



2017 Montana Local Food Challenge

Local Flavors Cook Book

These recipes were submitted by Montanans for the 2017 Local Food Challenge, some sources are not disclosed. Thank you for all of the cooks, the growers, and the flavors that we have in our wonderful state!





Avocado Egg salad

Submitted by: Marita McDaniel

Ingredients:

1 avocado

2 hard boiled eggs

1/2 tomato

garlic scape (optional)

2 garlic cloves - minced

1 hot pepper - dried or fresh - crushed / diced

Himalayan salt and other spices to taste

Instructions:

Dice avocado, eggs, and tomato, put in a bowl. Add chopped garlic scape, garlic cloves, hot pepper, salt and other spices to taste. Add lemon juice, mustard, or mayo, if you wish. Mix and Enjoy!



Beef Kabobs

Submitted by: Clementine

Ingredients:

1-2 lbs beef steak or roast, cut into cubes or thin slices

Colored sweet peppers, cubed

Onion, large cut segments

Zucchini, cubed

Instructions:

On bamboo skewers alternate beef, onion, pepper and zucchini until skewer is full.

Barbecue until meat is cooked to desired doneness. (I prefer medium, which is about 5 min on each side med/high heat)



Beef or wild game korean bulgogi

Submitted by: Brian F

Ingredients:

- 2 lbs thinly sliced local beef sirloin or wild game
- 1 large yellow onion, peeled (local)
- 2 stalks green onion (local)
- 1/2 medium carrot, peeled (local)
- 1 Tbsp sesame oil
- 1 Tbsp sesame seeds
- 1 Tbsp cooking oil (I used rice bran oil)

BULGOGI MARINADE (MIX ALL TOGETHER IN A SMALL BOWL)

- 6 Tbsp soy sauce
- 3 Tbsp brown sugar
- 2 Tbsp rice wine (mirin)
- 2 Tbsp grated yellow onion (local)
- 1 Tbsp minced garlic (local)
- 5 Tbsp grated red apple (local)

1 tsp minced ginger

1/8 tsp ground black pepper

Instructions:

In a large non-reactive bowl prepare bulgogi marinade. Add sliced meat to the marinade, mix well, cover and place in the refrigerator for a 4-12 hours.

After marinating. Remove the meat from fridge, allow to come to room temperature.

While waiting for meat to come to room temperature slice veggies (onion, carrot and green onion)

Heat a wok or stir fry pan to medium-high heat. Add the sesame oil. Add the thin sliced meat and veggies in batches and do not overcrowd. Cook the meat for 3-5 minutes, until brown. Add the sesame seeds and more green onion as a garnish.

Serve over your favorite rice and enjoy!



Beef Pot Roast

Submitted by: Rachel Schlender

Ingredients:

2-4 lb Beef chuck Roast

1/2 cup flour

3 carrots(sliced)

Medium onion(or to your taste)

1 head of celery

3 red potatoes quartered

Mushrooms(16 oz)(sliced)

1 1/2 cups Beef broth(unsalted)fat free

Salt and pepper(to your liking)

Instructions:

Coat Roast with flour and salt and pepper and pan sear on both sides.

Add vegetables to bottom of slow cooker

Add roast on top

Top roast with sliced mushrooms

Pour beef broth over it

Cook on low 10 hours.



BEET CHOCOLATE CAKE

Submitted by: KATHY JAMES

Ingredients:

1 large beet

water (to boil the beet in)

Unsweetened applesauce

2 T. water

1 t. vanilla

1 t. apple cider vinegar

1 C. white whole wheat flour

1/2 C. unbleached white flour

1/2 C. cocoa

1 C. sugar

1 T. cornstarch

2 t. baking soda

1/2 t. salt

1/2 t. cinnamon

Instructions:

1. Cook one large beet in a saucepan with water to cover and boil until soft. Allow to cool, then drain, peel and put into the food processor with 1/4 C. clear water and process until pureed.
2. Preheat the oven to 325 degrees. Oil or spray your cooking pan.
3. Put the pureed beets into a 2 C. measure. Add enough applesauce to reach the 2 cup line. add the 2 T. water, vanilla and apple cider to the beets and mix well.
4. Mix the dry ingredients together, then add the beet mixture and stir until well combined. Bake for 35-60 minutes, depending on the size of pan you use: more for small, deep pans and less for a 9 X 13 pan. (A 9X13 pan takes about 40 minutes.) Test by inserting a toothpick into the center; it's done when the toothpick comes out clean.
5. Allow to cool completely before cutting and serving. Frost with Vegan Ganache: 16 oz, dairy free chocolate bits, 15 oz can coconut milk (not lite) and 1/2 t. vanilla. Heat coconut milk over medium high heat until bubbles just begin to appear around the edges and steam rises from the surface. Pour the hot coconut milk over the chopped chocolate bits and let stand without stirring for 5 minutes. After 5 minutes, stir until glossy and smooth. Add vanilla and stir until incorporated. Use warm or slightly cooled. (This recipe makes more than needed for a cake. I use about half and store the rest in the refrigerator for the next beet cake!



Bison and Wild Rice Stuffed Peppers

Submitted by: Mariah Gladstone

Ingredients:

4 Local bell peppers

1 lb Local bison burger

4 Local carrots

1 Tbsp. Local wild garlic (Olivelle in Bozeman stocks some)

1 cup uncooked Wild rice (Ojibwe harvested from Minnesota)

Parmesan cheese

Instructions:

Cook wild rice according to the instructions. (This process should take an hour so either prepare the rice in advance or factor it into the cook time.)

Cut bell peppers in half vertically and remove seeds. Blanch for 5 minutes and lay then open side up on a cookie sheet.

Fry bison burger with a cup of shredded carrots

Mix bison and carrots with the wild rice and season to taste. (I enjoyed using wild garlic and oregano to give it an Italian flavor but you could also use red pepper and chili powder for a spicier option.)

Fill bell peppers with the wild rice mixture and top with more shredded carrots and shredded parmesan.

Bake for 10 minutes at 350 degrees.

Enjoy!



Charred Salad

Submitted by: Brittany Moreland with Elevated Harvest

Ingredients:

Lettuce (preferably small head lettuce or romaine)

Olive Oil

Parmesan

Caesar dressing

Salt & Pepper

Instructions:

Heat grill to medium high.

If using small heads of lettuce, leave in tact; if using romaine, cut heads in half.

Drizzle all sides with oil; season with salt. Grill until charred, about 4 minutes per side, but let them go until they get nice grill marks before flipping. Dark and crispy is best - that's where the extra flavor is at.

Serve with fresh shaved parmesan, cracked black pepper, and salad dressing.

You won't believe how good lettuce tastes warm off the grill!



Chilled Cucumber-Buttermilk Soup

Submitted by: John Smillie

Ingredients:

- * 1-1/2 -lb. cucumbers, peeled, seeded, and cut into chunks
- * 2 medium celery stalks, roughly chopped
- * 1 small shallot, coarsely chopped
- * 1/4- cup extra-virgin olive oil, more to garnish
- * Kosher salt
- * 1/2 cup sour cream
- * 1/2 -cup buttermilk
- * Freshly ground black pepper
- * Chopped chives, to garnish

Instructions:

In a blender, purée the cucumber, celery, shallots, olive oil, and 1 tsp. kosher salt until smooth. Strain through a medium-mesh sieve into a large bowl, pressing on the solids to extract as much liquid as possible. Whisk in the sour cream and buttermilk and season to taste with kosher salt and freshly ground black pepper. Refrigerate until chilled, at least 1 hour. Serve drizzled with olive oil and garnished with chives.



