yellow pepper, cut into 1-inch pieces
8 medium fresh mushrooms
8 cherry tomatoes
2 small yellow summer squash, cut into 1-inch slices

**MARINADE:**
1/2 cup olive oil
1/3 cup lemon juice
1-1/2 teaspoons sugar
1 teaspoon salt, optional
1/4 teaspoon garlic powder
1/4 teaspoon pepper
2 tablespoons orange juice

Cut the onion and orange into eight wedges; halve each wedge. Alternately thread vegetables and orange pieces onto eight metal or soaked wooden skewers. Place in a shallow oblong dish. In a small bowl, whisk the oil, lemon juice, sugar, salt if desired, garlic powder and pepper. Pour over skewers. Marinate for 15 minutes, turning and basting frequently. Drain and discard marinade. Prepare grill for indirect heat. Grill, covered, over medium indirect direct heat for 10-14 minutes or until vegetables are crisp-tender. Brush with orange juice just before serving. Yield: 8 kabobs.

**Source:** allrecipes.com - http://allrecipes.com/Recipe/orange-vegetable-kabobs/detail.aspx

**Recipes for Schools:**
Hold down the Ctrl key and click the mouse to view the recipes:

- Orange- Sauced Vegetables
- Carrot Souffle
- Southern Style Squash Crepes
- Scalloped Carrots

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Video Title: Dessert

Mixed Berry Pie
12 to 15 medium strawberries, sliced
3/4 cup raspberries
1/2 cup fat-free, sugar-free instant vanilla pudding made with fat-free milk
6 single-serve (tart-size) graham cracker pie crusts
6 tablespoons light whipped topping
6 mint leaves, for garnish

In a small bowl, mix together the strawberries and raspberries. Spoon 4 teaspoons of the pudding into each pie crust. Add about 2 tablespoons of the strawberry-raspberry mix to each pie. Top the fruit with 1 tablespoon whipped topping. Garnish with mint leaves. Serve immediately or place in the refrigerator until ready to serve.

Source: MaycoClinic.com - http://www.mayoclinic.com/health/AboutThisSite/AM00057

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Carrot Cake
- Chocolate Cake
- New Spice Cake

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Herbed Focaccia Pizza Dough

1-1/2 quarts lukewarm water, about 110 degrees
1/2 cup dry yeast
1/2 cup sugar
1 bunch green onions
1 bunch parsley or other garden herbs
1 cup green or red vegetable of choice OPTIONAL
2 eggs, whole
4 pounds hi gluten flour
4 pounds whole wheat flour
2 cups ice water AS NECESSARY
1 cup blend oil

In a small bowl, combine the yeast, sugar and warm water. Let set until it foams. In a food processor, combine the green onions, herbs, vegetables and eggs. Process until chopped fine and smooth. Reserve. In a mixer with dough hook add the flour. Mix in the yeast liquids. Add the herbed egg mixture mixing until combined. Add the ice water as necessary, working just until the dough ball forms and starts to pulls away from the side of the bowl about 10 minutes for full development. Add the oil just to coat. Remove the dough immediately to a large cambro and transfer to refrigeration overnight. The next day, turn the dough onto a lightly flour counter. Divide and transfer to parchment lined sheet pans. Press evenly across the sheet pan with your fists. Dock as necessary. Proceed with toppings. Allow to warm or proof slightly before baking. Start on the lower rack to assist in bottom texture development and upper racks for browning. Remove and allow the cheese to set slightly before cutting.

Source: Jimmy Schmidt

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Vegetable Pizza
- Wheat Pizza Crust
- Whole Wheat Fruit Pizza

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Grilled Fruit Pizza
Homemade or readymade pizza dough (NOT crust!) split into 6 sections and formed into disks
- 1 pint fresh strawberries
- 1 pineapple, cleaned
- 2 kiwi fruits peeled
- 1 jar (14-oz. size) strawberry preserves
- 1 package (16-oz. size) chocolate or white chocolate morsels

Cut fruit into pieces large enough so that they won't fall through the bars of the grill; or place a piece of aluminum foil over grill. Spray the fruit lightly with cooking spray or EVOO.
Grill fruit until grill marks appear. Set fruit aside and prepare pizza crust for the grill. Spray the disks of pizza dough with cooking spray or olive oil and place on the grill.

Cook dough for 3-5 minutes. Flip over, and spread with strawberry jam. Add chocolate chunks and grilled fruit. Continue to grill until chocolate melts and pizza is heated through, about 4-5 minutes.

Serve immediately.

