



Maine Recipes

*Try these recipes from the Maine Nutrition Network
using fresh Maine foods!*

Vegetable and Cheese Casserole

1 tablespoon oil	1/2 cup chopped onion
1 large clove garlic, peeled and minced	2 large tomatoes, chopped
2 pounds zucchini or yellow summer squash, cut into 1/2 inch pieces	1 1/2 to 2 cups corn kernels (from 2-3 large ears or frozen kernels)
6 ounces grated cheese	salt and pepper, to taste

1. In a large skillet, heat the oil and add onion. Cook the onion over medium-low heat until the onion is softened.
2. Add the garlic, tomatoes, squash and corn, and cook the mixture – stirring it for 8-10 minutes or until the squash is tender.
3. Reduce the heat to low, stir in the cheese, salt and pepper (if desired), cover the pan, and simmer the casserole for 30 seconds to melt the cheese.

Salsa

2 medium tomatoes, chopped	1/2 teaspoon chili powder
4 oz. can chopped green chilies	1/2 teaspoon sugar
1 cup corn	1/4 teaspoon oregano
1/2 cup chopped onion	1/8 teaspoon cayenne pepper
1/4 teaspoon salt	

1. Combine all ingredients in a microwave safe container.
2. Cover tightly. Microwave on high for 5 minutes or until boiling.

Broccoli Salad – This is a favorite of Maine Nutrition Network staff!

Serves 6

1 head fresh broccoli (about 1 pound) ½ cup raisins
⅓ cup low-fat mayonnaise *optional:* ¼ cup walnuts or ¼ cup
3 tablespoons sugar chopped red onion. Shredded carrots
1 ½ teaspoon vinegar or chopped apples can also be added.
1 ½ teaspoon low-fat milk

1. Wash broccoli, cut heads into florets. Dice stems. Place florets and diced stems in a bowl.
2. In a small bowl, combine low-fat mayonnaise, sugar, vinegar and low-fat milk. Mix well. Add to diced broccoli.
3. Add raisins, walnuts and onions to mixture. Stir to coat all pieces.
4. Chill at least two hours before serving.

Cantaloupe Shake

Serves 4

3 cups cubed cantaloupe ⅛ teaspoon ground nutmeg
8 oz. vanilla low-fat 1 cup crushed ice or cubes
or non-fat yogurt
2 tablespoons sugar

1. Place cantaloupe in electric blender. Cover and process until smooth.
2. Add yogurt, sugar and nutmeg. Cover and process for 30 seconds.
3. Add ice. Cover and process until smooth.
4. Serve Immediately! Enjoy!

Twice Baked Potatoes

Serves 4

4 medium potatoes, baked dash of salt and pepper
1 cup low-fat cottage cheese paprika
½ cup low-fat milk dried parsley flakes (optional)
1 tablespoon chopped onion

1. Cut hot potatoes in half lengthwise. Scoop out potatoes, leaving skins intact for restuffing.
2. With a wire whisk beat potatoes with cottage cheese, milk and onion. Spoon the mixture back into skins.
3. Sprinkle with paprika and parsley flakes.
4. Bake at 375 ° F 10 minutes or until just golden.

Sweet and Sour Cucumbers

½ cup sugar
⅓ cup vinegar
¼ teaspoon garlic powder
⅛ teaspoon celery seeds

dash salt
4 medium cucumbers, sliced thin
1 medium onion, peeled and chopped

1. Combine the first five ingredients in a salad bowl. Stir to mix.
2. Add sliced cucumbers and onions to dressing. Toss and serve.

This keeps well refrigerated for three days. Serve with a slotted spoon.

Pasta Primavera

1 cup fresh or frozen peas
1 cup broccoli florets, diced
1 cup yellow squash or zucchini,
diced
½ cup carrots, diced
½ pound spaghetti, fettuccini
or linguine

½ cup cherry tomatoes, diced
¼ cup Parmesan cheese
¼ cup low-fat Italian dressing
optional: ¼ cup chopped fresh basil
or parsley

1. Cook and drain the spaghetti according to package directions.
2. Put peas, diced broccoli, squash or zucchini, and carrots into boiling water for two minutes. Remove from heat and drain.
3. In a bowl, mix cooked vegetables, tomatoes, Parmesan cheese and Italian dressing.
4. Pour over cooked pasta and serve.

Berry Crumble

Serves 6

3 cups fresh blueberries,
raspberries blackberries
or strawberries
¼ cup frozen orange juice,
concentrate, thawed

½ cup oatmeal
¼ cup white or whole wheat flour
2 tablespoons brown sugar
2 tablespoons margarine, cut into small
pieces

1. Preheat oven to 375 ° F.
2. Combine first three ingredients in an 8-inch square baking dish. Set aside.
3. Combine oats, flour, brown sugar in a bowl; cut in margarine with a pastry blender (or two knives), until mixture resembles coarse meal. Sprinkle over berries.
4. Bake for 30 minutes.
5. Top with low-fat frozen yogurt. Enjoy!