

SCHMITT FAMILY FARM

Our Favorite Recipes

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Beets

Cut off Beet tops (leaves) and bottoms (roots) and wash.

Sautéed Beets

1. Boil Beets in pot with water and cover (boil small beets for 15 minutes, and large for about 30 minutes).
2. Test for tenderness with fork (like you would do for a potato)
3. Allow the beets to cool
4. Peel the skin off of the beet and slice
5. Sauté the beet with butter or olive oil
6. Add salt and pepper to taste

Pickled Beets

Ingredients:

- Beets
- Sugar
- Cider Vinegar
- Salt and pepper

Directions:

1. Boil Beets in pot with water and cover (boil small beets for 15 minutes, and large for about 30 minutes).
2. Make dressing of equal part sugar to equal part cider vinegar, add salt and pepper to taste.
3. Cover the beets with dressing
4. Chill and serve

Optional: add sliced red pepper

Baked Beets

1. Prick Beet with a fork (like you would do for a baked potato)
2. Wrap each beet in foil
3. Bake in oven on 350° for 1 hour
4. Add butter, salt and pepper

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Black Bean Salsa

Use as a dip for tortilla chips or as a salsa for grilled chicken, fish or meat.

Ingredients:

- 1 can (15 ounce) black beans
- 2 ripe tomatoes, finely diced
- 1 red pepper, finely diced
- 1 green pepper, finely diced
- 1 red onion, finely diced
- 3 ears corn
- 2 tablespoons olive oil
- 1 bunch of cilantro, chopped
- Juice of 1 lime
- 1 tablespoon cumin
- Salt
- Dash of cayenne pepper

Directions:

1. Drain and rinse beans.
2. Plunge corn into boiling water for 2 minutes. Cool. Cut kernels off the cob.
3. Toss everything together. Add lime juice and seasoning.

Variations:

1. Add 1 can chick peas.
2. Add 2 hot pepper, chopped.
3. Use scallions instead of red onion.

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Broccoli Salad

Goes great with grilled chicken!

Ingredients:

- 1 large bunch of broccoli
- 5 strips of bacon, cooked and crumbled
- 1 cup mayonnaise
- 2 tablespoons white vinegar
- ½ cup white raisins
- 1 small red onion, chopped
- Freshly ground pepper to taste

Directions:

1. Rinse broccoli and cut flowerets into bite sized pieces
2. In a small mixing bowl, whisk together mayonnaise, bacon and vinegar
3. In a large bowl, combine broccoli, raisins and onions. Add mayonnaise mixture, gently stirring to combine thoroughly.
4. Chill and serve

Serves 4 to 6

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Cole Slaw

Ingredients:

- ½ head cabbage (red, green or a mixture of both), grated
- 1 small onion, grated
- 2 tablespoons vinegar
- 2 tablespoons sugar
- ½ cup mayonnaise
- Salt and pepper to taste

Directions:

1. In a large salad bowl, combine cabbage, onion, vinegar and sugar
2. Mix in mayonnaise, adding more if necessary to reach desired consistency
3. Chill for about 30 minutes before serving

Variations: Any of the following ingredients can be added to taste: green or red pepper, diced; celery, diced; scallions, chopped; parsley, chopped; green or black olives, sliced; raisins; fresh dill, chopped; carrots, grated; paprika; celery seed; hard boiled eggs, chopped. Substitute sour cream for part of the mayonnaise if desired, or use non-fat sour cream and fat-free mayonnaise for a low fat diet. Eliminate the mayonnaise and substitute your favorite vinaigrette or bottled commercial dressing.

Sautéed Arugula

Tastes great served over pasta!

Ingredients:

- Arugula
- Olive oil
- Garlic, chopped
- Tomato, diced

Directions:

1. Cut off Arugula roots and wash
2. Put olive oil and garlic in a pan
3. Add Arugula
4. Sauté until wilted
5. add tomato for the last minute

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Fresh Tomato Sauce

Ingredients

- 16 ripe tomatoes
- ½ stick butter
- 2 tablespoons flour whisked with water
- 1 onion, chopped
- 2 to 3 cloves of garlic, minced
- 2 to 3 cloves of garlic, minced
- ¼ cup brown sugar
- Handful of cilantro, chopped
- Salt and pepper to taste
- Pinch of oregano, thyme and parmesan cheese

Directions:

1. Place tomatoes in boiling water for 30 seconds to split skins. Peel and place tomatoes in a large pot.
2. Sauté onions and garlic in butter. Add to tomatoes.
3. Add flour and water mixture to tomatoes.
4. Add brown sugar, cilantro, basil, salt, pepper, oregano, thyme and parmesan cheese. Cook for 2 hours.

Serves about 8

Spinach Salad

Salad Ingredients:

- Spinach leaves, washed and torn
- 4 to 6 slices bacon, cooked and crumbled
- 2 to 4 hard boiled eggs, sliced
- Chopped walnuts
- Cheese of your choice, grated or shred

Dressing Ingredients:

- 1 cup olive oil
- ½ cup sugar
- 1/3 cup catsup
- ¼ cup red wine vinegar
- 1 tablespoon Worcestershire sauce

Directions:

1. Use as much spinach as is needed for the number of people being served.
2. Toss spinach, bacon, egg, walnuts and cheese in a salad bowl.
3. Make dressing and pour just the amount needed over the salad. Refrigerate the rest.

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Spinach and Cheese Quiche

Ingredients:

- 12 ounce can of evaporated skim milk
- 1/3 cup low fat cottage cheese
- 1/4 cup grated parmesan cheese
- 2 eggs
- 3 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups of fresh shredded spinach (or 1 10 oz. box frozen spinach thawed and squeezed dry)
- Plain pie crust (I use Pillsbury pre made)
- 1 cup shredded mozzarella

Directions

1. Preheat oven to 425.
2. In a medium bowl whisk the milk, cottage cheese, parmesan, eggs and egg whites, salt and pepper.
3. Roll out pie crust into pan. Spread spinach on top. Then pour the egg filling over spinach.
4. Bake for 15 minutes, reduce oven temperature to 350 and sprinkle with mozzarella and bake until the filling is set 15 to 20 minutes.
5. Let cool 10 minutes before serving.

Goes great with a salad!

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Carrot Soup

Ingredients:

- 1 tablespoon olive oil
- 1 onion chopped
- 7-8 peeled carrots and cut into 1" chunks
- 6 cups chicken broth
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup chopped fresh dill
- 2 tablespoons butter

Directions:

1. In a medium sauce pan heat oil. Sauté onion until softened - about 5 minutes.
2. Add the carrots and broth, bring to a boil.
3. Reduce heat and simmer covered until carrots are tender - about 20 minutes.
4. In a blender or food processor (or use an emersion blender) puree the carrots with broth until smooth.
5. Serve warm with a dollop of butter and sprinkle with chopped fresh dill. To keep low fat omit the butter.