Source: Johnson A Family Company
http://www.rightathome.com/Food/Recipes/Pages/GrilledFruitPizza.aspx

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Grilled Brown Sugar Bananas
- Grilled Pineapple Dessert
- Grilled Pears

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Greens with Goat Cheese and Tangerine Vinaigrette

2 tangerines
2 teaspoon(s) cider vinegar
½ teaspoon(s) Dijon mustard
Salt and ground black pepper
2 tablespoon(s) olive oil
1 tablespoon(s) chopped fresh chives
8 cup(s) (about 5 ounces) loosely packed mixed baby greens, such as romaine, arugula, and/or spinach
½ cup(s) (2 ounces) crumbled goat cheese
¼ cup(s) golden raisins

From tangerines, grate 1 teaspoon peel; place in small bowl. Cut remaining peel and pith from fruit. Holding tangerines, 1 at a time, over another small bowl, cut on either side of membranes to remove each segment, allowing fruit and juice to drop into bowl. Squeeze 3 tablespoons juice from membranes; add to bowl with peel. Whisk in vinegar, mustard, ¼ teaspoon salt, and 1/8 teaspoon pepper until mixed. In thin, steady stream, whisk in oil until vinaigrette is blended. Stir in tangerine segments and chives.

Place greens on 4 salad plates; sprinkle each with goat cheese and raisins. Drizzle with vinaigrette


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Pasta Salad
- Broccoli Salad
- Chicken or Turkey Salad
- Potato Salad

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**Video Title:** Dessert Berry Slump

**Summer Berries with Shortcake**

- 1 pint strawberries
- 1 pint raspberries
- 1 pint blueberries
- ½ cup crème de cassis
- 2 tablespoons cognac
- Sugar (optional)
- 4 Shortcakes (recipe follows)
- ½ cup heavy cream, whipped to firm peaks
- 4 sprigs fresh mint for garnish

In a medium-size bowl, combine the fruit, then add the cassis and cognac. Allow to mellow for a few minutes. Add sugar if necessary. Split the shortcakes in half. Place the bottoms on the serving plates, spoon the berries over the shortcakes, divide the whipped cream over the berries, position the shortcake tops over the whipped cream, garnish with the mint, and serve.


**Recipes for Schools:**
Hold down the Ctrl key and click the mouse to view the recipes:

- Raspberry Grape Salad
- Berries marinated in balsamic vinegar
- Mixed berry pie
- Strawberries and cream cheese crepes

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Video Title: Desserts

Dark Chocolate Red Beet Cupcakes
Serves/Makes: 24 mini cupcakes Ready In: 30-60 minutes

Ingredients:
1 1/2 cup sugar
1/2 cup vegetable oil
3 eggs
4 squares unsweetened bakers chocolate, melted
5 beets cooked, peeled and pureed
1 teaspoon vanilla extract
1 1/2 cup flour
1 1/2 teaspoon baking soda
1/4 teaspoon salt

Directions:
Preheat oven to 375F. In mixer bowl, beat the sugar, oil and eggs until creamy. Add melted chocolate, red beet puree and vanilla. Mix well. In a separate bowl, stir together the flour, baking soda and salt. Add to the creamy chocolate mixture and continue mixing on medium speed for about 2 minutes. Pour the batter into cupcake papers. Bake mini cupcakes for about 15 minutes; large cupcakes for 25 minutes. Cool and frost with icing, if desired. Recipe Location: http://www.cdkitchen.com/recipes/recs/1765/Dark-Chocolate-Red-Beet-Cupcake114819.shtml Recipe ID: 85692

This recipe is from CDKitchen http://www.cdkitchen.com

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Chocolate Chip Cookies
- Peach Cobbler (updated March 2006)
- Pineapple cream cheese pie with berries
- Grilled pineapple
- Carrot cake
- Caramelized pear bread pudding

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Video Title: Vegetable Dippers

Cucumber Yogurt Dip Recipe
1 cup plain yogurt
4 oz. cream cheese
1/2 cup seeded, diced cucumber
1 clove garlic, minced
1 tbsp chopped fresh dill
1 tsp lemon juice
1/2 tsp black pepper
1 tsp lemon zest

Stir yogurt and cream cheese until smooth.
Add remaining ingredients, stir.
4 servings.


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- [Fondue Dippers](http://www.healthy-kids-snacks.com/recipes/cucumber-yogurt-dip)
- [Cheese Fondue](http://www.healthy-kids-snacks.com/recipes/cucumber-yogurt-dip)
- [Avocado Dip 2](http://www.healthy-kids-snacks.com/recipes/cucumber-yogurt-dip)
- [Cucumber Yogurt Dip](http://www.healthy-kids-snacks.com/recipes/cucumber-yogurt-dip)
- [Peanut Butter Veggie Dip](http://www.healthy-kids-snacks.com/recipes/cucumber-yogurt-dip)

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Video Title: Fresh Vegetables and Fruit Seasonal Overview

Corn and Tomato Polenta

1 qt. water
1/4 tsp. salt
1 cup yellow cornmeal
1/2 cup tomato sauce
1 tsp. dried leaf oregano
1/2 cup whole-kernel corn, drained
1/4 tsp. hot pepper flakes, crushed

In a heavy, 3-quart saucepan, bring water and salt to a boil. Slowly pour cornmeal into saucepan so that water does not stop boiling. Stir to keep smooth. Reduce heat and simmer 20 to 25 minutes, stirring often until mixture is stiff. In a small saucepan, heat tomato sauce, oregano, corn, hot pepper flakes, and pepper. When cornmeal is stiff, put half into a serving dish and top with half the sauce. Repeat with rest of cornmeal and sauce. Let rest for 5-10 minutes. Cut in squares and serve.