Crunchy Tofu Chop (from Sprouted Kitchen)

Submitted by: Lauren

Ingredients:

Serves 4

1 14 oz. pack extra firm tofu

1 heaping Tbsp. coconut oil

1 Tbsp. sesame oil

sea salt and pepper, to taste

2 large carrots, grated

3/4 cup cooked and cooled brown rice (or quinoa)

1 small hothouse cucumber, seeded and diced

1 bell pepper, seeded and diced

3 green onions, thinly sliced

1 small bunch cilantro

2 Tbsp. toasted sesame seeds

1/2 cup toasted cashews, roughly chopped

// dressing //

1 minced garlic clove

1 Tbsp. agave nectar

2 tsp. sriracha

1 tsp. tamari

juice of one lime

2 Tbsp. rice vinegar

3 Tbsp. extra virgin olive oil

Instructions:

Drain the tofu and pat dry with a paper towel. Cut it into small cubes.

Preheat a large cast iron skillet over medium heat. Warm the coconut and sesame oil and once they are hot, add the tofu. Season generously with salt and pepper. Saute for 5-8 minutes until the outsides are just browned. The longer you cook it, the drier/crunchier the tofu cubes get so time it to taste. Set aside to cool.

In a large mixing bowl, combine the carrots, cooked rice, cucumber, bell pepper and onions. Very roughly chop the cilantro and add it to the mixture.

In another bowl, whisk all the dressing ingredients together and toss desired amount with the salad to mix. Season to taste. Add the sesames and cashews. The salad may be kept dressed in the fridge for 2-3 days, slowly losing some of it's crunch but still enjoyable.



Dairy Free Spiced Zucchini Carrot Bread

Submitted by: Hannah Gullickson

Ingredients:

- 2 1/4 cups (550 mL) all-purpose flour
- 1 cup (250 mL) sugar
- 2 tsp (7 mL) ground cinnamon
- 1/4 tsp ground cloves
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 3/4 tsp (4 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 cup (175 mL) finely chopped carrots
- 1 cup (175 mL) finely chopped zucchini
- 1/2 cup (125 mL) coarsely chopped walnuts
- 2/3 cup (150 mL) coconut oil
- 1/2 cup (125 mL) coconut milk
- 2 eggs, lightly beaten

Instructions:

(1) Preheat oven to 350°F (180°F). Brush bottom of Loaf Pan with coconut oil. In large bowl, combine flour, sugar, cinnamon, cloves, nutmeg, ginger, baking soda, baking powder, and salt. Add remaining ingredients; stir just until dry ingredients are moistened.

(2) Spoon batter into pan. Bake 65-70 minutes or until wooden pick inserted in center comes out clean. Remove from oven; cool in pan 5 minutes. Loosen sides of loaf from pan; remove loaf to cooling rack. Cool completely.

Yield:

1 loaf (12 slices)

12 servings of 1 slice



Elotes (Mexican Street Corn)

Submitted by: Cam Clevidence

Ingredients:

- 1/3 cup mayonnaise
- 1 cup Cotija cheese
- 1 teaspoon chili powder
- 1 clove garlic
- 4 ears of local corn
- 1 lime

Instructions:

Shuck corn and place on a preheated grill at medium-high heat. Keep the corn rotating throughout the process to give it a light char.

While the corn is on the grill, in a small pot, combine minced garlic and mayonnaise and heat on low-medium heat until the mixture is fluid then add juice from the lime. Stir consistently.

Crumble the cotija cheese using a fine grate, and combine the cheese and the chili powder in a mixing bowl. Add extra chili powder or cayenne pepper for those who like heat!

Once the corn is completely grilled, place it on a baking tray and coat all sides with the warm mayonnaise mixture (you can use a spoon and simply rotate the corn), followed by sprinkling on a healthy coating of the cheese and chili powder mixture over the entirety of the corn.

Serve and enjoy!



falafel

Submitted by: Shawna Kelsey

Ingredients:

2 cups cooked chickpeas (I get mine at the Troy Farmers Market)

2 T. olive oil

1/4 cup water

1 or 2 farm fresh eggs

1 T. za'atar spice blend (available on Amazon if you can't find it locally)

4 cloves garlic

salt

Instructions:

Pulse in a food processor until it holds together when pressed. Form into small balls of approx. 1 1/2" diameter. Shallow fry until sides are brown and crispy. Serve 3 pieces of falafel on a warm pita or tortilla with farmers market salad mix, fresh tomatoes and tzatziki sauce. If you want to make your own tzatziki, you can mix up 2/3 cup yogurt, 1 cup finely chopped cucumber, lemon juice, 1 or 2 cloves crushed garlic, and salt.



Fermented Cucumber Pickles

Submitted by: Karin Johnson

Ingredients:

For each quart of pickles:

1-2 lb. 4" pickling cucumbers (Kirby) Grown by Glendale Colony, 15 miles from here.

1 to 1 1/2 heads fresh dill crowns, (grown in my garden)

3 sprigs Lemon Thyme, (grown in my garden)

2 T pickling or sea salt/ quart water

1-2 cloves garlic (From Seville Colony - 10 miles from here)

Instructions:

Wash the cucumbers and fresh herbs well. Cut 1/16" of blossom end off each cucumber.

Using a clean glass jar, stir 2 T. sea or pickling salt into 1 qt. of filtered water.

Place half the dill and half other herbs and 1 clove garlic in bottom of a sterile mason jar or fermenting container jar and pack half full with cucumbers (you can cut them, it will speed up the process), add the rest of the dill and the other herbs. Pack cucumbers to 1-1 1/2 inches of the top of the jar. Pour salt water in to the jar until the cucumbers are covered. Add a weight (I use a glass weight made for fermenting and Pickle Pipe tops) and then cover jar loosely. Place in cupboard or a dark corner that stays between 70-75 degrees. Check frequently and remove any

floating bits or mold. Burp jars if using a solid lid. They will take about 3-4 weeks to get to perfection.

This recipe



Full meal bowl

Submitted by: Dorinda Troutman

Ingredients:

Shop at your farmers market

Two eggs, poached or boiled to desired doneness (I like runny yolks)

Three varieties of lettuce (I use butter, romaine and spicy greens), torn into pieces and washed

Whatever fruit is at peak ripeness (raspberries, strawberries, huckleberries, melon, apples, peaches, etc)

Carrot and summer squash, grated

Cucumber, red onion, garlic, sliced thin and marinated in rice vinegar, honey and tamari

String beans, barely cooked or snap peas, raw

Sprouts/micro greens

Sheep or goat cheese, any variety, sliced or crumbled

Any other veggies that are at peak ripeness (tomatoes, peppers), cut into small pieces

From your pantry:

Can of garbanzo beans

Nuts, seeds, dried fruit in small pieces

Salad dressing

Instructions:

In a pasta-sized bowl for each person:

Layer lettuce on bottom with all of the above, in proportions to suit each person.

Sprinkle with fresh/dried fruit and nuts/seeds. Top with dressing.



Garden Broccoli Cheese Soup

Submitted by: Alice Orr

Ingredients:

Garden broccoli-cheese soup

Broccoli – depends on how much you have and how many you plan to feed!

Broth

¼ cup butter

¼ cup Flour

1 cup grated cheese – cheddar, Jack or other or a mixture

Salt and Pepper

Optional seasonings

Instructions:

Cut broccoli from stalks. Make a vegetable broth using broccoli stalks and leaves along with onions, carrots, celery, and/or any tired veggies from garden and about 3 - 4 cups water. OR just use chicken, beef, or vegetable broth!

Cook broccoli in broth until a bit over done.

Make a cheese sauce

¼ cup butter

¼ cup flour

About 2 cups broccoli water or broth

About a cup of grated cheese or more to taste

Salt and Pepper to taste

½ tsp garlic powder (optional)

Dollop of Worcestershire sauce (optional)

Scant teaspoon of mustard (optional)

Melt butter, stir in flour until well blended. Gradually add broth stirring constantly until mixture thickens and is smooth and creamy. Add grated cheese a bit at a time until melted and well incorporated. Taste and adjust seasonings.

