



**Tasting Recipes
MARVELOUS MELONS**

Ingredients:

1 pound each of cantaloupe, honeydew, and watermelon

1 teaspoon chili seasoning or powder (optional)

Lime juice (optional)

Directions:

1. Wash, peel, and cut melons into small cubes.

2. Combine melons in a large bowl.

3. Optional: Sprinkle chili seasoning and/or lime juice over fruit and gently toss until well mixed.

RAINBOW COLESLAW

Ingredients:

2 cups thinly sliced red cabbage

2 cups thinly sliced green cabbage

½ cup chopped yellow/red bell pepper

½ cup shredded carrots

½ cup chopped red onion

½ cup olive oil

1 tablespoon lemon juice

1 tablespoon red wine vinegar

Directions:

1. In large bowl, combine vegetables.

2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.

3. Pour dressing over the vegetables in large bowl. Toss until well coated.



Peppers



Melon

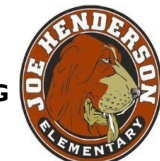
September 2012
Tasting Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Recipe will be featured in the salad bar						1
Recipe will be featured in the salad bar						
2	3 Holiday	4 Robert Semple (tasting demo)	5 Matthew Turner (tasting demo)	6 Joe Henderson (tasting demo)	7 Mary Farnar (tasting demo)	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Generously funded by:



Matthew Turner
PTA
Joe Henderson PTG
Mary Farnar PTA





Tasting Recipes

TOMATO CUCUMBER SALAD

Ingredients:

- 2 Cucumbers, coarsely chopped
- 4 Roma tomatoes, chopped
- 1 red or green bell pepper, chopped
- 2 green onions, sliced
- 1/2 cup black olives, sliced
- 1/4 cup chopped fresh parsley
- 3 tablespoons lemon juice
- 3 tablespoons olive oil

Directions:

Combine all ingredients in a large bowl and toss to coat.

KALE SALAD

Ingredients

- 1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced
- 1 lemon, juiced
- 1/4 cup extra-virgin olive oil, plus extra for drizzling
- Kosher salt
- 2 teaspoons honey
- Freshly ground black pepper
- Orange, diced small (about 1 cup)
- Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons or sunflower

Directions:

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

Modify: Steam the kale for a bit & chill vs. massaging it. So it's a 'cooked green'.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the orange and pepitas. Toss and serve.



Tomatoes



Cooked

October 2012
Tasting Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Robert Semple (Tasting Demo)	2 Matthew Turner (Tasting Demo)	3 Joe Henderson (Tasting Demo)	4 Mary Farmer (Tasting Demo)	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Recipe will be featured in the salad bar Recipe will be featured in the salad bar		

Generously funded by:



Matthew Turner
PTA
Joe Henderson PTG
Mary Farmer PTA





Tasting Recipes

APPLE COLESLAW

Ingredients

- 2 cups cabbage, shredded
- 1 carrot, grated
- 1 apple, cored and chopped
- 1/2 green pepper, chopped
- 6 tablespoons plain lowfat yogurt
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

Directions:

Combine yogurt, lemon juice and dill and whisk to make dressing.
Add cabbage, carrot, apple, and bell pepper and toss to coat. Serve.

JICAMA CUCUMBER SALAD

(makes 24 tastes at 1/4 cup each)

Ingredients:

- 1 pound jicama, peeled and cut into 1/2-inch cubes
- 2 medium cucumbers, quartered, and sliced 1/4-inch thick
- 1 fresh lime
- 3 teaspoons chili powder
- Small plates and forks

Directions:

Combine jicama and cucumbers in a large bowl.
Squeeze lime juice over salad and mix well.
Sprinkle seasoning over salad and mix well.
Serve immediately











Apples



Root Vegetables

November 2012 Tasting Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Recipe in salad bar at all elementary schools				1	2	3
 Recipe in salad bar at all elementary schools						
4	5	6 	7	8 	9	10
11	12 Holiday	13 	14	15 	16	17
18	19 Holiday	20 Holiday	21 Holiday	22 Holiday	23 Holiday	24
25	26	27 	28	29 	30	

Generously funded by:



Matthew Turner
PTA
Joe Henderson PTG
Mary Farmar PTA





Tasting Recipes

PARADISE SWEET POTATOES

Ingredients:

- 2 (15-ounce) cans sweet potatoes in light syrup, drained
- 1 (20-ounce) can pineapple chunks in 100% juice, drained (reserve ¼ cup juice)
- 1 ½ teaspoons ground cinnamon

Directions:

1. Combine sweet potatoes, pineapple, cinnamon, and reserved juice in a large bowl. Mix thoroughly.
2. Place one sweet potato and one pineapple chunk on each paper plate. Serve immediately.

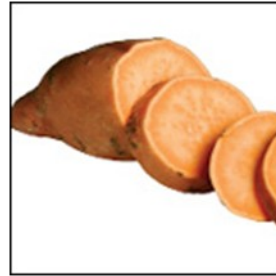
PERSIMMON & SPINACH SALAD

Ingredients:

- 1 ½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

Directions:

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.











