

# Eat Better Tonight

Learn how to prepare healthy, affordable, and farm-fresh meals for you and your family. A workshop by City Green.



## Kale Caesar Salad

### Directions

- Remove tough stems from kale and chop or tear leaves into small bite-size pieces. Set aside in large bowl.
- In small bowl, make dressing by whisking together olive oil, crushed garlic, lemon juice, Dijon mustard, vinegar, and salt and pepper
- Pour dressing mixture over kale and use your hands to massage dressing into the kale
- Sprinkle shredded parmesan cheese and croutons into bowl and toss with the kale.
- Serve and enjoy!

**Tip:** *The longer the kale is massaged with the dressing, the more tender and less bitter it will be! Prepare a few hours in advance and chill for best results. You can also add chickpeas or grilled chicken for extra protein.*

### Ingredients

- 1 bunch kale
- Olive Oil
- 3 cloves garlic, crushed
- Lemon juice
- ½ cup Parmesan cheese
- 1 Tbsp. Dijon mustard
- 1 Tbsp. Vinegar
- Salt and Pepper
- Croutons

### Foods Grown on Local Farms

- Has more nutrients
- Is better for the earth
- Supports the local economy
- Has more flavor!

**City Green, Inc.**  
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## Strawberry Radish Salsa

### Directions

- Dice strawberries and radishes and add to a medium sized bowl
- Finely chop scallions and mint and add to the bowl.
- Squeeze in the juice of a fresh lemon
- Add a generous sprinkle of salt.
- Stir to combine.
- Serve with chips, tacos, or over grilled fish or chicken for a tasty treat!
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**Tips:** Add finely chopped jalapeno peppers for an extra spicy bite! You can also substitute limes for lemons, or parsley for mint.

**Strawberries** are in season from May- June, and **Radishes** are in season in the summer months until October. **Scallions and chives** both become available in the early spring!

### Ingredients

- Fresh Strawberries
- Radishes
- Scallions or chives
- Mint
- Lemon Juice
- Salt
  
- *Optional: Jalapenos*

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## Apple Chips and Sweet Yogurt Dip

Apples are a great source of vitamin C and fiber!

### Directions

- Preheat oven to 300 degrees F and line baking sheet with parchment paper
- Core apples and remove stems
- Thinly slice apples into round discs
- Spread apple slices out on baking sheet in one layer
- Sprinkle with sugar and cinnamon
- Bake for 40-45 minutes, until edges of apple slices curl and look golden and crisp! Flip halfway through baking for best results.
- Cool for 20-30 minutes.

### For the dip:

- Stir yogurt, maple syrup, vanilla, and salt until combined. Cover and chill until ready to serve.

**Dip your finished apple chips in the yogurt dip for a sweet, seasonal fall treat!**

### Ingredients

#### For the chips:

- Apples, cored (Use your favorite variety!)
- Sugar
- Cinnamon

#### For the yogurt dip:

- 1.5 Cups Plain yogurt
- 3 Tbsp. maple syrup
- ½ teaspoon vanilla extract
- Pinch of salt

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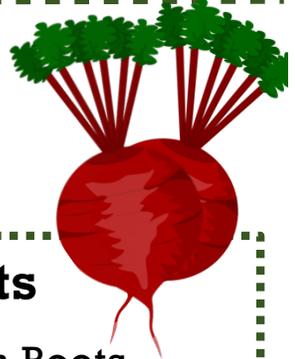


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## Roasted Beet, Asparagus, and Arugula Salad



### Directions

- Preheat oven to 400° F
- Wash beets and wrap in aluminum foil. Place on baking sheet and bake for 45 min. – 1 hour, until tender
- Meanwhile, break off woody ends of asparagus and cut into 1” pieces. Toss with olive oil, salt, pepper, and garlic, and bake for 20-25 minutes, until tender and slightly crispy
- Once beets are done, allow them to cool and peel the skin. Slice into rounds.
- Layer arugula, sliced tomatoes, asparagus, beets, and goat cheese.
- In a small bowl, whisk together balsamic, olive oil, honey, mustard, and salt and pepper until combined. Drizzle over salad.
- Enjoy!

**Tip:** Garnish with fresh parsley for an extra boost of flavor and nutrition!

### Ingredients

- 2-3 Fresh Beets
- 3-5 Cups Arugula
- ½ lb. Asparagus
- Garlic, minced
- 1 Tomato, sliced
- 2 oz. goat cheese
- 2 Tbsp. Balsamic Vinegar
- 1 ½ Tbsp. Olive Oil
- 2 tsp. Honey
- 2 tsp. Dijon Mustard
- Salt and Pepper
- Fresh parsley (optional)

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## Carrot Apple Slaw



Apples are a great source of vitamin C and fiber!

### Directions

- Grate the carrots and apples using a grater or the grating attachment within a food processor. There is a lot to grate, so I recommend the food processor if you have the option.
- Add the grated carrots and apples to a large mixing bowl. Add in the sunflower seeds, cranberries, cilantro, and parsley. Toss to distribute.
- In a small bowl, whisk together the apple cider vinegar, sunflower oil, sesame oil, honey, sea salt, and pepper.
- Pour dressing over the slaw and toss to coat.
- Serve and enjoy!

### Ingredients

- 2 pounds carrots, peeled
- 2 pounds apples, peeled and cored
- 3/4 cup roasted sunflower seeds
- 1 cup dried cranberries
- 1/4 cup chopped fresh flat-leaf parsley
- 3 Tbsp. apple cider vinegar
- 3 Tbsp. olive or sunflower oil
- 1 1/2 tablespoons honey
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

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