Add broccoli chopped to your taste. Blend if you like a smooth consistency. Or keep it chunky. I like to save some florets, blend the soup with a stick blender and then add the florets to the smooth base.

Heat through and serve. Add croutons on top if you like. (Amounts can be easily adjusted depending on the number of people and the amount of broccoli!)



Gluten Free & Vegan Quick Bread

Submitted by: Aimee Miklovic

Ingredients:

2 cups GF flour blend (pre-mixed or blend your own)

1t baking soda

1t baking powder

1/2t salt

1t xanthan or guar gum

3/4 sugar

1/3c oil or melted butter (Earth Balance is delicious!)

3/4c milk (dairy or non-dairy) or full fat coconut milk

1T vinegar or lemon juice (add to milk)

1 1/4c grated fruit/veg, puree (such as pumpkin), or yogurt

1t vanilla or other extract

Instructions:

Preheat the oven to 330* fahrenheit (don't ask, just do)

Grease your pans! I have used loaf, mini-loaf, muffin, mini-muffin, round, and everything in between. You will need to adjust your baking time depending on your pan!

Mix the milk and vinegar, set aside. Mix the flour, soda, powder, salt, and xanthan gum in a large mixing bowl. Combine sugar, oil, milk mix, add-in, and vanilla. Stir the wet into the dry. Pour directly into your loaf pan and bake for 50minutes. Keep an eye on it and adjust the time as necessary. This recipe is *almost* fail-proof.



Golden Milk

Submitted by: Anita Clason

Ingredients:

1 1/2 cup: almond or rice milk

1Tbl sp: coconut oil

1tsp: honey

1tsp: cinnamon

1tsp: turmeric

1/8tsp: black pepper

Instructions:

heat the almond milk and coconut oil on stove top (or microwave) to steaming hot- but do not boil. Then stir in the honey. Whisk in the powdered ingredients last. For summer allergies and winter stuffy noses, enjoy this drink in the evenings to help you wake up with a much clearer throat and sinuses- works great for me!



Goulash

Submitted by: Celeste Brant

Ingredients:

1 lb ground beef

1/2 head of cabbage, chopped

1 qt canned tomatoes

Salt/pepper or seasonings of choice

Instructions:

Brown hamburger & drain. Add chopped cabbage, canned tomatoes & seasonings (we love SPIKE seasoning!). Bring to a boil & then reduce heat to low & cook for 20 minutes. Enjoy! :)



Green Oatmeal

Submitted by: Christina

Ingredients:

4 cups water

1 cup Oats

salt and pepper

Local Microgreens

OG Avocado

local Egg

Basil Pesto (homemade with local ingredients)

Instructions:

Boil 4 cups of water; add oats and cook on low for 25-30 mins. Add salt and pepper to taste. Divide into 3 bowls. Meanwhile, cook your egg to preferred method (fried or poached is best). Stir in some homemade basil pesto, lay slices of Avocado on top, cover with egg and garnish with local microgreens. Enjoy!



Grilled Fava Beans

Submitted by: Sherry Wells

Ingredients:

Fava Beans

Olive Oil

Vinegar

Instructions:

When grill is hot, put favas on in shell till charred. Take them off the grill and let cool. Take them out of the shell and sprinkle with oil and vinegar, salt and pepper, or can use Italian dressing.



Grilled Garlic Scapes

Submitted by: Bethany Schatzke

Ingredients:

Garlic Scapes

Oil (olive, safflower, canola, etc.)

Salt

Pepper

Instructions:

Place your desired amount of scapes in a large bowl.

Drizzle with oil and toss until scapes are well coated.

Add salt and pepper, to taste

Place scapes on a sheet of aluminum foil and wrap up into a sealed packet.

Grill until tender, usually 10-15 minutes.



jalapeno mint simple syrup

Submitted by: Amy Myran

Ingredients:

1 cup local honey, 1 cup water, 2 jalapenos (sliced), 1 cup packed mint of your choice

Instructions:

Combine all ingredients in small saucepan. Over medium heat, bring to low boil. Remove from heat, cover & let sit for 20 minutes. Strain into jars & cool. This is delicious over ice, topped off with seltzer water or club soda. Experiment with other peppers, mints & citrus zest.



Japanese Vegetable Pancakes from Smitten Kitchen

Submitted by: Sayer Wickham

Ingredients:

Pancakes

1/2 small head cabbage, very thinly sliced (1 pound or 5 to 6 cups shreds) which will be easiest on a mandoline if you have one

4 medium carrots, peeled into ribbons with a vegetable peeler

5 lacinato kale leaves, ribs removed, leaves cut into thin ribbons

4 scallions, thinly sliced on an angle

1 teaspoon kosher salt

1/2 cup all-purpose flour

6 large eggs, lightly beaten

Canola, safflower or peanut oil for frying

Tangy Sauce

1/4 cup ketchup

1 1/2 tablespoons Worcestershire sauce (note: this is not vegetarian)

1/4 teaspoon dijon mustard

1 tablespoon rice cooking wine or sake

1 teaspoon soy sauce

1 tablespoon honey (use 2 if you like a sweeter sauce)

1/8 teaspoon ground ginger

Instructions:

Toss cabbage, carrot, kale, scallions and salt together in a large bowl. Toss mixture with flour so it coats all of the vegetables. Stir in the eggs. Heat a large heavy skillet on medium-high heat. Coat the bottom with oil and heat that too.

To make a large pancake, add 1/4 of the vegetable mixture to the skillet, pressing it out into a 1/2- to 3/4-inch pancake. Gently press the pancake down flat. Cook until the edges begin to brown, about 3 minutes. 30 seconds to 1 minute later, flip the pancake with a large spatula. (If this is terrifying, you can first slide the pancake onto a plate, and, using potholders, reverse it back into the hot skillet.) Cook on the other side until the edges brown, and then again up to a minute more (you can peek to make sure the color is right underneath).

To make small pancakes, you can use tongs but I seriously find using my fingers and grabbing little piles, letting a little batter drip back into the bowl, and depositing them in piles on the skillet easier, to form 3 to 4 pancakes. Press down gently with a spatula to they flatten slightly, but no need to spread them much. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath.



Kale Chips

Submitted by: Maggie Z.

Ingredients:

Kale

Olive oil

Salt

Instructions:

1. Tear kale into small pieces
2. Mix with olive oil and salt on a baking sheet.
3. Bake for 8-12 minutes at 400 degrees until edges are slightly browned.



Khmer Veggie Curry

Submitted by: Aubrey Bertram

Ingredients:

- 1 large red onion, roughly chopped
- 3 lemongrass stalks*, smashed & finely sliced (if you can't find fresh lemongrass, substitute lemongrass paste)
- 6 garlic cloves*, crushed
- 3 small red chilies*, chopped
- a good knob of ginger*, chopped
- a good knob of galangal*, chopped (galangal can be found at specialty Asian markets, looks very similar to ginger, but is more citrusy and piney in flavor)
- 3-6 Makrut or kefir lime leaves, finely chopped (available in specialty Asian markets)
- 3 tbsp good quality curry powder*
- 2-2½ tbsp vegetable oil
- sea salt & freshly ground pepper*
- 1 cup coconut cream (sub with full fat coconut milk if coconut cream is hard to find)
- 1 cup vegetable stock

- 2 tbsp Asian fish sauce (if vegetarian, or vegan, sub with liquid aminos or make your own non-fish fish sauce, <http://www.onegreenplanet.org/vegan-recipe/how-to-make-vegan-fish-sauce/>)
- juice of 1-2 limes*
- a selection of your favorite (local) veggies, like potatoes, peas, long or green beans, zucchini or other squashes, carrots, spinach, kale, mushrooms, broccoli, cauliflower, bell peppers - whatever looks good at your local farmers market or comes in your CSA or wherever you get produce - chopped into chunks
- 2-3 tbsp chopped fresh cilantro for garnish

Instructions:

This is a dish that I ate often while I was working and traveling in Cambodia several years ago. I learned how to cook curry in a traditional Khmer cuisine class while I was there, and have adapted it for state-side consumption. It's super simple and super tasty. Use whatever vegetables you have on hand or look good to you. Khmer dishes are traditionally less spicy and more aromatic than its other Southeast Asian counterparts, so this dish is different than likely more familiar, spicier Thai curries.

