

Recipes and Food Focused Kitchen Challenges



Enjoy your fresh Oxbow mini- harvest and learn about cooking and nutrition with healthy home-cooked recipes your kids will love! Simple, step-by-step recipes and food challenges will provide fun opportunities for you to connect with kids in the kitchen. Read through the ingredient list ahead of time in case you might need to stock up, set aside a bit of time to prep, and create delicious, nutritious foods together as a family! Cut these quick and easy recipes out and food challenges out and put them on your fridge to remind you that cooking can be simple! It just takes a little innovation and creativity!

Safety: Please ask for help using any cooking tools with sharp edges (including the food processor), and the hot oven. This recipe could also be prepared with a mortar and pestle if preferred, it just may be chunkier than if using a processor/blender.

Carrot Top Pesto



Instructions

Process carrot tops, olive oil, parmesan, nuts (if using), lemon juice and zest, garlic and salt in a food processor or blender until finely chopped, season with pepper, to taste.

Serve with the carrot roots as a dip or spread on roasted veggies for a meal!

INGREDIENTS

2 cups of carrot tops
1 cup extra-virgin olive oil
1 cup finely grated parmesan
1/3 cup pine nuts, or walnuts (optional)
1 Tablespoon lemon zest
1 Tablespoon lemon juice
1 clove garlic crushed
1 teaspoon kosher salt

Beet Hummus



Instructions

Cut off beet greens (save for another recipe!), preheat the oven to 400 degrees

Clean your beet, wrap in tin foil, place on baking sheet, and place in the oven to roast for about 50 minutes, or until soft when poked with a fork.

Allow your beet to cool until safe to touch, then use a paper towel or clean kitchen rag (that you don't mind if it gets dyed red) to peel the skin off. Cut the beet into quarters.

Place quartered beet into processor, blender, or mortar. Add all other ingredients except for olive oil and mix until smooth.

Drizzle in olive oil while mixing, if using a mortar and pestle, you may need to ask for an extra set of hands to help with this step.

Taste and adjust seasonings to your liking, adding more salt, lemon juice, or olive oil if you want.

Enjoy on pita bread, great as a sandwich spread, or dip fresh veggies into it!

INGREDIENTS

1 roasted beet
1 15 oz. can cooked chickpeas, drained
1 lemon, zested and juiced
1 tsp salt
1 tsp black pepper
2 large cloves garlic (crushed)
2 Tbsp tahini
1/4 cup extra virgin olive oil

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What's For Dinner Challenge?!

Working with others in your home, look in your pantry and fridge, and help figure out what's for dinner tonight! Does pasta sound good? How could you jazz it up a little with some farm fresh veggies? What seasonings will you use?

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No Waste Challenge!

Did you know that kale flowers are edible? Pea shoots are too! There are many surprising plant parts that may usually get composted that we can eat! We challenge you to utilize ALL edible parts of a plant in a snack or meal.

Some examples: Keeping greens on radishes/turnips/beets and roasting them whole, snacking on pea shoots as well as tasty sugar snap pea pods, frying up squash flowers

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Try a New Veggie Challenge!

We challenge you to try a new veggie today! Have you ever tried kohlrabi or fava beans? These are just some recommendations from Farmer Shannon of veggies that she had NEVER tried before working at Oxbow but LOVES them now.

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