Sweet Potatoes



Persimmon

December 2012 Tasting Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Recipe in salad bar at all elementary schools  Recipe in salad bar at all elementary schools						1
2	3	4 	5	6 	7	8
9	10	11 	12	13 	14	15
16	17	18 	19	20 	21	22
23	24 Holiday	25 Holiday	26 Holiday	27 Holiday	28 Holiday	29
30	31 Holiday					

Generously funded by:



Matthew Turner
PTA
Joe Henderson PTG
Mary Farmar PTA



Tasting Recipes

Ingredients

4 orange-fleshed yams (sweet potatoes)

1/4 cup mayonnaise , regular or reduced-fat

4 ribs celery , cut into 1/4-inch-thick slices

1 small red bell pepper , seeded and cut into 1/4-inch dice

1 cup diced (1/2-inch) ripe fresh pineapple

2 scallions , white and green parts, finely chopped

Salt and freshly ground pepper

1/2 cup (2 ounces) coarsely chopped pecans , toasted

Chopped fresh chives , for garnish

Directions:

Wrap the individual potatoes in foil. Bake in a pre-heated 400°F oven for 1 hour, until tender. Cool until easy to handle. Peel, then cut into 3/4-inch chunks.

In a large bowl, mix the mayonnaise and mustard. Add the yams, celery, red pepper, pineapple, and

Your business tag line here.



Napa County



January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Matthew Turner	11 Joe Henderson	12 Mary Famar	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Recipe in salad bar at all elementary schools			

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Tasting Recipes

Breakfast Fruit Cup

(makes 32 tastes at 1/4 cup each)

Ingredients:

4 large pink or red grapefruit

4 medium bananas, peeled and sliced

1/4 cup raisins

1 1/3 cups vanilla yogurt

2 teaspoons ground cinnamon

Paper cups and spoons

Directions:

Peel grapefruit and remove seeds. Slice into bite-sized pieces

In a large bowl, combine fruit.

Divide fruit into cups. Top each with a spoonful of yogurt.

Sprinkle with cinnamon and serve.

Mexican Carrot Salad

Ingredients:

3 medium-large shredded carrots (cheese grater works well if you don't have a food processor)

1 jalapeño minced (or more to taste if you like it spicy)

1 handful of cilantro chopped

1 tbs of oil (can be omitted)

radishes, cucumbers, jicama julienned or grated

1-2 fresh squeezed limes to taste

salt to taste

Directions:

Mix ingredients and serve.

Your business tag line here.



Napa County

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Robert Semple	7 Matthew Turner	8 Joe Henderson	9 Mary Farnar	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Tasting Recipes

Easy Guacamole

Ingredients:

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, chopped
- 1 lime, juiced
- salt and pepper to taste
- Tortillas chips

Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

Fruit Coleslaw

Ingredients:

- 1 bag of shredded cabbage coleslaw
- 1 cup red grapes, halved
- 1 cup apples, diced
- 1/2 C. honey
- 1/2 tsp. dry mustard
- 1/2 C. white or cider vinegar
- 1 C. salad oil
- 1 tsp. salt

Mix all ingredients together and refrigerate until serving. I prefer to let it sit in the refrigerator overnight before serving

Your business tag line here.



Napa County



March 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Robert Semple	6 Matthew Turner	7 Joe Henderson	8 Mary Farmer	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Primary Business Address
 Your Address Line 2
 Your Address Line 3
 Your Address Line 4

Phone: 555-555-5555
 Fax: 555-555-5555
 E-mail: someone@example.com

Tasting Recipes

Sesame Asparagus

Ingredients

- 1 tablespoon toasted sesame oil
- 1 tablespoon soy sauce
- 3 cloves garlic, minced
- 1 teaspoon brown sugar
- 1 1/2 pounds fresh asparagus, trimmed and cut into 2" pieces
- 2 tablespoons toasted sesame seeds

Directions:

- Steam asparagus pieces until tender-crisp, 3-4 minutes.
- In a bowl, mix sesame oil, soy sauce, garlic and brown sugar.
- Please asparagus in bowl and toss to coat.
- Garnish with sesame seed to serve.

Strawberry-Spinach Salad

Ingredients:

- 2 (6-oz.) bags baby spinach
- 1 (16-oz.) container strawberries, quartered
- 1/2 cup sliced toasted almonds
- 1/8 c red wine vinegar
- 1/8 c honey
- 1/8 c light olive oil
- Salt and freshly ground pepper to taste.


Directions:

Toss together spinach, strawberries, cheese, and almonds a large bowl. Drizzle with red wine vinegar, honey, and oil.

Your business tag line here.



Napa County



April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Robert Semple	3 Matthew Turner	4 Joe Henderson	5 Mary Farmer	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Recipe in salad bar at all elementary schools				

Primary Business Address
 Your Address Line 2
 Your Address Line 3
 Your Address Line 4

Phone: 555-555-5555
 Fax: 555-555-5555
 E-mail: someone@example.com

Tasting Recipes

Berries and Peaches Fruit Salad

4 cups total of mixed berries (blackberries, blueberries, raspberries, strawberries, boysenberries)

3 bananas

1 cup vanilla yogurt

1 tablespoon lime juice

1 teaspoon lime zest

Directions:

Slice peaches and cut into 1" pieces.

Combine yogurt and lime juice and zest.

Just before serving, mix together berries, peaches and yogurt.

Tex-Mex Green Bean Salad

1 pound fresh green beans

1 teaspoon salt

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1/2 red onion

1/4 teaspoon black pepper

1/2 teaspoon ground cumin

1 tablespoon minced cilantro

Directions:

Mix oil, lemon juice, and seasonings together and let sit.


Cut stems off beans and cut into 2" pieces.

Mix dressing and beans and let sit 1 hr.

Your business tag line here.



Napa County



May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Robert Semple	8 Matthew Turner	9 Joe Henderson	10	11	12
13	14 Mary Famar	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com