*all seasoning is to taste. If you can't find Makrut leaves or galangal in your area, don't fret. I add more lime juice and add in lime zest to compensate for that bright, citrus-y flavor.

Make a paste of the lemongrass, ginger, galangal, garlic, chilies and curry powder using a mortar and pestle or in an electronic processor, adding vegetable oil as needed. Alternatively, just chop very finely and mix together in a small bowl with a little vegetable oil to make a paste.

Add the paste to a large hot pot and fry with the onion until fragrant. Add the coconut cream or milk, vegetable stock, fish sauce, and half of the lime juice, salt and pepper to taste, and bring to a boil. Reduce heat to a simmer and add vegetables (heartier veggies like potatoes and carrots will take longer to cook than bell peppers and mushrooms, so consider adding your veggies in stages to avoid over-cooking softer veggies), cooking in the curry until veggies are soft but not mushy. If adding leafy greens, add at the end to wilt but not overcook. Serve over rice, topped with fresh lime juice and cilantro if desired.

For more protein, add tofu that has been either baked in the oven or fried in a pan (pre-cooking give the tofu more flavor and helps it retain its structure and texture). Local chicken is also a good protein addition. You can cook the chicken in the curry itself (just make sure its cooked all the way through), or cooked separately and added after.

This curry freezes well, so this is a good dish to make a large batch of and keep on hand for a quick, satisfying dinner from the freezer.



Kosher Dill Pickles

Submitted by: Mary Fitzpatrick

Ingredients:

Kosher Dill Pickles

- Add a tannin-containing agent to your pickling jars. black tea, oak leaves, grape leaves, or horseradish leaves.
- Ferment at the coolest temperature you can achieve. A basement, cool garage, root cellar, or dark cool corner of your home should suffice. The refrigerator is too cool though.
- Try small whole cucumbers first. These little pickling cucumbers tend to retain their crunch better than a chopped-up larger cucumber.
-
- **Ingredients**
- 5 tablespoons sea salt
- 2 quarts of chlorine-free water
- 4 to 6 grape, oak, or horseradish leaves
- 6 to 9 cloves of peeled garlic
- 2 large heads of dill
- Spices to taste: black peppercorns, red pepper flakes, mustard seeds, etc. (Secret ingredient: for an extra bite, add a few strips of fresh horseradish to the spice mix!)

- Enough pickling cucumbers to fill a half-gallon jar

Instructions:

Directions

1. Make a brine with 2 quarts of chlorine-free water and 5 tablespoons sea salt. Mix well, cover, and allow to cool to room temperature. This brine can be kept for days before using.
2. In a 1/2-gallon jar add a couple of the tannin-containing leaves, a few cloves of garlic, the heads of dill, and 1/3 of the spices you plan to use.
3. Pack half of your cucumbers tightly on top of these spices. (The longest ones work best at the bottom.) Repeat a layer of leaves, garlic, and spices. Add another tightly packed layer of cucumbers and top them off with more garlic and spices.
4. Pour the brine over the pickles, leaving 1 to 2 inches of headspace. Place another tannin-containing leaf on top of the pickles as a cover between the pickles and the surface of the brine.
5. Tightly cap the jar and place in a safe place at room temperature for 3 to 5 days. Alternatively, place in a root cellar or cool basement for up to two weeks.
6. You will know your pickles have fermented when the brine is cloudy, the brine is bubbling, and the pickles have a bubbly sourness to them. The warmer the fermenting temperature, the shorter the fermentation time, though a cooler fermentation temperature is desirable (less than 80°F).
7. Eat right away, or store in a refrigerator or root cellar for months and enjoy them all winter long.

Makes one 1/2-gallon jar of pickles.



Lime marinade for venison

Submitted by: Cassie

Ingredients:

1/4 cup lime juice

2 Tablespoons brown sugar

2 Tablespoons vegetable oil

1 Tablespoon Worcestershire sauce

3 large cloves garlic, crushed (or 4-6 garlic scapes cut into inch-long pieces and slightly mashed to release oils)

1 pound venison round steak or other cut suitable for grilling

salt and pepper to taste

Instructions:

1. Combine juice, sugar, oil, Worcestershire, and garlic in a ziplock bag. Add venison and seal bag securely. Massage marinade into venison by pressing on bag with both hands, moving meat and marinade to coat evenly. Refrigerate for up to 6 hours. (I place my ziplock in a dish to catch leaks before they go on my refrigerator shelf.) Flip bag occasionally to redistribute marinade

2. Remove steak from marinade; discard marinade. Grill steaks over medium, ash-covered coals for 10-11 minutes for medium rare (145 degree F), turning occasionally. (Do not overcook.)

3. Remove steak from grill and let rest for 5-10 minutes to re-absorb juices. Season with salt and pepper.



Mason Jar Blackcurrent Ripple Ice Cream.

Submitted by: Virginia Cross

Ingredients:

- 1 cup black currents (my garden)
- 1 cup heavy cream (friend's milk cow)
- 3 tbl organic sugar
- 1/2 tsp vanilla
- Pinch sea salt

Instructions:

Cook washed currents slowly with half the sugar in the recipe in a saucepan until they are tender (15 mins). Set aside to cool.

Place rest of ingredients in a quart mason jar with lid firmly screwed on. Shake constantly for about 15 minutes until mixture is thick. Add currents and stir into jar. Does not need to be completely mixed. Replace lid and freeze overnight.



Massaged kale

Submitted by: Beverly Magley

Ingredients:

- 4 cups tender kale, sliced into ribbons
- 5 T. olive oil
- 1/2 c. goat cheese (or try bleu cheese instead)
- juice of 1/2 lemon
- 1 sweet apple, diced
- small clove garlic, diced fine
- Salt and pepper to taste

Instructions:

Pour the oil and lemon on the shredded kale, add the garlic, and dive in with both hands. Massage it, squeeze it, rub it together to tenderize it. Add the other ingredients and enjoy! Easy to make ahead: it holds well when refrigerated.



Montana Apricot Chutney

Submitted by: Debra Otis

Ingredients:

4 cups MT apricots, pitted and cut into 1/2" pieces

3 cloves MT garlic, minced

1 MT leek, sliced fine

3 T fresh ginger, minced

1 T salt

2 T lemon juice

1 T brown cane sugar (or coconut sugar) (If the apricots are not very sweet or on the green side, use 2T.)

Instructions:

Prepare ingredients and mix well together.

Put in 1 quart wide-mouthed glass jar.

Put a lid on the jar and refrigerate overnight.

Letting the flavors mingle for a week makes it taste even better.

Eat within a month (if it lasts that long!).

No picture...it all got eaten too fast :)



Montana Crepes

Submitted by: Shoots Veis

Ingredients:

1 cup Montana flour

1/2 cup Montana milk

2 Montana eggs

2 tablespoons Lime infused Olive Oil

3/4 teaspoons Vanilla

3/4 teaspoon Nutmeg

Instructions:

Mix Ingredients

Pour a fist sized amount of batter on a pan heated to medium heat

Tip and rotate the pan to spread the batter into a thin layer

When the batter no longer looks moist, flip the crepe over

Enjoy with Montana butter, jams, and berries.