Apple Crisp

1/3 cup butter, softened
1 cup brown sugar
3/4 flour
4 cups tart apples, sliced

Mix butter, sugar and flour into a large bowl. Peel apples and slice them into small slices. Place apple slices into a 8x8 inch pan. Sprinkle butter topping over apples. Bake at 350 degrees for 1 hour. Allow time to cool. Goes great with Vanilla Ice Cream!

Source: National Food Service Management Institute -
http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnV

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Vegetable Stromboli
- Peach Cobbler

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USDA is an equal opportunity provider and employer.
Video Title: Pasta Pasta Pasta as Carrier for the Vegetables

Chicken Linguine with Peas and Tarragon

One 2 1/2- to 3-pound whole chicken
2 tablespoons unsalted butter
2 tablespoons chopped shallots
1 cup chanterelles, quartered, stems trimmed
1/2 cup dry white wine
1 1/4 cups heavy cream
Salt to taste
Coarsely ground black pepper taste
1 1/2 cups fresh peas, blanched to tender, about 3 Minutes
1 tablespoon fresh tarragon leaves
1 pound linguine noodles, flavor of your choice
1/4 cup grated Pecorino Romano cheese
1/4 cup grated Parmesan cheese

Preheat oven to 400°F. Roast the chicken on a rack in a roasting pan set on the lower rack of the oven. Cook until golden brown, about 1 1/4 hours. Remove, let cool, and pull off all the meat. Dice into 1/2-inch pieces. In a large skillet over high heat, combine the butter shallots, and mushrooms and cook until browned, about 5 minutes. Add the wine and cook until reduced by half, about 3 minutes. Add the cream, cooking until thickened enough to coat the back of a spoon, about 10 minutes. Stir in the chicken and heat thoroughly. Adjust salt and pepper to taste, add the peas and tarragon, and heat through. Remove from the heat. In a large amount of boiling water, cook the pasta until al dente. Transfer to a strainer, rinse with warm water, and drain well. Add the pasta to the skillet with the cheeses and toss until evenly coated. Serve immediately.

Makes 4 Servings

Source: Jimmy Schmidt, Cooking for all Seasons, 1991, p. 84.

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Asparagus Pasta Primavera
- Pasta Toss with Vegetables

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Video Title: Quesadillas Rule

Chicken and Wild Rice Quesadillas

- 4 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, minced
- Salt and pepper for seasoning
- 2 cups shredded cooked chicken
- 1 cup wild rice, cooked
- 1 cup Monterey Jack cheese, shredded
- 6 multigrain tortillas
- Reduced fat sour cream
- Salsa
- Lime wedges
- Cilantro for garnish

Cook onion and garlic in 2 tablespoons olive oil over medium heat until tender and fragrant. Season with salt and pepper. In a large bowl, mix together chicken, rice, onion mixture, and cheese. Put 1 tortilla on a cutting board and spread 1/2 cup chicken mixture over half of the tortilla, then fold over and press firmly on the seam. Assemble additional tortillas. Heat remaining oil in a large skillet over high heat, then reduce to medium and cook quesadillas, 1 or 2 at a time, depending on how large your pan is. Cook until the cheese is melted and the tortilla is golden brown, about 2 minutes per side. Transfer to cutting board and cut in half. Serve with sour cream, salsa, and lime wedges. Garnish with cilantro.


Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:
- Whole Wheat Veg Quesadilla (PDF | 14 KB)
- Vegetable Quesadilla

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Baby Potato Salad

½ cup raspberry vinegar
½ cup coarse-grained prepared mustard
¾ cup virgin olive oil
Salt to taste
Freshly ground black pepper to taste
1 bunch fresh parsley, chopped
2 pounds new potatoes, cut about 1 inch in diameter

In a medium-size bowl, combine the vinegar, mustard, and olive oil, and season with salt and pepper. Add the parsley. In a large pot of cold water, bring the potatoes to a boil over medium-high heat and cook until tender, about 15 minutes. Drain. Cut into halves or quarters. Pour the vinaigrette over them while still warm. Refrigerate overnight, then serve chilled.

Source: Jimmy Schmidt, Cooking for all Seasons, 1991, p. 149

Recipes for Schools:
Hold down the Ctrl key and click the mouse to view the recipes:

- Potatoes Au Gratin (Using Dehydrated Sliced Potatoes)
- Alfredo Potatoes
- Almond Potato Puff
- Anne's Potato Pancakes

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