Montana smoothie

Submitted by: Jackie

Ingredients:

Hand full of huckleberries from the woods near Lincoln.

Handful of flathead lake cherries

Spinach from my garden

Yogurt from the store

Milk from Kalispell Creamery

Couple of spoonfuls of Cream of the West cereal (cause I like it a little gritty!)

Blend and drink!

Instructions:



Montana Summer Salad

Submitted by: Steph and Erik Hystad

Ingredients:

see the attached pic below for recipe and ingredients. We changed it from Oregon to Montana by using huckleberries instead of blueberries and Hutterite chicken instead of salmon (cooked with an herb mixture provided by our CSA.) We got all the ingredients except for the nuts from our CSA and/or local farmers market.

Instructions:



Montana Thai Noodle Bowl

Submitted by: Rich Sawyer - Polson, MT

Ingredients:

4 cups spiralized zucchini* (approx. 3 medium)

1 cup julienned carrots*

1 red bell pepper, diced

2 chicken breasts*, diced

1 tbsp. olive oil

4 cloves garlic*, minced

½ cup almond butter

¼ cup Montana honey*

1 tbsp. coconut aminos (or soy sauce)

1 tbsp. lime juice

2 tbsp. toasted sesame oil

½ cup Thai sweet chili sauce

¼ cup minced cilantro* for garnish

*Locally sourced from farms in Western Montana

Instructions:

Main Veggie Noodle Preparation

1. Bring 4 cups water to boil in medium saucepan
2. Add carrot to boiling water for 3 min
3. Add zucchini and red pepper to water, cook for 2 more minutes.
4. Drain veggie noodles

Sauce Preparation

1. Sauté chicken breast in olive oil
2. Combine almond butter, minced garlic, honey, coconut aminos, lime juice, sesame oil, and ginger-chili sauce in a bowl and whisk.
3. Pour sauce over sautéed chicken breast and reduce for 3 minutes.

Combine noodles and sauce, garnish with cilantro, serve.

Serves 4



One Pot Chicken Dinner

Submitted by: Marguerite Jodry

Ingredients:

- 1 Whole Chicken (preferably from Blind Dog Ranch)
- 1 Cup White Wine
- 2#s New Potatoes
- 1 Large Sweet Onion
- 1 Bunch Kale
- 1 Bunch Parsley, finely minced
- 4 Cloves Garlic, finely minced
- 3 Tbs Minced Whole Lemon or Preserved Lemon (pith, rind, peel and all)
- 3 Tbs Olive Oil

Instructions:

1. Prepare parsley sauce by stirring together olive oil, lemon, garlic, and parsley in a small bowl. Add salt and pepper to taste and set aside. Cut potatoes into 1" cubes. Dice onions to a similar size. Rinse and tear kale into bite sized pieces.

2. Prepare chicken. Start by breaking the breast bone - this will allow the chicken to lie flatter and cook more evenly. Lay the chicken breast side down on a large cutting board. Using the palm of your hands, press down firmly upon the chicken until you hear the breast bone crack. Now the hard part - parting the skin from the

chicken without tearing it off! Starting on the back side near the base of the bird, carefully separate the skin from the body of the chicken. Separate as much on possible, on both sides of the bird, without tearing the skin. Now take your parsley sauce, and carefully rub it underneath the skin of the chicken.

3. Place onions in the bottom of a large crock pot then place your chicken on top, breast side down. Add the one cup of white wine. Set your crockpot to medium heat - you want the bird to take 3-4 hours to cook total (exact cooking times will vary based on the size of your chicken).

4. When the chicken has approximately 1 hour left to cook, add your potatoes. You may need to lift the chicken up to get the potatoes underneath, but make sure that they are well covered by the juices. If not, add a little more water/white wine/chicken stock to cover them completely.

5. In the last 15 minutes of cooking, add your kale. Once the kale is wilted, remove the chicken and vegetables from the crock pot. Place the chicken on a cutting board, and the vegetables on a serving platter. Meanwhile cook down the juices - you can add a little corn starch, or make a roux if you wish to thicken them into a sauce. Once the chicken has cooled slightly, carve into your desired number of pieces and place these on top of the vegetables.

6. Drizzle some of the sauce over the chicken and vegetables and pour the rest into a gravy boat or other serving bowl. You can serve the chicken and vegetables as a complete dinner, or add a side salad for something fresh!

Note: it takes a little bit of practice to know when to add the potatoes and kale. You want to make sure they get fully cooked, but if you add them too soon they'll

be over cooked and soggy! Don't worry, though, even if that happens they still taste delicious.



Pate

Submitted by: Christy Lohof

Ingredients:

<http://www.almostbananas.net/simple-and-best-liver-pate/>

1 very large or 2 med (200 g) onion

2 garlic cloves

14 oz (400 g) liver (beef, lamb, chicken, or otherwise)

1 tsp salt

1 1/2 tsp allspice, freshly ground (see above)

1/4 tsp pepper

2 tsp whipping cream (or milk alternative or I've even used water for dairy free)

Instructions:

Instructions

Roughly chop onion and cook on low heat in ghee (or other fat) until caramelized, about 20 minutes.

Slice the liver, removing any membrane (white filmy layer).

Chop garlic and add to onion for about five minutes.

Using a slotted spoon, remove the onions and garlic to a food processor or high speed blender.

Cook the liver on med heat in the remaining fat, until no longer bloody.

Let the liver and fat cool for a few minutes, then add to food processor.

Add salt, allspice, pepper and cream (or milk alternative or even water).

Blend until smooth.

Line a container with plastic wrap and smooth the pate into the container so that when it chills, you can turn the container over and peel away the plastic wrap, making the pate slice-able.

Alternatively, as I've done here, just put the pate in a bowl or any vessel and scoop it out as needed.

Eat fresh or chill to harden and further meld flavours.



Pork and Carrots with Spaghetti

Submitted by: Pam Arroues

Ingredients:

Boneless pork shoulder 3³/₄ Pound , cut into 3/4 inch prices

? Sliced carrots 1 1¹/₂ Cup

? Chopped onion 1¹/₂ Cup (Using 1 Medium Sized)

? Garlic 2 Cloves, finely chopped

? Water 3³/₄ Cup

? Instant chicken bouillon 1 Teaspoon

? Dried basil leaves 3³/₄ Teaspoon

? Salt 1¹/₂ Teaspoon

? Bottled brown bouquet sauce 1¹/₂ Teaspoon

? Pepper 1¹/₄ Teaspoon

? Corn starch 1 Tablespoon

? Cold water 2 Tablespoon

? Butter 2 Tablespoon

? Grated parmesan cheese 1¹/₄ Cup

? Hot cooked spaghetti 3 Cup

Instructions:

1. Mix pork, carrots, onion, garlic and 1 tablespoon water in 2-quart casserole. Cover tightly and microwave on medium (50%), stirring every 3 minutes, until pork is no longer pink and vegetables are crisp-tender, 9 to 11 minutes.

2. Stir in 3/4 cup water, the bouillon, basil, salt, bouquet sauce and pepper. Cover tightly and microwave on medium (50%), stirring every 3 minutes, until pork is tender, 27 to 29 minutes.

3. Mix cornstarch and 2 tablespoons water stir into meat mixture. Cover tightly and microwave on high (100%) until thickened and boiling, 1 1/2 to 2 minutes.

4. Stir margarine and cheese into cooked spaghetti. Serve pork and vegetables over spaghetti.



Rhubarb Cake

Submitted by: Margie MacDonald

Ingredients:

2 c. rhubarb

1-1/2 c brown sugar

1/2 c sugar (split)

1/2 c. shortening

1 egg

1 t salt

1 t cinnamon

1 c buttermilk

1 t soda

2 c flour

1 t vanilla

Instructions:

Combine 2 c cut rhubarb with 1/4 c sugar and set aside.

Put 1 t of soda in 1 c buttermilk and set aside

Cream 1/2 c shortening with 1-1/2 c brown sugar

Add 1 egg to creamed mixture and beat

Add cinnamon and salt

Stir milk into creamed mixture and mix thoroughly

Add flour and rhubarb and vanilla.

Pour into greased 9x13 cake pan

Sprinkle remaining sugar mixed with 1/2 t cinnamon over the batter

Bake at 350 for 35 min. or longer

(Could add walnuts to batter optional)



Roasted Green Beans

Submitted by: Tamara Kittelson-Aldred

Ingredients:

Fresh green beans from the garden

Grated Parmesan style cheese

Olive oil

Fresh ground pepper

Instructions:

Remove the stem ends of the beans but otherwise leave them whole. Mix grated Parmesan and olive oil together with pepper - proportions according to your taste and the amount of beans you are roasting. The beans should be lightly coated. Pour all the beans with any extra oil/cheese/pepper mixture onto a pan. They can be a little piled up but not too much more than a single layer. Roast in a toaster oven (if its hot weather will heat up the kitchen less) or regular oven at 375 F. for ~20 minutes. Check them half way through the stir around if necessary. Delicious!



Roasted Root Medley

Submitted by: Bonnie Buckingham

Ingredients:

2 large potatoes

4 med beets - multicolored

4 carrots

1 large zucchini

1 red onion

1 head of garlic chopped

Any other root vegetable you find at the Farmers Market

4 tablespoons locally made melted butter

Instructions:

Cut all veggies into 1-1.5" bite sized chunks

Spread butter in large baking dish

Add all cut up veggies - mix together

Sprinkle with pepper and garlic to flavor

Bake at 400 until soft - about 45 minutes

Enjoy!



Sesame Stir Fry

Submitted by: Sarah Harker

Ingredients:

Whatever vegetables you have fresh from the garden. (I recommend carrots, zucchini, green beans, snap peas, squash, onion, or pumpkin) You can have as much veggies as you like, but the amount of sauce you make may need to be adjusted.

1 pound meat of choice, cut into 1"x3" thin strips (could do without meat for a vegetarian dish)

Rice of choice, cooked according to package instructions (1 cup of rice uncooked will yield about two servings)

Sauce:

2 T brown sugar

2 T soy sauce

1 T vinegar (we use balsamic)

1 1/2 t sesame oil

3/4 T flour

1/8 t ground ginger

dash of red pepper flakes (or 1/4 t hot sauce -- more if you like it spicy!)

Instructions:

Cook rice according to directions. Chop veggies as desired (I prefer 2" long sticks, myself). Process meat.

Whisk all sauce ingredients in small bowl, set aside.

Heat 2 T sesame oil in sauce pan. When hot, add meat to pan and cook thoroughly, ~5-7 minutes. Set aside.

In same pan, add chopped veggies. You may need to add more oil to prevent sticking. Saute to desired consistency, less time for more crunchy vegetables. When cooked to satisfaction, remove pan from heat and return meat to pan, mixing with veggies. Stir in sauce (if you have extra, you can use it to pour over dish at serving).

Serve over rice, garnished with sesame seeds if desired.



Spaghetti and meatballs* modified slightly from Smitten Kitchen, to include bison and local pasta, and rigorously field-tested :)

Submitted by: Kelli Avanzino

Ingredients:

For the meatballs:

1/2 pound ground local bison

1/2 pound ground Farm-to-Market pork

1 pound ground beef

1 1/4 cups fresh white bread crumbs (about 5 slices, crusts removed)

2 tablespoons chopped fresh flat-leaf parsley

1/2 cup freshly grated Parmesan cheese

2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper, or more to taste

1 teaspoon onion powder

1 extra-large egg, beaten

Vegetable oil

Olive oil

For the sauce:

1 tablespoon good olive oil

1 cup chopped yellow onion (1 onion)

1 1/2 teaspoons minced garlic

Pinch of red pepper flakes

1/2 cup good red wine

1 (14-ounce) can pureed tomatoes

1 (14-ounce) can chopped or diced tomatoes

1 tablespoon chopped fresh flat-leaf parsley

1 1/2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper

For serving:

1 1/2 pounds of your favorite long pasta from Whitefish's Great Northern Pasta Company, cooked

Freshly grated Parmesan

Instructions:

Make the meatballs: Place the ground meats, bread crumbs, parsley, Parmesan, salt, pepper, onion powder, egg, and 3/4 cup warm water in a bowl. Combine very lightly with a fork. Using your hands, lightly form the mixture into 2-inch meatballs. You will have 14 to 16 meatballs. (Or perhaps 24, which is what I ended up with. I'm sorry I cannot give you a more precise measure; I am sure your amount will fall somewhere in the middle.)

Pour equal amounts of vegetable oil and olive oil into a large (12-inch) skillet to a depth of 1/4-inch. Heat the oil. Very carefully, in batches, place the meatballs in the oil and brown them well on all sides over medium-low heat, turning carefully with a spatula or a fork. This should take about 10 minutes for each batch. Don't crowd the meatballs. Remove the meatballs to a plate covered with paper towels. Discard the oil but don't clean the pan.

Make the sauce: Heat the olive oil in the same pan. Add the onion and saute over medium heat until translucent, 5 to 10 minutes. Add the garlic and red pepper flakes, and cook for 1 more minute. Add the wine and cook on high heat, scraping up all the brown bits in the pan, until almost all the liquid evaporates, about 3 minutes. Stir in the tomatoes, parsley, salt, and pepper.

Return the meatballs to the sauce, cover, and simmer on the lowest heat for 25 to 30 minutes, until the meatballs are cooked through. (The good news is that if, say, you're still waiting for your pot of water to boil for the spaghetti when the meatballs are ready, it's hard to overcook these. I ended up simmering ours a whole extra 20 to 30 minutes, and they were not in the least dried out. Heaven!)

Serve hot on cooked pasta and pass the grated Parmesan.



Spicy Thai Pork Lettuce Wraps (Larb)

Submitted by: Amy Kelley Hoitsma

Ingredients:

- 1 pound ground pork (there are many Montana sources)
- 4 medium shallot(s), peeled, sliced in half and then sliced 1/4-inch thick, divided
- 2 Tbsp fresh lime juice, divided
- 2 medium scallion(s), sliced
- 1 Tbsp fish sauce
- 1 tsp chili sauce, hot Asian-style, or to taste
- 1/4 cup mint leaves, fresh, coarsely chopped
- 1/4 cup cilantro, leaves, fresh, coarsely chopped
- Lettuce leaves (try romaine, red or green leaf, butter lettuce or whatever's local!)
- 1 average cucumber, thinly sliced

Instructions:

Heat a large nonstick skillet over medium-high heat. Cook pork, 1/4 of shallots and 1 tablespoon of lime juice, stirring with a wooden spoon to break up pork as it cooks, until pork is no longer pink, about 6 to 7 minutes.

In a large bowl, combine remaining shallots, lime juice, scallions, fish sauce, chili sauce, mint and cilantro; add pork mixture and toss well to coat.

To serve, place mixture in a nice serving bowl alongside a plate of lettuce leaves. Let people make their own wraps. Serve with cucumber slices.



Strawberry Spinach Salad with Rhubarb Dressing

Submitted by: Cindy Mullet

Ingredients:

4 cups spinach or other mixed greens

1 cup fresh strawberries

Topping options (2 green onions chopped, 1 small red onion, 1 clove garlic minced, 1/2 cup asparagus blanched and chilled, 2 T sunflower seeds, 1/2 cup bacon pieces, 1/2 cup walnuts, 1/2 cup salted peanuts, 1/2 cup shredded cheese, 1 tsp grated lemon or orange peel, 1 cup cooked turkey

Rhubarb Dressing: 2 cups chopped rhubarb

1/2 cup sugar

1/4 cup vinegar

3/4 cup oil

2-3 T grated onion

1 1/2 tsp Worcestershire sauce

1/4 tsp salt

Instructions:

For salad: Combine spinach and strawberries with selected toppings. Pour half of dressing over salad just before serving, then more as needed.

For dressing: Cook rhubarb, sugar and vinegar over medium heat until soft. Drain in sieve. Discard pulp. To 6 tablespoons of this juice, add remaining ingredients. Shake in jar or whisk together. Chill at least 1 hour before serving.



sweet pepper salad

Submitted by: janet mcmillan

Ingredients:

1 each sweet red and green peppers, cut in strips

3 or 4 good sized sliced crimini mushrooms

2 or 3 gloves fresh garlic, minced or pressed

1 medium sized sweet onion sliced thinly

olive oil (generous amount--3-4 Tbsp))

salt, 1/4 c. balsamic vinegar, cumin seeds, black pepper ground coarsely

Instructions:

Heat olive oil in a sauté pan, sizzle garlic, cumin seeds in the oil, then stir in vegetables to coat with oil. Fry gently only until crisp-tender. Have a lid handy and pour the vinegar in and put the lid on. Let cool for a few minutes, then salt and pepper to your liking. Good warm or chilled.



Terry's Crock Pot Roast

Submitted by: Jeanie Alderson

Ingredients:

1 Omega Beef grass finished Wagyu beef roast (chuck roast, rump roast etc)

herbs

vegetables (potatoes, peppers, carrots, turnips, celery, onion, garlic - whatever you like and can find locally)

tomatoes (local fresh, local canned)

broth or water

Worcestershire sauce

red wine

Instructions:

Many people do not think of cooking roasts in the summer time. Yet, using the crock pot is a great way to cook when you dont want to heat up the kitchen and when you are busy all day. It is also a great recipe for getting back to school and ready for fall. Also, anything can go with a roast: A fresh garden greens salad, a cold beet salad, cucumber salad etc.. Or, for a more traditional, pot roast meal, you can add root vegetables. The key is to use great locally raised beef! Omega Beef has its summer delivery in July! If your are an Omega Beef customer, here is a simple but delicious recipe for one of the roasts in your freezer!

Terry's CrockPot Roast

This is great for chuck roasts.

It is best to start with a thawed roast. So, take your roast out of the freezer a day or night before you want to eat it.

In the morning before you go to work (even if your work is right at home)

Add about a cup of water to crockpot and add your roast.

Add Worcestershire Sauce – (Add this to taste – 3-5 tbs.)

Add Italian herbs (oregano, basil, cilantro, marjoram, rosemary, thyme etc....) to taste.

Add a few red pepper flakes if you have them.

Add crushed or chopped garlic.

Add ground pepper.

Jeanie usually adds a splash of red wine.

Cook on low for 6 to 8 hours.

If you get back in the house in time (2 hours before you want to eat) you can add some potatoes, carrots and onions, to the crockpot.

If you get the chance you can baste the roast with the juice in the crockpot.

There are times when we start this in the morning and don't get in until evening and it is always delicious.

Enjoy!



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Enjoy!



Timeless Farmer Lentil Farro Salad with a Citrusy Cowgirl Vinaigrette

Submitted by: Kaleena Miller

Ingredients:

(This recipe is from Claudia's Mesa: <https://www.claudiasmesa.com/single-post/2017/07/04/Back-at-the-ranch-with-THE-LENTIL-UNDERGROUND>)

Serves 25-30 picnic/concert goers

Ingredients

For the Veggies

2.5 lbs of yams or butternut squash, peeled and cut 1/2"x1/2"

1.5 lbs of broccoli florets

2 TBSP dried tarragon

1/4 cup Olive Oil

2 TBSP 6-C Spice Rub (* See recipe below)

2 large red peppers, cubed

2 cups dried cranberries

1 cup of scallions, chopped

4 beets, grated for garnish

1 lb Feta, crumbled, for garnish

For the 6-C Spice Rub

1 TBSP ground cumin

1 TBSP Madras curry

1 TBSP cinnamon

1 TBSP ground dark chocolate

1 TBSP NW Hatch chili powder

1 TBSP dried cilantro

2 TBSP Sea Salt

For the Lentils

2 TBSP Olive Oil

6 cups of Beluga Lentils

12 cup of water

1 red onion, chopped

2 garlic cloves, mashed

2 TBSP Cowgirl Seasonings or blend 1 TBSP each tarragon, dill, basil, orange peel, dried mustard, sesame seeds and use 2 TBSP of mixture, save the rest for making salad dressing below

2 TPSP Sea Salt

6 cups of Farro

For the greens

2 lbs Baby Spinach

2 lbs Baby Kale

1 cup olive oil

1/2 cup white balsamic vinegar

2 TBSP Cowgirl Dressing or your mix

1/3 cup organic orange jam

2 teaspoons sea salt

Instructions:

Directions

1. Heat oven to 375. Place yams and/or butternut squash in a bowl. Mix in the spice rub with half the olive oil. Stir to blend.

2. In a separate bowl, add broccoli with remaining oil. Add tarragon and season with salt.

3. Line up 2 cookie sheet with parchment paper and add veggies.

4. Cook until al dente, about 30 minutes.

5. While the veggies are cooking, cook the lentil.

6. In a large pot, at oil; saute onions and garlic. Add 2 TBSP Cowgirl or your herb mixture and blend.

7. Add lentil and coat with oil. Add water.

8. While farro cooks , make salad dressing by simply combining oil, vinegar, Cowgirl, jam and salt in a bowl. Whisk to emulsify.

9. When the lentil are ready, remove from pot and allow to cool off.
10. To assemble, place cooled lentils, yams and/or squash, broccoli, red pepper, scallions, cranberries in a large bowl and combine.
11. In a separate bowl, add the baby spinach and dressing; toss.
12. To serve, add spinach, top with lentil and a garnish of shredded beets and feta.



Tomato & Summer Squash Gratin

Submitted by: Jean Lemire Dahlman

Ingredients:

2 lbs tomatoes

2 T extra virgin olive oil

1 small onion, or 1/2 medium

2 lg garlic cloves, minced

1/2 pound summer squash (e.g. good size zucchini) cut in 1/2 inch dice)

Salt and freshly ground pepper to taste

2 t fresh thyme leaves or 1 t dried thyme

1 cup cooked brown rice, farrow or barley

3 eggs

2 ounces Gruyere cheese, grated (1/2 cup)

1 to 2 T chopped basil

Instructions:

Step 1

Peel and seed half the tomatoes and chop fine. (or use 14 oz. can diced tomatoes)

Slice the rest and set aside. Preheat oven to 375 degrees.

Oil a 2-quart baking dish.

Step 2

Heat 1 T olive oil in a large, heavy nonskid skillet over medium heat. Add the onion and cook about 5 minutes.

Add the garlic and stir together about 30 seconds.

Stir in the zucchini. Cook about 5 minutes.

Add the chopped tomatoes and the thyme. Season with salt and pepper.

Cook, stirring often, until the tomatoes have cooked don, 10-15 minutes.

Stir in the rice or other grains and remove from heat.

Step 3

Beat the eggs. Stir in the cooked vegetables and the cheese. Combine well.

Scrape into the baking dish.

Step 4

Over the top of the gratin in one layer of remaining garden tomatoes, sliced.

Drizzle with the remaining 1 T olive oil.

Bake 45 minutes, or until top is browned and the gratin is sizzling.

Remove from the heat and allow to site for at least 10 minutes before serving.

Sprinkle basil over the top.

Serve hote, war or at room temperature.

The finished gratin keeps ell for 3 or 4 days.



Tomato-Basil Pasta

Submitted by: Susan Baack

Ingredients:

4 tomatoes

1 cup basil

2-3 cloves garlic (roasted if you prefer)

½ -1 cup olive oil

1 # feta

1 t salt .

1 ½ # linguini (or whatever pasta)

½ t pepper

Instructions:

Mix all ingredients except feta and linguini and let set for 2 hours @ room temperature.

Cook linguini and add to tomato mixture.

Add feta. ENJOY!



Vegan/GF Triple Chocolate Zucchini Brownie Cake

Submitted by: Deborah Muth

Ingredients:

For the Brownies

1.5 cups almond flour (may use coconut flour)

½ cup of arrowroot starch

½ cup cocoa powder

1½ teaspoons baking soda

½ teaspoon of salt

½ cup olive oil

1 egg (for Vegan use egg substitute)

¾ cup coconut sugar

2 teaspoons vanilla extract

2 cups shredded zucchini

? cup of vegan chocolate chips

For the Icing:

3 tablespoons cocoa powder

? cup softened raw coconut oil

½ cup of arrowroot starch

½ cup of raw agave

2 teaspoons vanilla extract

Pinch of salt

Instructions:

Preheat oven to 350°F and coat a 9x13" baking pan with cooking spray or coconut oil. Set aside.

In a medium mixing bowl, whisk all of the dry ingredients.

Add all of the wet ingredients to the bowl and combine. Don't over mix.

Add chocolate chips, if desired and pour into your pan.

Bake 25-30 minutes until the brownies spring back when touched.

To make the icing: Whisk all of your icing ingredients together. Spread over cooled brownies, and cut into squares. If you want them to be "set" like a brownie, you can place the pan in the fridge for 30 minutes. If you want warm, ooey-gooey cake, slice it and eat it!



Young Green Beans with Thinly Sliced Apple

Submitted by: Bill Hand

Ingredients:

2 cups very fresh Montana grown string beans (now locally available)

1/2 eating apple (Fuji, Gala, etc.) cored and thinly sliced

1 tsp ground cinnamon

1/8 tsp ground nutmeg

2 tbsp Montana salted melted butter

Instructions:

On the stove steam young green beans covered for about 8 - 10 minutes in a steamer at medium heat. Mix together and microwave the thinly sliced apples with the cinnamon, nutmeg and melted butter at medium to high setting in the microwave for about a minute. In a bowl fold apples in with the green beans. Serve as soon as possible.



Yummy Beets

Submitted by: Grace Decker

Ingredients:

Beets (4-6 small, or 2 - 3 large) (red are best, golden are also fine)

Flour (a handful or two)

Salt and pepper

Rosemary (fresh or dried)

Oil or butter

Greek yogurt or sour cream if desired

Instructions:

Peel and grate the beets. Place beets in a strainer or colander to drain, for about 15 minutes. You can press lightly with paper towels or a dishcloth to help squeeze out some of the moisture.

In a large bowl, toss the beets with a couple handfuls of flour. The beets should be very lightly coated. Then toss with rosemary, salt and pepper.

Heat oil or butter on a heavy skillet or griddle. Cast-iron is great. When the oil is hot, dump the beet mixture onto it, and press out with your hands to cover the surface in an even layer. You're basically making a big beet hash brown.

Let the beets cook until you can easily lift up the bottom with a spatula. Flip the hash brown over and cook the other side. It's fine if you have to cut it into pieces and flip each one.

Serve hot and crispy, and top with a dollop of greek yogurt or sour cream if desired.



Zucchini Cakes

Submitted by: John Woodland

Ingredients:

ZUCCHINI CAKES

Makes 18 small cakes

3 cups shredded zucchini from the garden

1 cup shredded carrot purchased as part of first week challenge

2 cups shredded cheddar cheese local - purchased at Good Food Store from source in the Bitterroot

1 cup all purpose flour

1 TBS salt

2 tsp garlic powder

3 large eggs from our chickens

2 cups panko bread crumbs

canola oil for frying

Instructions:

Add the zucchini, carrot and cheese to a large bowl and toss together until well mixed.

Add the flour, salt and garlic powder and toss until combined.

Mix the eggs together with a fork and add to the mixture in the bowl. Gently mix together with your hands until well combined.

Place the panko in a bowl or on a plate.

Heat about 1/2? of oil in a large pan over medium high heat.

Drop the zucchini mixture in small balls – I used a large cookie scoop – into the panko.

Coat with the panko and then press into a disc.

Set the zucchini cakes aside until they are ready to fry

When the oil is hot add the cakes to the pan – don't over crowd.

Fry the cakes until they are nicely browned and turn over to cook on the other side.

Remove to a paper towel to drain. Keep warm until ready to serve

I served them on lettuce with some French dressing. Obviously there are a myriad of ways that these could be eaten. I may or may not have just eaten one plain.



Zucchini Lentil Frittata

Submitted by: Abbie Phillip

Ingredients:

- 1 C onion slices
- 1 Tbsp olive oil
- 1 1/2 C sliced zucchini
- 3/4 C cooked Montana Lentils
- 1 Tbsp minced fresh dill
- 1 Tbsp minced fresh mint
- 4 eggs
- 1/4 C water
- 1/4 tsp salt
- 1/4 C crumbled feta cheese
- 1/4 C grated Parmesan Cheese
- Ground black pepper to taste

Instructions:

Serves 2-4

30 minutes

In a 10-inch ovenproof skillet on medium heat, sauté the onion slices in the oil, stirring frequently for about 10 minutes, until the onions begin to brown. Add the zucchini and continue to sauté for about 5 minutes, until just tender. Transfer the vegetables to a large bowl and mix with the cooked Lentils, dill, and mint. *See note at the bottom on cooking lentils.

Rinse the skillet and set aside. In a separate bowl, whisk together the eggs, water, and salt until smooth and then whisk in the feta cheese.

Lightly oil the skillet and place it on medium-high heat. Stir the egg mixture into vegetables and lentils and spoon this mixture into the hot skillet. Sprinkle the top with Parmesan cheese.

Lower the heat to medium-low and cook, without stirring, for about 5-minutes, until the edges are firm and pulling away from the sides of the pan. The frittata should be mostly cooked but with the top still a little wet. Place the skillet under the broiler until the top is firm and lightly browned, 3-5 minutes. Or, if you prefer, cover and cook on the stove top on low heat until firm.

Slide the frittata onto a large plate or serve directly from the skillet in generous wedges.

*To cook lentils. In a 4 quart saucepan, combine 1/2 C clean, dried Lentils, 4 C water, and 1/2 tsp. Salt. Bring to a boil; then reduce the heat, cover, and simmer for about 20 minutes or until tender. Drain well and set aside.



Zucchini oatmeal

Submitted by: Kt

Ingredients:

- 3 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 cups unsweetened Plant based milk
- 1 teaspoon pure vanilla extract
- 1/4 cup honey
- 2 eggs
- 2 tablespoons olive oil
- 1 1/4 cups shredded zucchini (one medium zucchini)

Instructions

Preheat oven to 375F. Spray 9×13 baking dish with cooking spray and set aside.

In large bowl, combine oats, baking powder, cinnamon, nutmeg, and salt. Stir well to combine.

In medium bowl, whisk together milk, vanilla, honey, eggs, and oil. Pour wet ingredients into dry ingredients and stir until combined. Fold in zucchini.

Pour into prepared baking dish. Bake in preheated oven for 30-35 minutes, until baked through and golden brown on top. Let cool, then scoop into bowls. You can serve as is or pour a little bit of milk or cream on top. Add fresh or frozen berries on top. Keep covered in refrigerator, for up to a week.

Instructions: