

CHEF'S CHOICE



*Cook-up the
harvest of the
month 3 different
ways at home!*

HARVEST OF THE MONTH RECIPE BOOK

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WELCOME

Welcome to the 2022 Chef's Choice, a Harvest of the Month Recipe Booklet.

In past years, the Wauwatosa Health Department has published a recipe each month on their website with a produce that is in season that month. This year the health department has decided to expand on this program and create a recipe booklet with all 12 months. Each month features a Harvest of the Month produce with nutritional and health benefits on why this produce should be incorporated into your diet. Each month features three recipes based on cooking level: Easy, Intermediate, and Expert. All of the recipes have the Harvest of the Month as the star of the dish. Throughout all 12 months, the recipes were contributed by local Wauwatosa and surrounding areas businesses, non-profits, restaurants, or residents.

The goal of this recipe book is to introduce or reintroduce you to fruits and vegetables that you may not eat often. By featuring three different cooking levels, this recipe booklet hopes to provide everyone with something that any cooking skill can do.

The health department decided to partner with 12 businesses, non-profits, restaurants, and residents to create these recipes to highlight all of the wonderful places to visit, dine at, or the wonderful residents right in our own backyard. We encourage you to try your hand and these recipes and also support these wonderful local establishments.

Enjoy!

Thank You!

The Wauwatosa Health Department wants to thank the following contributors for partaking in this booklet.

AMRAP Method (Grafton), Chant Claire Choir (Milwaukee), The Real Good Life (Wauwatosa), Herrick Performance, Nicole, RD (Hunger Task Force), Resilient Nutrition (Grafton), Temple Love Fitness LLC, Tosa Cares, Wauwatosa Fire Department, Wauwatosa Health Department, Wauwatosa Library, Wauwatosa Neighborhood Association Council.

Most nutritional facts and health benefits for the overall produce have been obtained by the website www.verywellfit.com, which is contributed by registered dietitians. Please visit the website for more information



JANUARY

Sweet Potato

Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways.

This colorful vegetable has many health-boosting nutrients. A few reasons why to add this vegetable into your diet include:

Aid in Cancer Prevention

Rich in antioxidants, sweet potatoes have been studied for cancer prevention and treatment.

Vision Protection

Beta carotene is essential for eye health and is very abundant in sweet potatoes. Combined with copper, zinc, and vitamin C, also found in sweet potatoes, have been found to protect against age-related macular degeneration.

Supporter of Cardiovascular Health

Nutrients that have anti-inflammatory properties, like the nutrient anthocyanin, are shown to reduce heart disease. This fiber-rich vegetable reduces cholesterol and the high potassium can aid in lowering blood pressure.

Aid in Diabetes Management

The American Diabetes Association considers sweet potatoes to be a low glycemic index food. Incorporating sweet potatoes into your diet can balance out other high glycemic foods in one's diet.

This Month's partner is Herrick Performance!

Herrick Performance combines training with mental performance training. This combination helps with improved performance for athletes, but fear not Herrick Performance is not only for athletes. It can be for individuals or groups looking to increase their focus, resilience, mental toughness, and character.

All services are evidence-based, individualized, and have holistic mental training.

As a result of evidence-based, individualized, and holistic mental training, athletes will learn to better regulate their thoughts and emotions during practice and competition. Mental training can help athletes make real-time evaluations and adjustments by implementing their mental skills in order to take control of various circumstances and situations. These skills will not only be beneficial for athletic performance but can also be transferred to real-world applications, developing the whole athlete.

Want to learn more?

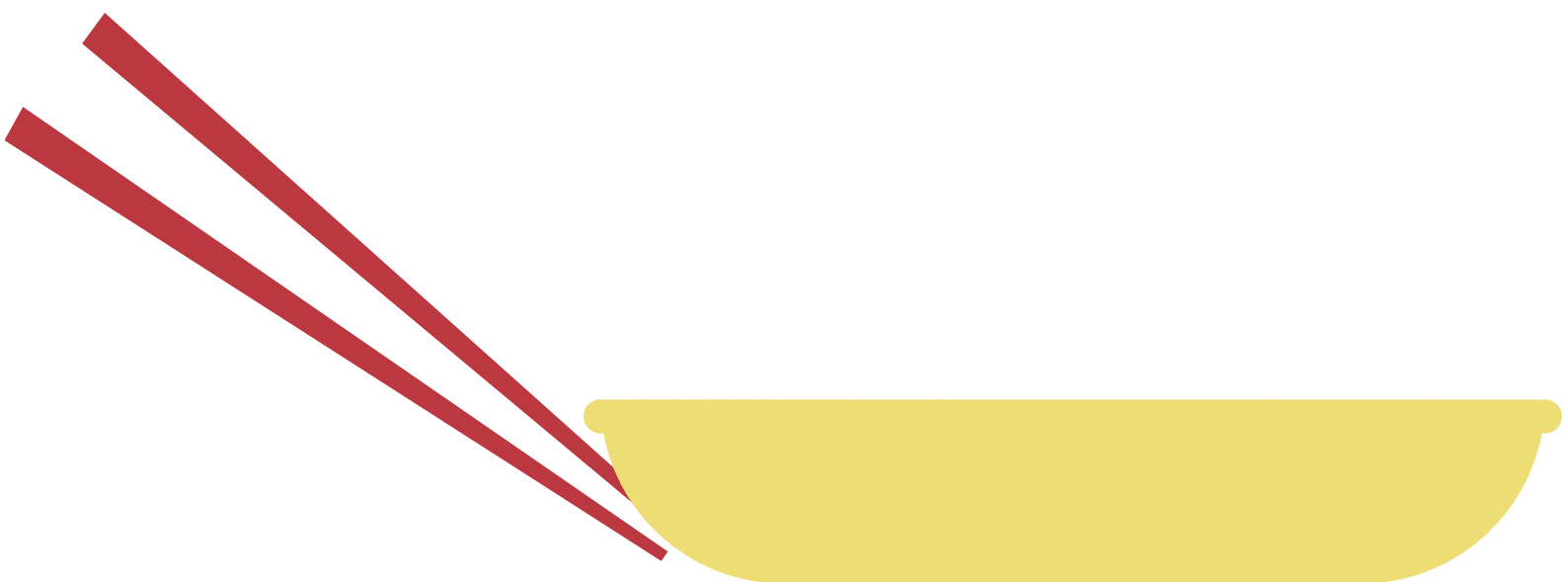
Visit: www.herrickperformance.com



EASY

THREE EASY SWEET POTATO ADDITIONS

- Sweet potato chips: thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.
- Dice cooked, peeled sweet potatoes and drizzle with maple syrup for a side dish that's sure to satisfy any sweet tooth.
- Add thinly cut slices of cooked sweet potatoes to your favorite sandwich or wrap instead of tomatoes.



INTERMEDIATE

Sweet Potato Fritters

INGREDIENTS

- Canola oil
- 1 large sweet potato (about 1 cup)
- 4 tablespoons melted salted butter
- 1 egg
- 1/4 cup bread crumbs
- 2 tablespoons all-purpose flour
- Salt and freshly ground black pepper
- 1/4 cup chopped chives (reserve 1 tablespoon for sour cream topping)
- 1/2 cup fresh or thawed frozen corn
- 1 cup sour cream

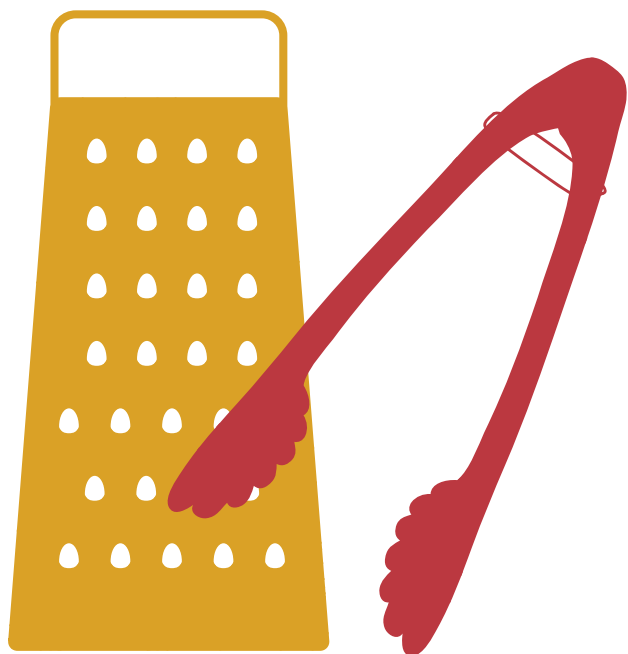
DIRECTIONS

In a shallow pan, heat oil to 350 degrees F.

Score sweet potato with a fork and microwave on high for 6 minutes or until cooked through. Let cool. Cut sweet potato in half, scoop out the flesh, and place it into a mixing bowl with the butter. Mash well. Add egg, bread crumbs, flour, salt, and pepper and mix well. Add the chives and corn and mix gently.

Using 2 spoons to shape, scoop mounds into hot oil, cooking on both sides, in batches, until golden brown. With a slotted spoon or spider, remove fritters from oil and place on paper towel to dry.

Mix sour cream, reserved chives, salt and pepper, to taste, and place a small dollop on each fritter when ready to serve.



EXPERT

Sweet Potato Souffle

INGREDIENTS

For Souffle

3 pounds sweet potatoes, about 5 to 6 medium

1/2 cup unsalted butter, softened

1/2 cup granulated sugar

1/3 cup firmly packed brown sugar

1/4 teaspoon salt

2 large eggs

1/2 cup half-and-half

2 teaspoons pure vanilla extract

For the Topping

2/3 cup firmly packed brown sugar

1/2 cup all-purpose flour

1 teaspoon cinnamon

1/4 teaspoon salt

1 cup chopped pecans, optional

4 tablespoons unsalted butter, melted

DIRECTIONS

Preheat the oven to 425 F. Prick the sweet potatoes a few times with a fork and place them on a rimmed baking sheet lined with aluminum foil.

Bake the sweet potatoes for 45 minutes to 1 hour and 15 minutes, depending on their thickness, until they can easily be pierced through by a paring knife or fork.

Let cool enough to handle, peel, and add to a large mixing bowl or the bowl of a stand mixer. Reduce the oven temperature to 350 F and grease a 2 1/2-quart, 9 x 13, or 7 x 11 baking dish.

To make the soufflé, beat the potatoes for a few minutes until well-mashed and smooth.

Add the softened butter, sugar, brown sugar, and salt and beat until creamy, about 2 minutes. Add the eggs one at a time, beating until fluffy after each one.

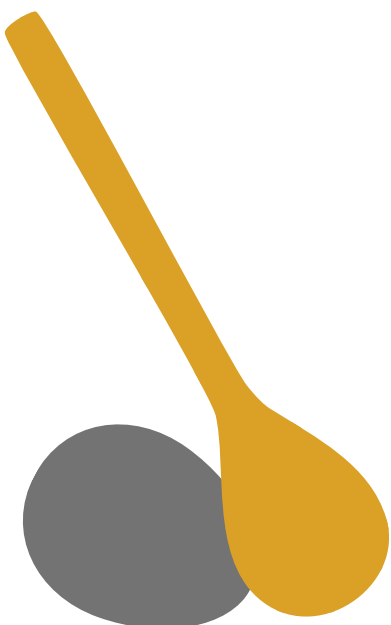
Add the half-and-half and vanilla extract and beat well to combine. Transfer the mixture to the prepared baking dish.

To make the topping, combine the brown sugar, flour, cinnamon, and salt in a small mixing bowl with a fork or your hands.

Mix in the chopped pecans (if using) and the melted butter to form a crumbly dough.

Crumble the topping over the sweet potato mixture evenly.

Bake for 45 to 50 minutes, or until puffed, the topping is browned, and the middle has a slight jiggle. Let cool a few minutes before serving.



FEBRUARY

Cabbage

Cabbage provides fiber and other nutrients like potassium and vitamin K, making it a great compliment to a healthy lifestyle. Half of a cabbage's carbs come from fiber, making it a healthy food to help maintain weight.

Cabbage is a nutritious vegetable that can boost your body's natural defenses against disease. Health benefits of cabbage may include:

Promotion of Cardiovascular Health

Cabbage is a good source of fiber and potassium, two key nutrients for heart health. It also is a good source of the B vitamin, folate. Higher intakes of folate are linked to lower risk of stroke and heart attack.

Support of Brain Health

The Academy of Nutrition and Dietetics recommends cabbage and other cruciferous vegetables to help maintain strong cognitive function with age.

May Lower Cancer Risk

Prostate, lung, breast, and colon cancer risks are reduced, likely due to compounds in cruciferous veggies that activate enzymes in the liver and bind carcinogens.

Vision Protector

Cabbage is a good source of lutein and zeaxanthin, forms of vitamin A that are known to accumulate in the retina and be especially helpful for warding off vision damage.

Improves Glucose Control

Cabbage is a nonstarchy veggie that's low in carbohydrates and high in fiber. The fiber in cabbage keeps blood sugars stable, preventing dangerous highs and lows.

This Month's partner is Chant Claire.

Chant Claire was created with the intent to create a thoughtful choral repertoire with singers and audiences throughout the Milwaukee area. With an ensemble of over 60 singers, Chant Claire aims to combine the power of a large choir with the clarity of a chamber ensemble.

Our mission is to create authentic music in an authentic community. Not only are we striving to create some of Milwaukee's greatest choral performances, we challenge the group to grow in deeper relationships through our music.

You might be wondering how Chant Claire is related to public health.

The goal of public health is to provide and highlight opportunities to improve all aspects of health for everyone. Chant Claire provides the chance to experience socialization and entertainment, which is vital to self-care and mental health. Chant Claire provides many chances to hear their concerts.

Want to see Chant Claire in concert?

Visit: www.chantcliare.org



EASY

Sauteed Cabbage with Bacon

INGREDIENTS

1 bag shredded cabbage or
coleslaw mix

Three slices thick cut bacon, cut
into 1/2 inch pieces

1/2 large onion, any kind,
chopped

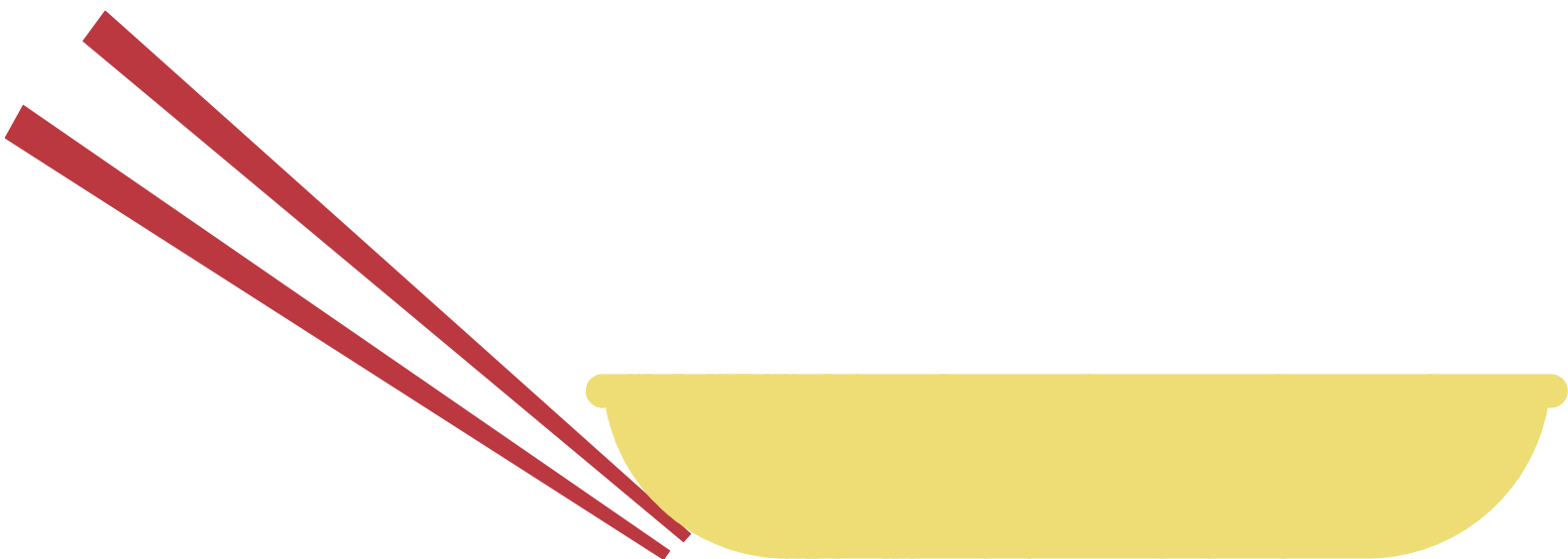
Salt and pepper to taste

DIRECTIONS

In a large skillet over medium high heat, cook bacon until browned and crispy. Remove bacon pieces using a slotted spoon and set to drain on paper towels. Do not dispose of fat in the pan.

Add cabbage and onion to the bacon fat and saute until tender but not mushy. Season with salt and pepper to taste.

Serve with bacon pieces sprinkled on top.



INTERMEDIATE

Cabbage Steaks with Parmesan

INGREDIENTS

One head of green cabbage

Two garlic cloves, minced

¼ cup olive oil

1 tsp. salt

½ tsp. pepper

½ c. grated parmesan cheese

DIRECTIONS

Preheat oven to 400 degrees F. Generously coat a rimmed baking sheet with nonstick spray and set aside.

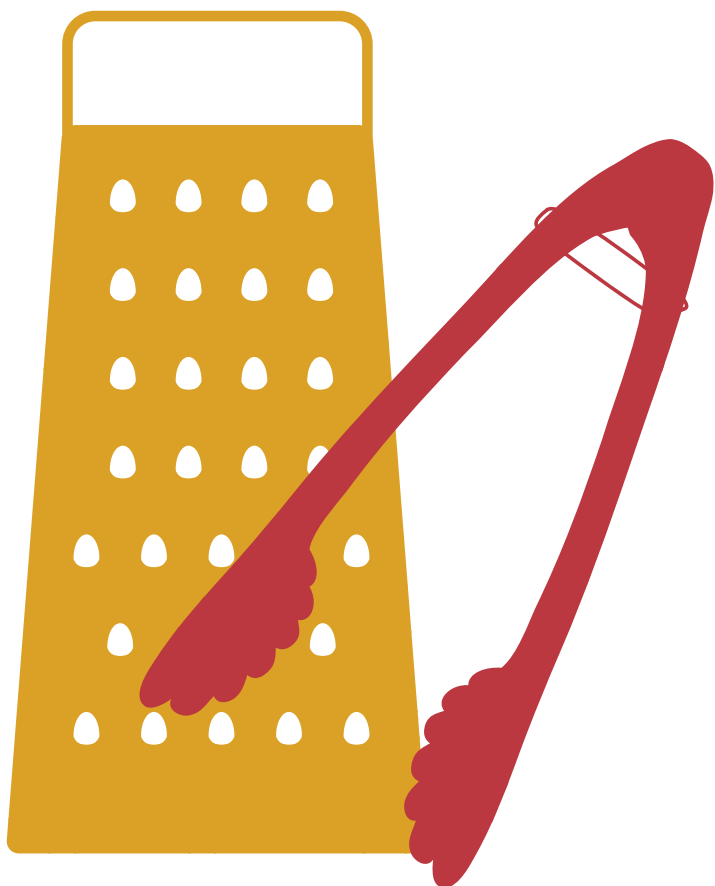
Cut off the bottom (root) end of the cabbage and place it on a cutting board sitting up so that the flat end is on the cutting board. Cut top to bottom into ¾- to 1-inch thick slices. Place on the prepared baking sheet. If you have more slices than fit on your baking sheet without touching, divide them between two baking sheets.

In a small bowl, whisk together the olive oil, garlic, salt, and pepper. Brush over one side of the cabbage, then flip the cabbage over and brush the other side. Roast the cabbage for 25 to 30 minutes, or until crispy at the edges and tender in the center.

If cabbage is browning unevenly, rotate pans midway through cooking.

When cabbage is done, sprinkle the parmesan onto the slices and broil on high heat until the parmesan is melted and slightly browned.

Serve and enjoy!



EXPERT

Asian Cabbage Wraps

INGREDIENTS

- 12-14 savoy cabbage leaves
- ½ lb. ground turkey
- 1c. water chestnuts, chopped
- ½ c. green onion, thinly sliced
- 1 c. shredded carrots
- 1 tbsp. olive oil, for brushing

For the Sauce

- 3 tbsp. soy sauce
- 2 tbsp sesame oil
- 1 small bunch cilantro, chopped
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and grated

DIRECTIONS

In a medium skillet, begin to brown ground turkey over medium-high heat

While turkey cooks, bring a large pot of water to boil and place cabbage leaves in water to tenderize, for about 5 minutes. Remove from pot and set aside on paper towel.

Once turkey is browned, pour into a mixing bowl. Add carrots, onion, and water chestnuts. Mix.

In a separate small bowl, whisk together sauce ingredients. Pour over vegetable and turkey mixture. Stir to coat.

Preheat oven to 350°F. Line two 9×13 baking pans with 6 cabbage leaves each.

Place ¼ cup filling in the center of cabbage leaves. Fold in the sides and roll up from the bottom.

Place in pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes. Cabbage rolls should be lightly browned on top.



MARCH

Collard Greens

A leafy green packed with vitamins, minerals, and may contain cancer-preventing phytonutrients. Their dark green pigment is a signal they contain nutritious antioxidants. Collards are also an excellent source of many vitamins and minerals, including calcium. You can use them as you would any dark leafy greens, like kale or spinach.

Collard greens have many nutrients, which leads to a potential myriad of health benefits.

Improve Heart Health

Higher intakes of fiber may help to improve heart health by reducing bad cholesterol and lowering blood pressure.

Promotes Eye Health

One of the antioxidants in collard greens is lutein. This compound, related to vitamin A, is important to healthy vision and helps protect the eyes from age-related degeneration and diseases

Repairs Cell Damage

Along with lutein, collard greens contain other antioxidants that can help protect the body from oxidative stress and inflammation.

This Month's partner is Hunger Task Force.

Public health strives to create partnerships with other community organizations whose mission is to advance the health and wellness of the public and the Hunger Task Force does just that. Many recipes were contributed by Hunger Task Force registered dietitian, Nicole.

Located right next to Wauwatosa in Milwaukee, Hunger Task Force is Milwaukee's only free and local food bank. They also strive to fight against hunger throughout Wisconsin.

The mission of Hunger Task Force believes that every person has a right to adequate food obtained with dignity. They work to prevent hunger and malnutrition by providing food to people in need today and by promoting social policies to achieve a hunger free community tomorrow.

Need help with your fight against hunger?
Call 2-1-1

Want to donate or volunteer with Hunger Task Force?
Visit: www.hungertaskforce.org

J



EASY

Collard Greens Soup

INGREDIENTS

1 (14 ounce) package smoked turkey sausage, cut in 1/4 inch slices

1 onion, finely chopped

1 green pepper, seeded and chopped

1 tablespoon vegetable oil

2 (32 ounce) containers chicken broth

8 ounces fresh collard greens, chopped

1 (15 ounce) can black-eyed peas, rinsed and drained

1/4 teaspoon ground pepper

1 dash hot sauce

DIRECTIONS

Saute turkey sausage, onion, and green pepper in hot oil in dutch oven over medium-high heat 5 minute or until lightly browned.

Add chicken broth, collard greens, black-eyed peas, pepper, and hot sauce; bring to a boil. Cover, reduce heat and simmer 30 minutes, stirring occasionally.



INTERMEDIATE

Seared Greens

INGREDIENTS

- 1 ½ pounds kale or collard greens
- 2 Tablespoons olive or canola oil
- 4 cloves garlic, minced
- 1 cup water
- ¼ teaspoon salt
- 1 teaspoon black pepper
- ¼ cup reduced fat parmesan cheese

DIRECTIONS

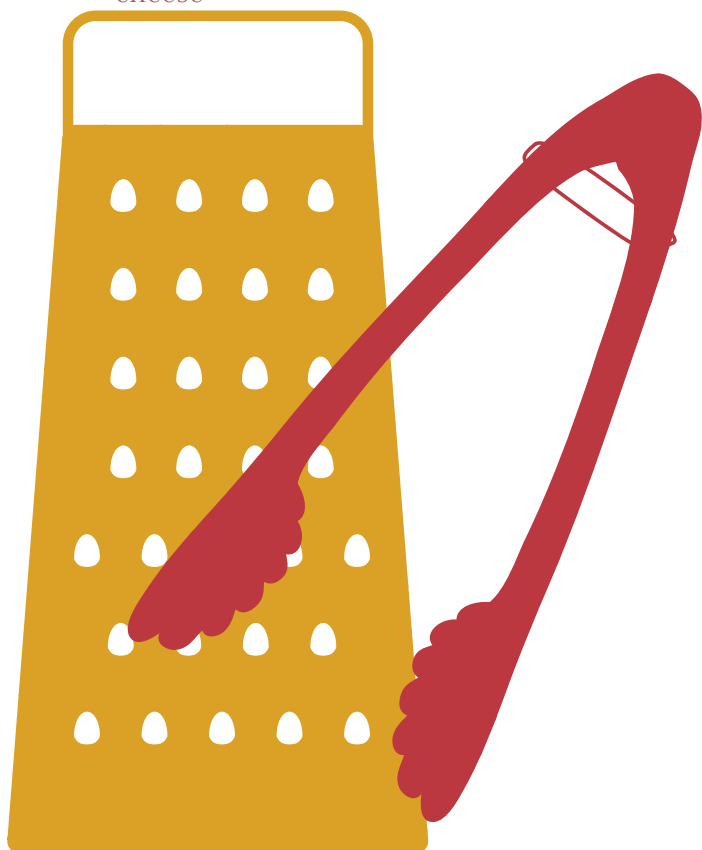
Cut off ribs of greens, cut into ½ inch strips, and place in a colander. Rinse greens and drain well, pressing greens against the colander.

Heat oil in a large deep pot or skillet with a cover over medium-high heat. Add garlic and sauté for one minute.

Add greens to the pot along with water and turn to high heat. Cover pot or skillet and steam for four minutes.

Uncover and stir constantly until greens shrink. Add salt and pepper and stir until the mixture is thoroughly wet.

Cover and turn off the heat. Let stand until ready to serve.



EXPERT

Collard Greens and Garbanzo Bean Pesto

INGREDIENTS

- 1 bunch collard greens
- 2 ripe avocados
- 1 cup fresh basil leaves, loosely packed
- 1 can garbanzo beans, drained and rinsed
- 1/2 tsp salt
- 1 clove garlic, minced (or 1/2 tsp garlic powder)
- 2 tablespoon fresh lemon juice

DIRECTIONS

Bring a pot of water to boil. Remove stems from the collard greens and tear into small pieces. Prepare a bowl of ice water. Add collards to boiling water and cook for 2 and a half minutes. Strain collards and immediately plunge into ice water.

Strain collards and then roll them into a clean towel to press out excess water.

Using a food processor or blender, blend collards, avocado, basil, garbanzo beans, salt, garlic and lemon juice until creamy.

Use as a dip for your favorite veggies or chips. Can also be used as a sandwich spread or a topping for your favorite pasta.



APRIL

Asparagus

Rich in vitamins and minerals, asparagus is a low-calorie, low-fat veggie that is a great addition to any meal.

Certain nutrients and compounds in asparagus are believed to offer significant health benefits. These include the reduction of high blood pressure, the promotion of a healthy pregnancy, and the avoidance of certain diseases.

Lower Blood Pressure

Asparagus is a source of potassium. Increased intake of potassium-rich foods is associated with lower blood pressure because it relaxes the walls of the arteries (thereby improving circulation) and increases the excretion of sodium from the kidneys.

Supports a Healthy Pregnancy

600 micrograms of folate a day are recommended by obstetricians for pregnant women. Folate helps protect against neural tube defects, like spina bifida. A half-cup serving of asparagus provides 134 micrograms of folate.

Protects Against Some Chronic Diseases

Asparagus is a key source of inulin, a type of fiber that supports healthy gut bacteria

This Month's partner is the Wauwatosa Library.

Inspired by any of these recipes?

Visit the Wauwatosa library for more inspiration! Not only does the library have the ability to bring out the inner chef in you, but they have many other programs. Just some of their programs include StoryTime!, Artspoloration, Adult Book Discussion,

Need any suggestions for a new hobby or how to take up cooking?

Visit the library and have a librarian help.

The Wauwatosa Library is open:

Monday-Thursday: 9am - 9pm

Friday & Saturday: 9am - 5pm

Sunday: 1pm - 4pm

Don't forget to visit their website.

www.wauwatosalibrary.org



EASY

Roasted Vegetable Medley

INGREDIENTS

- 1 cup Carrots chopped
- 1 cup Eggplants chopped
- 1 cup Asparagus chopped
- 1 teaspoon Vegetable Oil
- 2 cloves Garlic chopped
- 4 teaspoons Basil dried
- 1 cup Mushrooms chopped
- 1 small Zucchini chopped

DIRECTIONS

Place an oven rack on the bottom of the oven. Preheat oven to 450°F.

Spray a roasting pan with nonstick cooking spray.

Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.

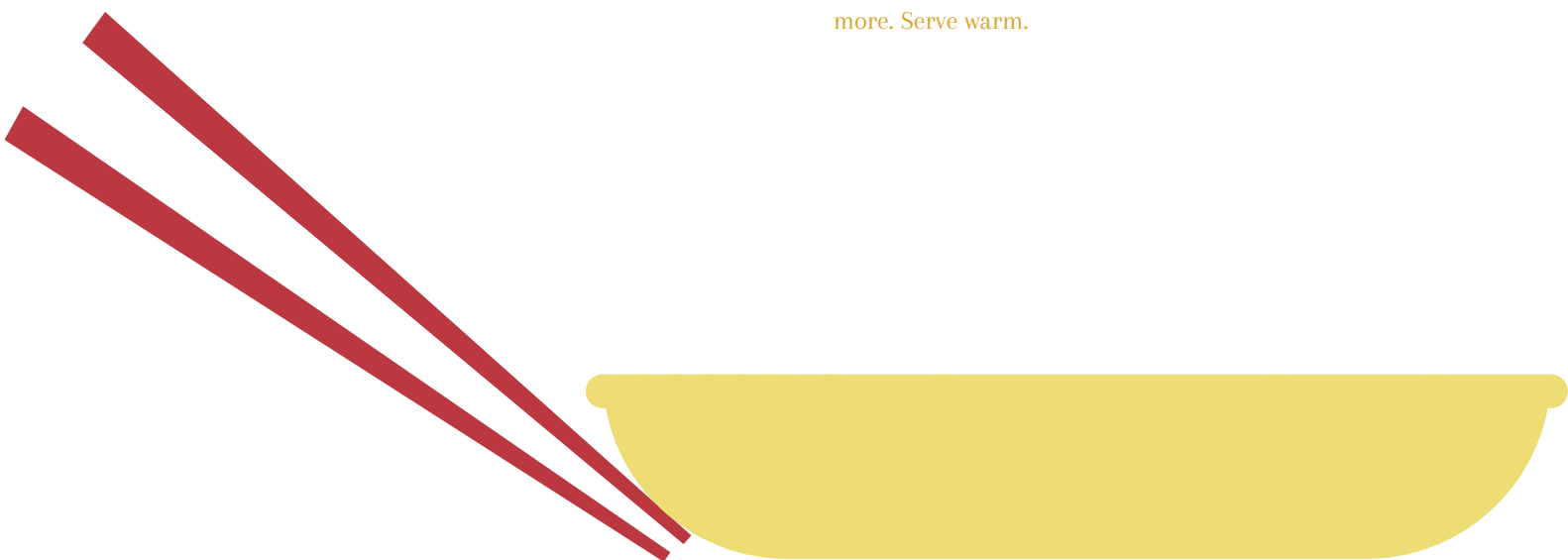
Bake for 20 minutes.

Spray a large pan with nonstick cooking spray and heat over medium heat.

Sauté garlic and basil for about 2 minutes.

Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.

Add roasted vegetables to the pan and sauté 5 minutes more. Serve warm.

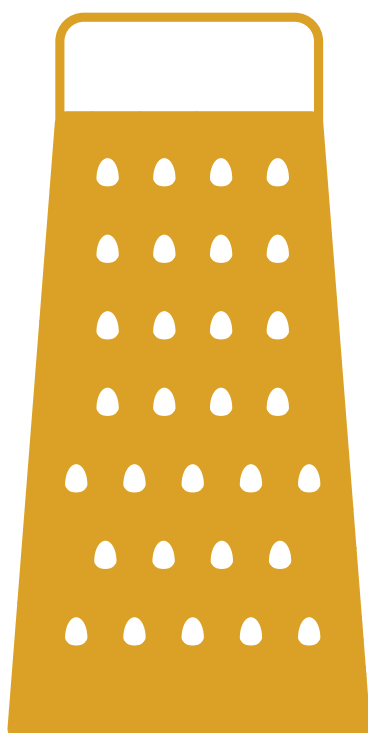


INTERMEDIATE

Asparagus Zucchini Egg Bake

INGREDIENTS

- 12 ounces Fresh Asparagus
- 1 Small Sweet Yellow Bell Pepper
(cut into 1/4-inch-wide strips)
- 1/2 Small Zucchini (halved
lengthwise and cut into 1/4-inch-
thick slices, about 1/2 cup)
- 1/3 cup Onion (chopped)
- 1/4 cup Roasted Red Bell Pepper
(chopped)
- 1/2 cup Reduced-Fat
Mozzarella Cheese
(shredded)
- 2 cups Egg Product
- 1/2 cup Fat-Free Milk
- 1 tablespoon Fresh Dill
- 3/4 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 tablespoons All-Purpose
Flour
- 3 tablespoons Parmesan
Cheese (finely shredded)



DIRECTIONS

Preheat oven to 350°F.

Coat a baking dish with nonstick cooking spray and set aside.

Snap off and discard woody bases of asparagus then cut into 1-inch pieces.

In a saucepan, boil 1 inch of water. Add the asparagus, yellow sweet pepper, zucchini, and onion.

Reduce the heat slightly after boiling returns. Cover and boil for about 5 minutes or until crisp and tender.

Place the asparagus, pepper, zucchini, and onion mixture evenly in the baking dish. Add half of the mozzarella cheese onto the vegetable mixture.

In a bowl, whisk the egg, milk, dill, salt, and black pepper until well mixed.

Whisk in the flour, making sure the egg mixture is completely combined.

Pour the egg mixture over the vegetables in the baking dish. Bake for about 35 minutes or until slightly puffed and the top is set when shaken. Do not cover the dish.

Sprinkle with remaining mozzarella cheese and Parmesan cheese.

EXPERT

Green Goddess Pasta Salad

INGREDIENTS

12 ounces spinach-and-cheese
mini ravioli or tortellini

1 pound asparagus, trimmed
and cut into 2-inch pieces

1 pound frozen peas, thawed

3 tablespoons sliced almonds

6 cups chopped upland cress,
watercress or baby arugula

1 tablespoon extra-virgin olive
oil

1/2 teaspoon coarse salt

1/2 teaspoon freshly ground
black pepper

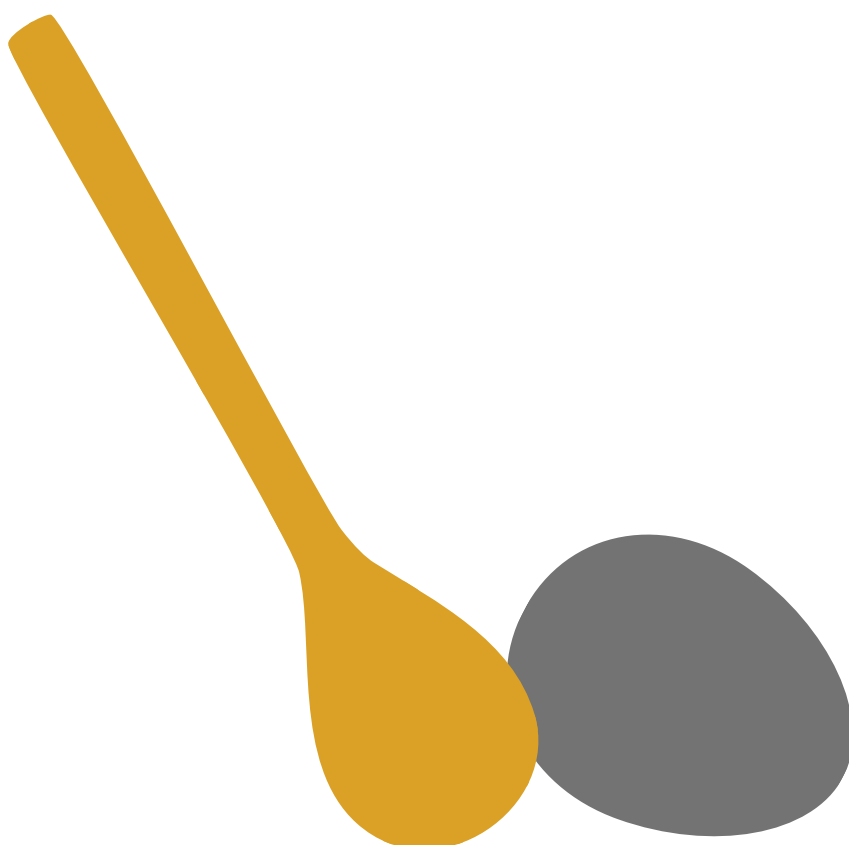
1/4 cup Parmesan cheese
shavings

DIRECTIONS

Cook pasta as package label directs; add asparagus and peas during last 2 minutes. Drain well and let cool slightly.

While pasta is cooking, place almonds in a small dry skillet over medium heat and cook, shaking pan often, until lightly toasted, 1 to 2 minutes. Transfer to a bowl to cool.

Place pasta and vegetables in a large bowl and toss in cress, oil, salt and pepper. Top with almonds and cheese.



MAY

Sweet Peas

Peas are an easy way to add flavor, color, and loads of vitamins and nutrients to your diet.

The health benefits of peas are largely attributed to their natural antioxidant content, bioactive proteins, and oligosaccharides. Here are some reasons to put peas on your grocery list.

May Help Reduce Risk of Cancer

Peas are a great source of protein for a meatless meal.

Promote a Healthy Gut

Pea proteins have been shown to increase the population of healthy gut bacteria, specifically Lactobacilli and Bifidobacteria. A healthy gut is responsible for a range of healthy body functions, such as a strong immune system and a functional digestive tract. Eating peas may help support a healthy gut microbiome.

Aid Weight Management

The fiber and protein in peas make them a filling, nutritious food choice. Peas can help you feel satisfied despite eating less overall, making it easier to follow a healthy meal plan for weight loss.

This Month's Partner is Resilient Nutrition in Grafton.

Resilient Nutrition is a nutrition club that provides healthy meal replacement shakes, energizing teas, and protein coffees. Open since May 2021 by Katie Gordon whose goal is to be a light to everyone who walks through her door.

Want to experience this nutrition club?

Take a short drive up to Grafton and visit.
1207 11th Ave, Grafton, WI

Check out Resilient Nutrition on
Facebook: Resilient Nutrition-Grafton
Instagram: @resilientgrafton



EASY

A quick dish that bursts with flavor!

INGREDIENTS

- 1 pound sugar snap peas
- 2 teaspoons vegetable oil
- 1 teaspoon low-sodium soy sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS

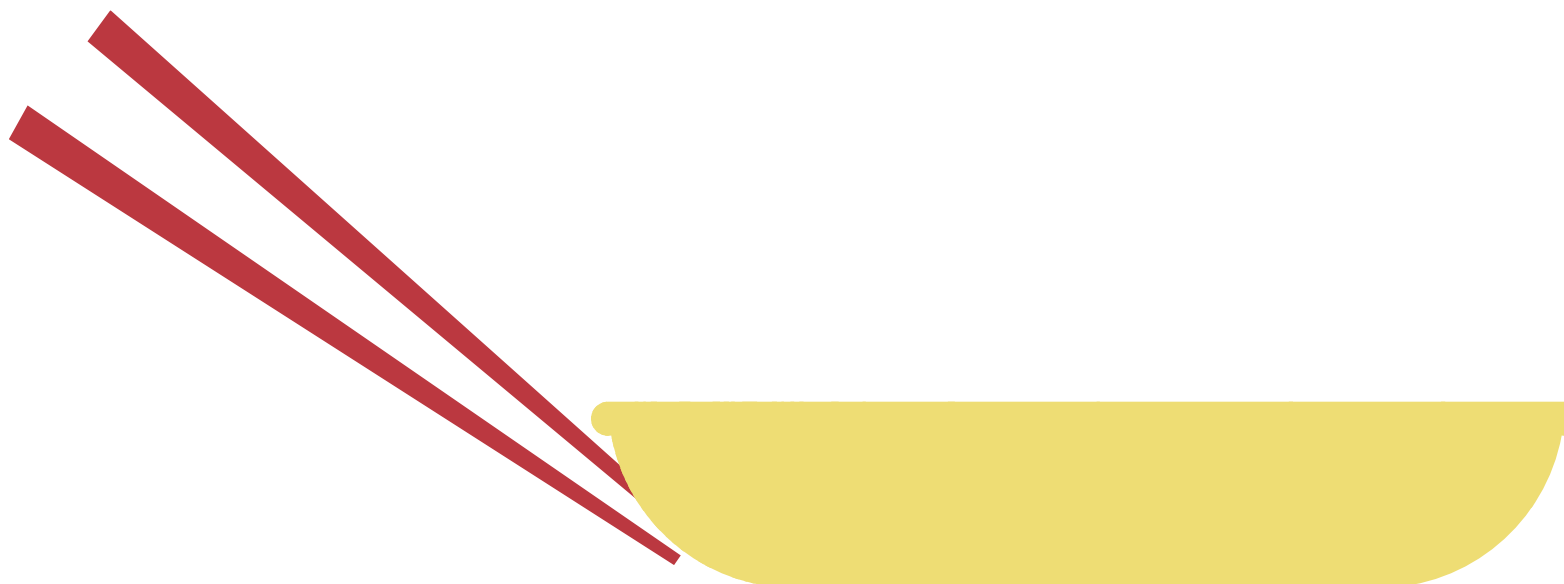
Preheat oven to 400 degrees F. Lightly grease a large baking pan.

Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.

Spread the peas onto the baking sheet.

Bake for 8 to 10 minutes. Stir a couple times while roasting.

Refrigerate leftovers within 2 hours.



INTERMEDIATE

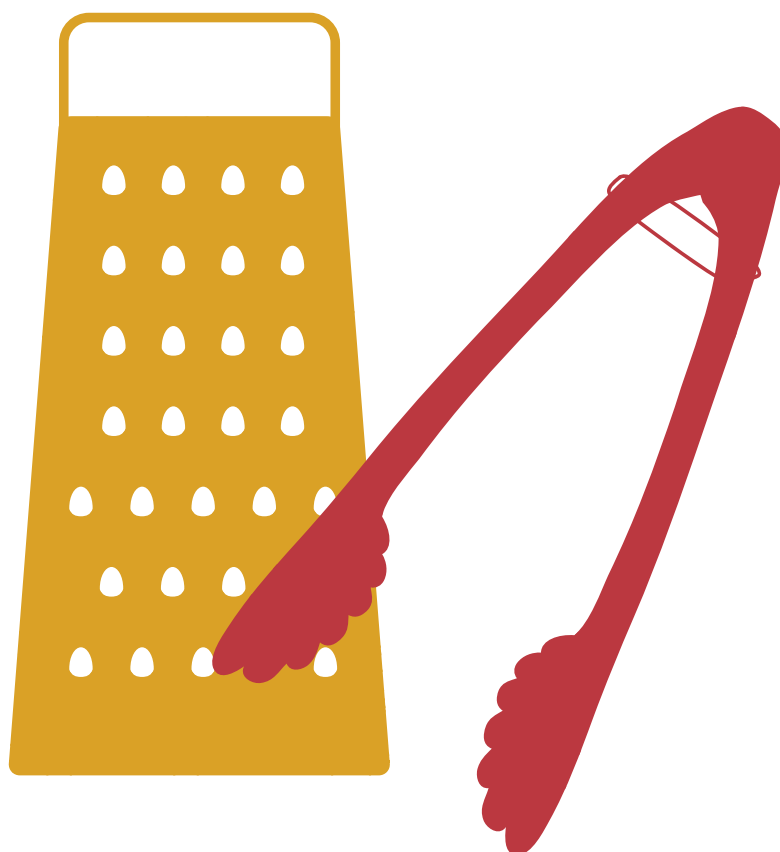
Basmati Rice and Pea Pilaf

INGREDIENTS

2 tablespoons ghee or vegetable oil
4 to 5 clove whole cloves
1-inch stick cinnamon
4 to 5 small green chillies, slit lengthwise
2 medium onions sliced thin (about 2 cups)
2 cups basmati rice
1 cup fresh or frozen green peas
1 1/2 teaspoons cumin powder
5 cups water
Kosher salt

DIRECTIONS

Heat oil in a medium saucepan over medium-high heat until shimmering. Add cloves and cinnamon and cook until fragrant, about 20 seconds. Add chillies and onions and cook, stirring frequently, until golden brown, 6 to 8 minutes. Add rice and cook, stirring frequently, until nutty, about 2 minutes. Add peas and cumin powder and cook, stirring constantly, for 1 minute longer. Add water and salt, bring to a boil, and reduce to lowest heat setting. Cover with lid and allow to cook until all the water is absorbed, about 10 to 12 minutes. Serve hot with daal or raita.



EXPERT

Warm Farro Salad with Sweet Peas, Asparagus, & Feta

INGREDIENTS

6 tablespoons extra-virgin olive oil, divided

1 bunch asparagus, ends trimmed and cut into 2-inch pieces (about 2 1/4 cups), divided

Pinch dried red chili flakes, or more as desired

Kosher salt and freshly ground black pepper

1 cup farro

1 quart homemade vegetable stock or low sodium vegetable broth

1 cup fresh or frozen peas

1 bunch kale, trimmed, washed, and cut into 2-inch ribbons (about 1 1/2 cups)

2 tablespoons fresh lemon juice from 1 lemon

1 tablespoon Dijon mustard

1/4 cup slivered almonds

4 scallions thinly sliced, white and light green parts only

1/2 cup crumbled feta

DIRECTIONS

Heat 2 tablespoons olive oil in a Dutch oven or large saucepan until shimmering. Add 2 cups of asparagus and chili flakes, and cook until lightly browned, about 4 minutes. Season with salt and pepper and set aside.

In the same saucepan, add the farro and stock and bring to a simmer. Season with salt and cook until farro is tender, about 30 minutes; add water if necessary to keep farro covered. Drain farro and transfer to a large bowl. Stir in peas and kale and let stand until peas are tender and kale is wilted.

Meanwhile, in a medium bowl, whisk together the remaining 4 tablespoons olive oil along with the lemon juice and mustard. Season with salt and pepper. Fold vinaigrette into farro, add the cooked asparagus, almonds, scallions, feta, and remaining 1/4 cup raw asparagus. Let stand 5 minutes, then toss and serve.



JUNE

Tomato

Tomatoes are an excellent source of nutrients like vitamin C and vitamin A. Technically a fruit, tomatoes are often thought to be a vegetable since it is often prepared as a vegetable from a culinary perspective.

High in phytonutrients, tomatoes have many health benefits.

May Reduce the Risk of Prostate Cancer

Lycopene is an antioxidant in tomatoes that has been associated with a reduced risk of prostate cancer.

Support Heart Health

The lycopene in tomatoes works synergistically with other antioxidant vitamins (like vitamins A, E, and C) to provide compounding benefits for heart health. Some studies demonstrate a relationship between the lycopene in tomatoes and an oxidized LDL and arterial plaque reduction.

Aids Eyesight

Consuming tomatoes as a part of dishes that include some fat (such as in a salad with olive oil) improves absorption of the fat-soluble vitamins, which are crucial for good eyesight.

Protect Against Sun Damage

The pytonutrients in tomatoes are protective against some of the effects of UVB damage.

This Month's partner is Tosa Cares.

Tosa Cares is a volunteer based food pantry. The mission of Tosa Cares is to serve the Wauwatosa community through provision of food and assistance to families in need. Since its inception in 2008, Tosa Cares continues the work of Tosa For Kids food pantry through the generous support of local churches, schools, organizations, and businesses.

To continue on their wonderful mission, Tosa Cares is currently accepting donations.

Current donation times for food, clothing, personal care and diapers are Wednesdays 1pm-3pm and Saturdays 10am-12pm both in the Mount Zion North parking lot.* Monetary donations can be via PayPal or via check. Send to Tosa Cares, 12012 W North Avenue, Wauwatosa, WI, 53213.

Want to support Tosa Cares with your time and effort?

To volunteer with Tosa Cares, please visit the Volunteer page on their website for the form to start or call or email. All contact information for Tosa Cares is listed below.

Interested in donating and/or volunteering? Need assistance with food or clothing? Click, call, or email for more information

Call: (414) 258-0456 ext. 410 to leave a message

Email: tosacares@gmail.com

Visit: www.tosacares.org



EASY

A Favorite: Cowboy Salad

INGREDIENTS

2 cans (15 ounces) black-eyed peas or black beans (try a mix, or other types)

1 ½ cups corn (canned, frozen or fresh)

1 bunch cilantro

1 bunch green onions (about 5 green onions)

3 medium tomatoes

1 avocado (optional)

1 Tablespoon vegetable oil

2 Tablespoons vinegar or lime juice

½ teaspoon each salt and pepper

DIRECTIONS

Drain and rinse the black-eyed peas (or black beans) and corn.

Finely chop the cilantro and green onions.

Dice the tomatoes and avocado.

In a large bowl, combine all the veggies.

In a small bowl, mix together oil, vinegar, salt and pepper.

Pour oil mixture over veggies and toss lightly.

Refrigerate leftovers within 2 hours.



INTERMEDIATE

Baked Tomatoes

INGREDIENTS

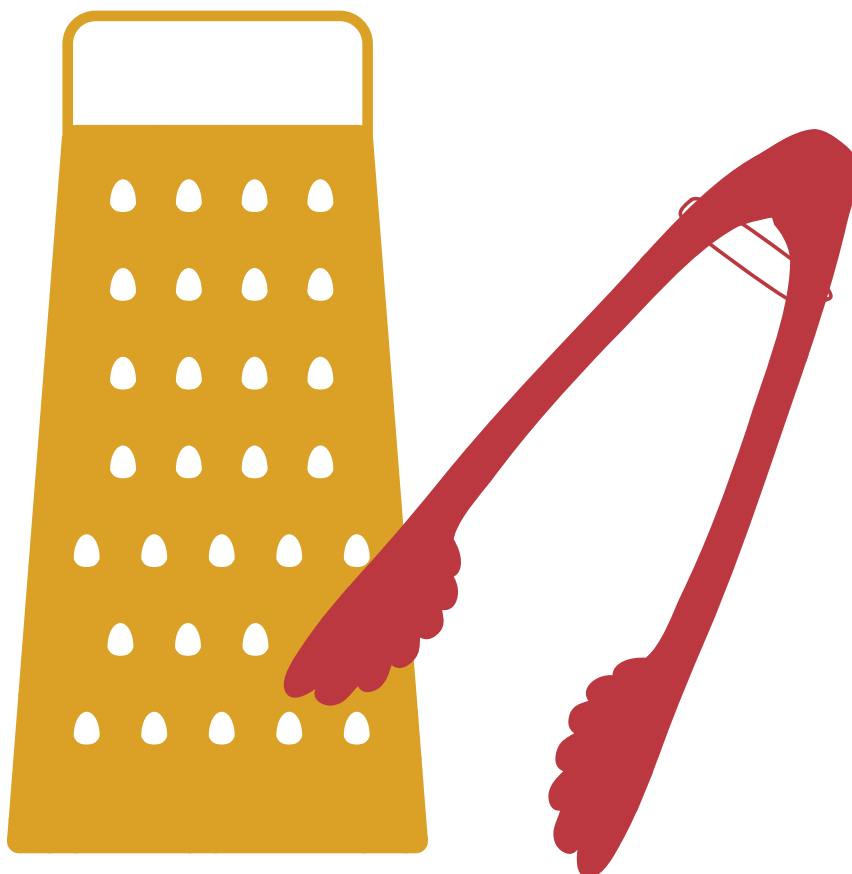
4 ripe vine-ripened tomatoes
2 tablespoons olive oil, plus
more for tossing and drizzling
Kosher salt and freshly ground
black pepper
3/4 cup panko breadcrumbs
1/4 cup grated Parmesan
1 tablespoon finely chopped
fresh parsley
1 clove garlic, finely chopped
1 shallot, finely chopped
Pinch red pepper flakes

DIRECTIONS

Preheat the oven to 450 degrees F.

Slice the tomatoes from core to core. Remove and discard the seeds and juice, and add the tomatoes to a casserole dish. Drizzle with olive oil and sprinkle with salt and pepper.

Combine the 2 tablespoons olive oil, panko, Parmesan, parsley, garlic, shallots, red pepper flakes and some salt and pepper together in a small bowl. Fill the tomatoes with the panko mixture. Bake 20 minutes. Drizzle with a splash of olive oil before serving.



EXPERT

Creamy Tomato Risotto

INGREDIENTS

For the Roasted Tomatoes

3 tbsp extra virgin olive oil

4 cups cherry tomatoes

For the Chickpeas

1 tbsp Everything (but the Bagel)

Spice

2 tbsp extra-virgin olive oil

16 oz frozen chickpeas

(approximately 2 cups cooked chickpeas)

For the Risotto

1 tbsp extra virgin olive oil

1/2 large yellow onion, diced small

3 cloves garlic, minced

1 1/2 cups arborio rice

3 1/2 cups soup stock (vegetable)

1 tbsp lemon juice

3 tbsp nutritional yeast

1/2 cup pesto

3 cups baby spinach

DIRECTIONS

For the Roasted Tomatoes & Chickpeas

Preheat the oven to 425°F. Line a large baking sheet with parchment paper

Place the cherry tomatoes on the baking sheet, toss in olive oil and spread out in a single layer. If some are much larger than others, cut the larger ones in half but leave the cut side up.

Roast for 10 minutes while you prepare the chickpeas. Toss the chickpeas, the olive oil and Everything Spice together in a small bowl. Once the tomatoes have been in the oven for 10 minutes, remove the tray from the oven. Gently toss the tomatoes and make room on one section of the pan for the chickpeas. Place the chickpeas in a single layer on the baking sheet and return it to the oven. Roast for another 15 minutes. If you like really crispy chickpeas, roast them on a separate baking sheet and increase roasting time to 20 minutes.

For the Risotto

Pour soup stock into a saucepan and bring it to a gentle simmer, reduce heat to low and cover with a lid.

Heat olive oil over medium heat in a wide, heavy skillet or pot. Add the onion and sauté until it is soft and translucent but not brown, about 3 minutes. Add the garlic and cook 30 seconds more.

Stir in rice, and cook for a minute or so until it crackles and smells a bit toasty. Deglaze the pan with a ladle of soup stock. Stir until it is mostly absorbed, scraping the bottom to remove any stuck bits. Begin adding the hot soup stock, about 1/2 cup at a time. Cook, stirring often, until the stock is nearly absorbed. Ladle in another 1/2 cup of the stock and continue to cook this way, adding more stock and stirring when rice is almost dry, about 15-20 minutes. The rice should be cooked al dente but not mushy. Constant stirring isn't necessary, but stir often to prevent sticking and to monitor when to add more stock. Turn off the heat.

Stir in pesto, lemon juice, and nutritional yeast or vegan Parmesan. Stir in the spinach allowing it to wilt a bit. Stir again, taste and season as desired, and add more stock if necessary – it should be creamy. Serve immediately in wide soup bowls or on plates, topped with the roasted cherry tomatoes and spiced chickpeas

JULY

Peppers

Bell peppers are prepared as vegetables from the culinary standpoint, but like tomatoes are technically a fruit.

Specifically, red bell peppers have many minerals, vitamins, and antioxidants that may play a role in preventing or slowing some health conditions.

Improve Heart Health

Antioxidants in red bell peppers have heart-protecting properties. These antioxidants help slow down free radicals that can damage heart health.

Protect Eyesight

Macular degeneration is the number one cause of vision loss. Zeaxanthin is a major component of orange bell peppers but is also found in high concentrations in red bell pepper. Supplementing this in one's diet is thought to help preserve macula, which deteriorates and causes macular degeneration.

Promote Bone Health

The high manganese content in sweet peppers may also help prevent bone loss because trace elements like manganese, copper, and zinc are characteristically low in people with bone diseases.

This Month's partner is the Wauwatosa Health Department,

The Wauwatosa Health Department was the internship agency for the graduate student who put this project together. The student says thanks to the Wauwatosa Health Department for its support of this project.

The Wauwatosa Health Department makes many improvements to prolong life and protect the health and safety of Wauwatosa residents, which are directly related to public health.

Some services that the health department provides include conducting presentations on health topics, education on how to eliminate or reduce health risks, assessing and mitigating community health needs, and preparing for public health emergencies.

Have a question? Call the Public Health Line.
(414) 479-8936



EASY

Pepper, Tomato, Zucchini Salad

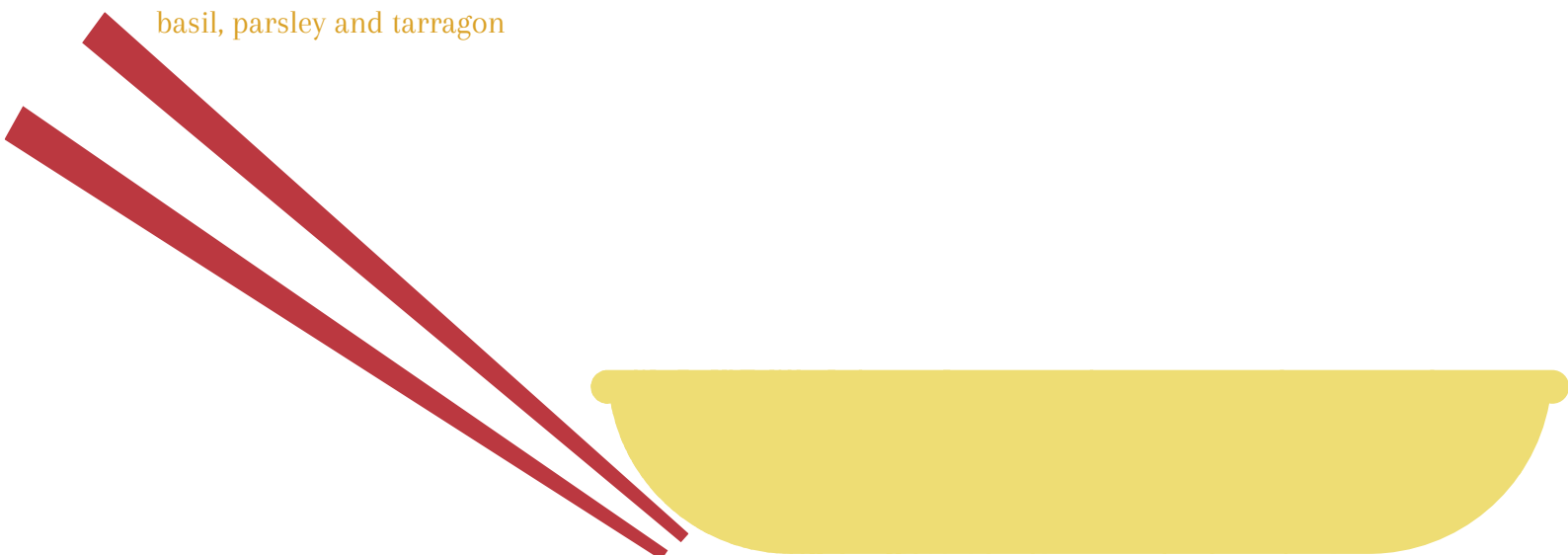
INGREDIENTS

7 large heirloom tomatoes
(about 2-1/2 pounds), cut into
wedges
3 medium zucchini, halved
lengthwise and thinly sliced
2 medium sweet yellow peppers,
thinly sliced
1/3 cup cider vinegar
3 tablespoons olive oil
1 tablespoon sugar
1-1/2 teaspoons salt
1 tablespoon each minced fresh
basil, parsley and tarragon

DIRECTIONS

In a large bowl, combine tomatoes, zucchini and peppers. In a small bowl, whisk vinegar, oil, sugar and salt until blended. Stir in herbs.

Just before serving, drizzle dressing over salad; toss gently to coat



INTERMEDIATE

Sweet and Spicy Pepper Relish

INGREDIENTS

8 cups banana peppers, finely
chopped
1 green bell pepper, finely
chopped
1 red bell pepper, finely chopped
4 -6 jalapeno peppers, finely
chopped
2 tablespoons salt
3 cups cider vinegar
3 cups sugar
1 teaspoon mustard seeds
2 whole jalapeno peppers

DIRECTIONS

Combine chopped peppers and salt in a large bowl. Let stand two hours. Drain.

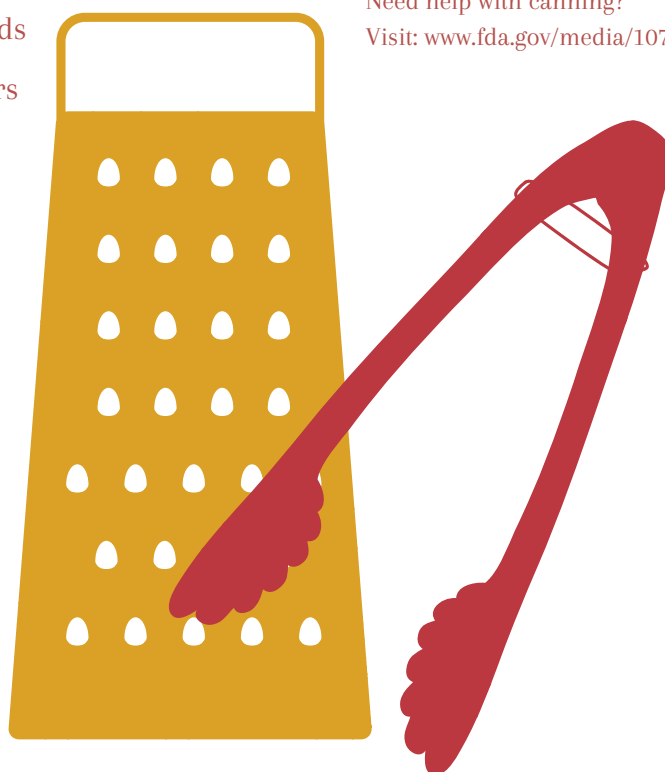
Combine sugar, vinegar, and mustard seed in a large saucepot. Cut two slits in the two additional jalapeno peppers and add to vinegar mixture. Bring to boil.

Reduce heat and add vegetables, simmering 10 minutes.

Remove whole jalapeno peppers. Pack hot relish into clean jars, leaving 1/4-inch head space. Adjust two-piece caps.

Process 10 minutes in a boiling-water canner.

Need help with canning?
Visit: www.fda.gov/media/107843/download



EXPERT

A delicious way to make pepper the star of your meal!

INGREDIENTS

3/4 cup dry brown rice
6 medium bell peppers
1 pound lean ground turkey or
ground beef
1 (24-ounce) jar low-sodium
spaghetti sauce
1 teaspoon garlic powder
3/4 cup reduced-fat or part-skim
shredded cheese (optional)

DIRECTIONS

Cook rice according to package directions.

Preheat oven to 400°F.

Remove tops and seeds from peppers and discard.

In a large frying pan, brown meat. Drain grease. After meat is browned, remove from heat. Stir in the rice, spaghetti sauce and garlic powder.

Fill peppers with meat and rice mixture. Place peppers in a baking dish.

Bake 35 minutes or until peppers begin to brown. Remove from oven and, if desired, sprinkle a little cheese on top of each pepper.



AUGUST

Summer Squash

Zucchini is one type of summer squash. Bake it. Sautee it. The options are endless. One serving of zucchini is nutrient and mineral-dense with the likes of vitamin C, vitamin B6, and potassium. Being so dense with nutrients and minerals provides many health benefits.

Cell Protection

One serving of zucchini supplies one with 24% of the daily recommendation of vitamin C. Vitamin C is a water-soluble vitamin that is important in boosting immunity, repairing cells, and slowing down the aging process.

Better Skin

The vitamin C in zucchini is also responsible for the production of collagen, the main protein in your skin. Vitamin C may also assist in antioxidant protection and protect against age-related skin decline and UV-induced photodamage.

Less Morning Sickness

Vitamin B6 as a supplement is suggested by The American College of Obstetrics and Gynecology as a method to prevent or lessen morning sickness. Zucchini is rich in vitamin B6, however, no studies have been done if eating vitamin B6 rich foods help with morning sickness.

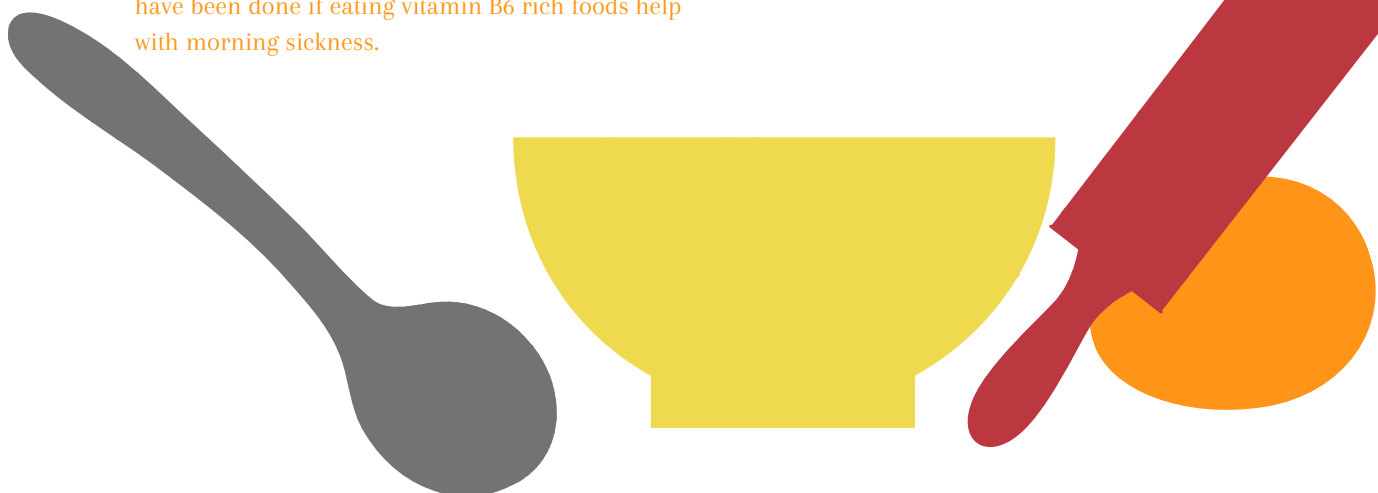
This Month's partner is Wauwatosa Neighborhood Association Council (NAC)

Looking to find something to do? The Neighborhood Association Council helps residents connect to their local neighborhood association and also plans fun citywide events, such as the All-City Reads and All-Tosa Cribbage Tournament.

The Neighborhood Association Council helps facilitate individual neighborhood association. The mission of Wauwatosa NAC is to bring together involved, connected neighbors to make a great neighborhood.

Looking to get involved or find your local neighborhood association?

Visit: www.wauwatosanac.org



EASY

A quick and easy new casserole!

INGREDIENTS

2 lbs. summer squash zucchini and yellow squash, cut into 1/4-inch slices

2 1/2 Tbsp. olive oil

1 1/4 tsp. salt divided

1/2 tsp. pepper

1/3 cup Parmesan cheese* grated

1/3 cup Panko breadcrumbs

gluten-free

1/4 tsp. garlic powder

2 Tbsp. fresh parsley finely chopped

DIRECTIONS

Preheat oven to 350 degrees.

Cut yellow squash and zucchini into thin, 1/4-inch slices.

Sprinkle 1/2 teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.

Spray a 9-inch square baking dish with non-stick cooking spray.

Alternatively, overlap the zucchini and squash in a row. (See pictures.) You should be able to form 4 rows.

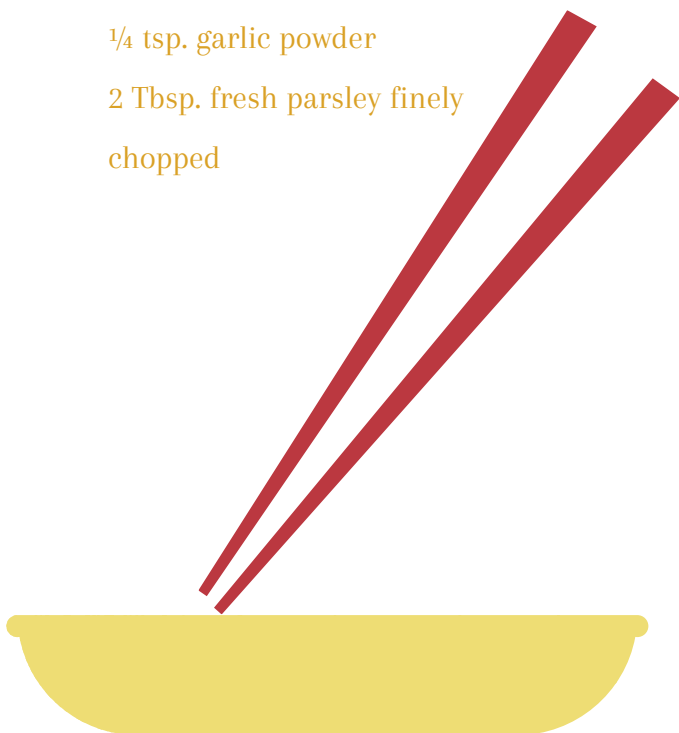
Drizzle olive oil over the zucchini and squash and then sprinkle with salt and pepper.

In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash.

Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.

Remove foil and turn heat to a High broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.

Serve immediately with fresh parsley and enjoy!



INTERMEDIATE

A coleslaw like no other!

INGREDIENTS

2 small zucchini

1 medium carrot

¼ medium head cabbage

3 medium radishes

2 green onions

⅓ cup reduced fat mayonnaise

½ cup mild salsa

DIRECTIONS

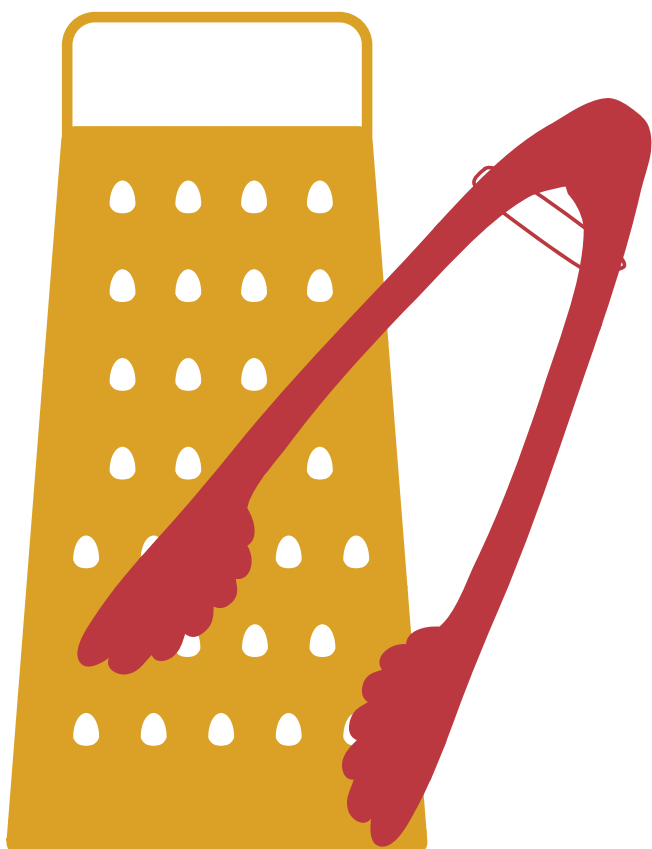
Using a box grater or peeler, shred zucchini and carrot into a large bowl.

Next, shred cabbage by removing outer leaves, cutting out the core, slicing in two halves, and cutting through the cabbage diagonally in small slices. Rinse slices in a colander and pat dry with paper towel. Add to zucchini mixture.

Thinly slice the radishes and green onions and add to bowl.

Add mayonnaise and salsa. Stir well to combine.

Cover and refrigerate. Stir to combine prior to serving.



EXPERT

Fritters made with a different veggie!

INGREDIENTS

- 1 ½ lbs. zucchini grated
- 1 tsp. salt
- ½ cup flour or GF 1-to-1
- ¼ cup Parmesan cheese grated
- 1 large egg whisked
- 2 cloves garlic crushed
- ¼ tsp. black pepper
- 2 Tbsp. olive oil

DIRECTIONS

Preheat oven to 350 degrees.

Grate zucchini using a food processor with a grating attachment or with a boxed grater.

Lay zucchini out in a flat layer and sprinkle with salt. Let sit for 10-15 minutes.

Strain excess moisture from zucchini using a cheesecloth or a thin dish towel. You will end up with about 1 cup of grated zucchini and 1 cup of strained liquid.

In a large bowl combine grated zucchini, flour, cheese, egg, garlic, and black pepper. Mix until well combined.

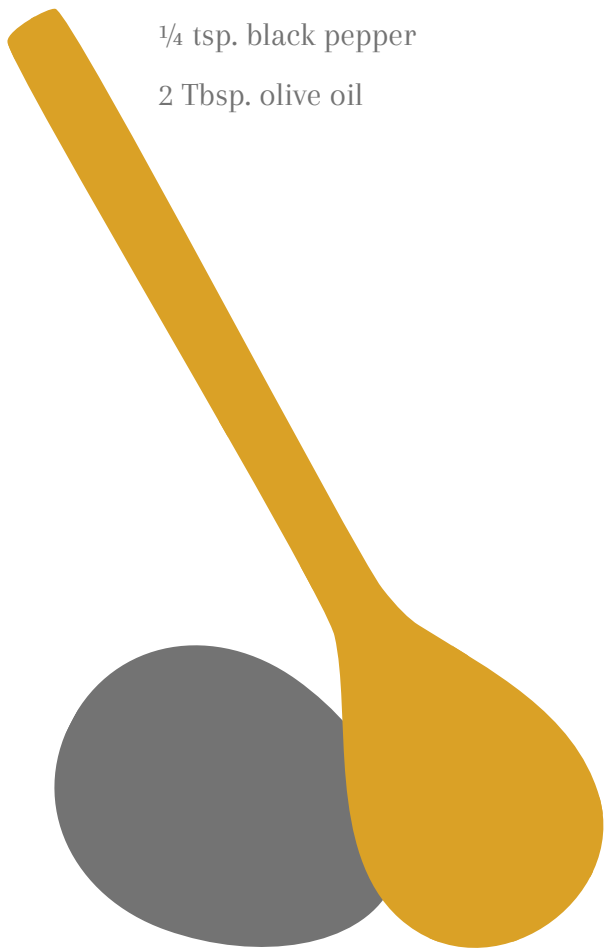
Form 8 equally-sized balls that are each about 2-3 tablespoons each.

In a large cast iron skillet over medium heat add 1 tablespoon oil and 4 balls. Smash zucchini balls with the back of a spatula and spread out to about 2 ½ - 3 inches in diameter and about ½-inch thick.*

Sear zucchini fritters for 2-3 minutes per side or until browned. Remove from skillet. Repeat with remaining four zucchini balls.

Place all zucchini fritters back into the skillet and bake in preheated oven for 10-15 minutes.

Serve zucchini fritters with sour cream and enjoy!



SEPTEMBER

Rhubarb

Did you know that rhubarb contains 10% of one's recommended calcium intake? Move aside dairy products.

Puling a double-take, rhubarb is just the opposite of tomatoes and peppers. It is often thought to be a fruit but is technically a vegetable.

Rhubarb can be a healthy addition to your diet because it is naturally low in sugar and high in fiber. Fill up on that rhubarb for additional possible health benefits.

Ease Constipation

Foods with fiber, like rhubarb, help you to maintain a healthy digestive system. Fiber is known to improve fecal bulking, which means that it helps your body create stools to rid itself of waste. But don't forget to increase your water intake.

Improve Metabolic Health

Metabolic conditions, like diabetes type 2 and obesity, have an inverse relationship when dietary fiber intake increases.

Build Stronger Bones

Osteoporosis is a condition characterized by porous and fragile bones. Studies have shown that increasing vitamin K intake has a relationship with higher mineral bone density, thus potentially strengthening bones.

This Month's partner is The Real Good Life.

Love comfort food, but don't have the time? The Real Good Life can help out. The Real Good Life is a local meal delivery service that can deliver those comfort food within 15 miles of Wauwatosa.

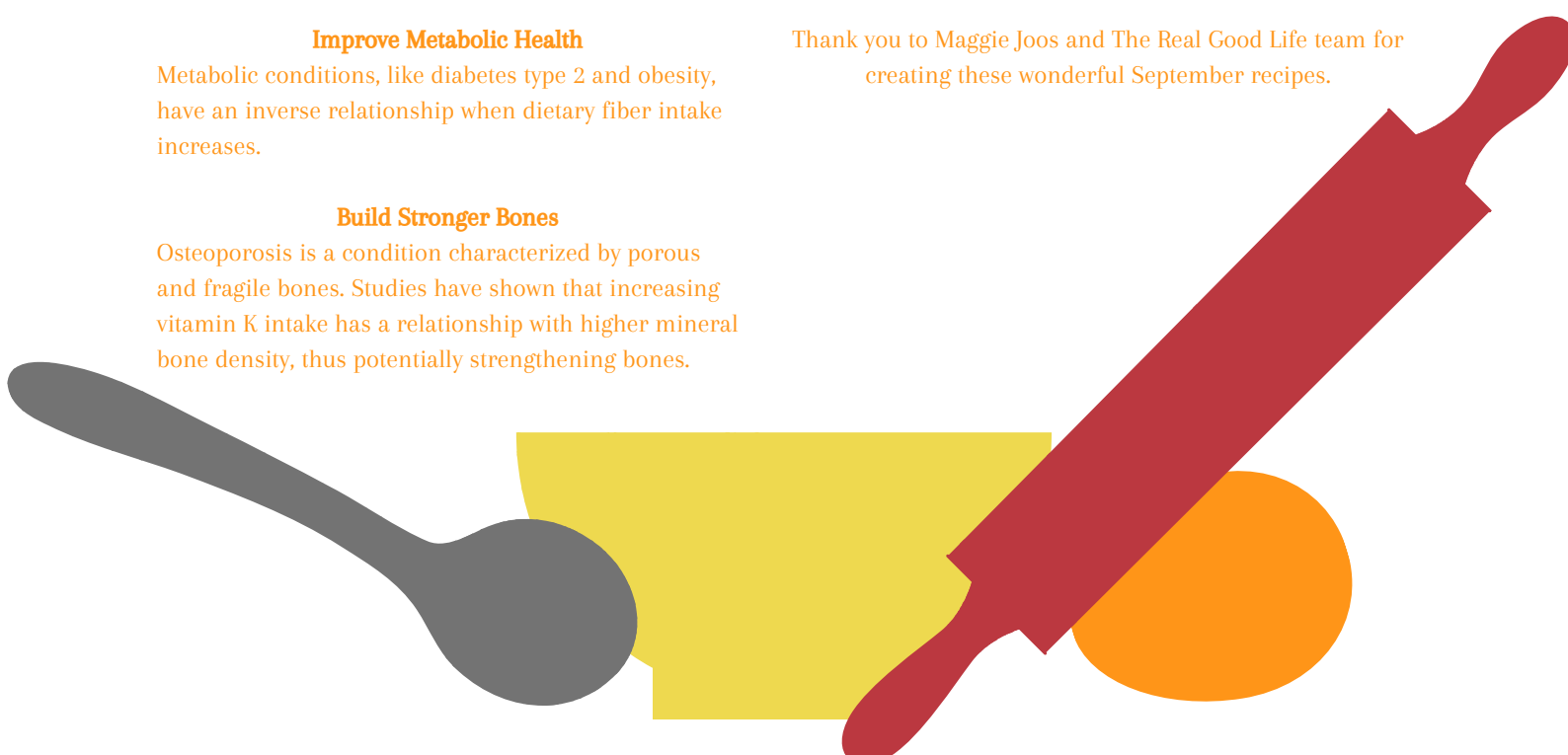
Each week features a new menu that can come in one-, two-, four-, and six-serving portions. They do the dirty work so that you can spend time with family, friends, or on that passion project.

Meals just need to be reheated in the microwave or oven in the packaging that they come in. They are also easily recyclable. Bonus: no subscription is required!

Interested learning more about The Real Good Life?

Visit: www.therealgoodlife.com

Thank you to Maggie Joos and The Real Good Life team for creating these wonderful September recipes.



EASY

Rhubarb Protein Smoothie

INGREDIENTS

- 1 c frozen strawberries
- 1/2 c diced frozen rhubarb
- 1/2 banana, frozen
- 1/2 c plain greek yogurt
- 1 TB honey or pure maple syrup
- 1 tsp vanilla
- 1 c almond milk, or milk of your choice
- 2 TB collagen peptides

DIRECTIONS

Place all ingredients into a high speed blender and blend until smooth.



INTERMEDIATE

Rhubarb Walnut Coffee Cake

INGREDIENTS

For the cake

- 1/2 cup salted butter, softened
- 1.5 c sugar
- 2 eggs
- 1 c sour cream
- 1 tsp vanilla
- 2 c AP flour
- 1 tsp baking soda
- 1/4 c chopped walnuts
- 2 c diced rhubarb

For the topping

- 1/2 brown sugar, packed
- 1/4 c AP flour
- 1 tsp cinnamon
- 1/4 c finely chopped walnuts
- 4 TB cold butter

DIRECTIONS

Preheat the oven to 350. Grease an 11x7 baking pan.

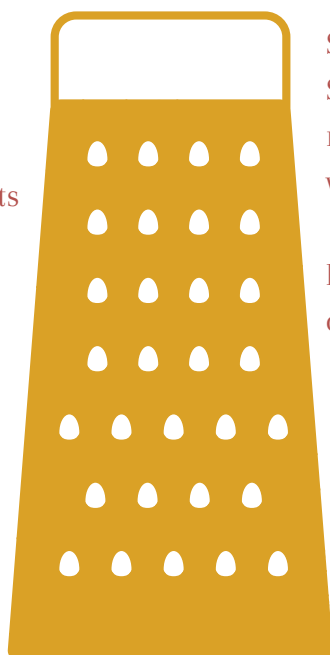
Cream butter and sugar in a large bowl until fluffy. Beat in the eggs and vanilla. Stir in the sour cream.

In a separate bowl, whisk flour and baking soda. Stir dry ingredients into the wet ingredients until just combined. Fold in 2/3 of the rhubarb and the walnuts.

To make the topping, combine the brown sugar, flour, cinnamon and walnuts. Cut in the butter with a pastry blender.

Spread half the batter into prepared pan. Sprinkle with half the topping. Top with remaining batter and rhubarb, finishing with the remaining topping.

Bake at 350 for 35 min or until a toothpick comes out barely clean.



EXPERT

Rhubarb Mint Shrub

INGREDIENTS

2 cup rhubarb

2-3 sprigs of mint

1 1/4 cup granulated sugar

1/4 tsp salt

3/4 -1 cup red wine vinegar

DIRECTIONS

Lightly crush mint in your hands to release the oils.

Chop rhubarb and place in bowl with mint. Toss with granulated sugar.

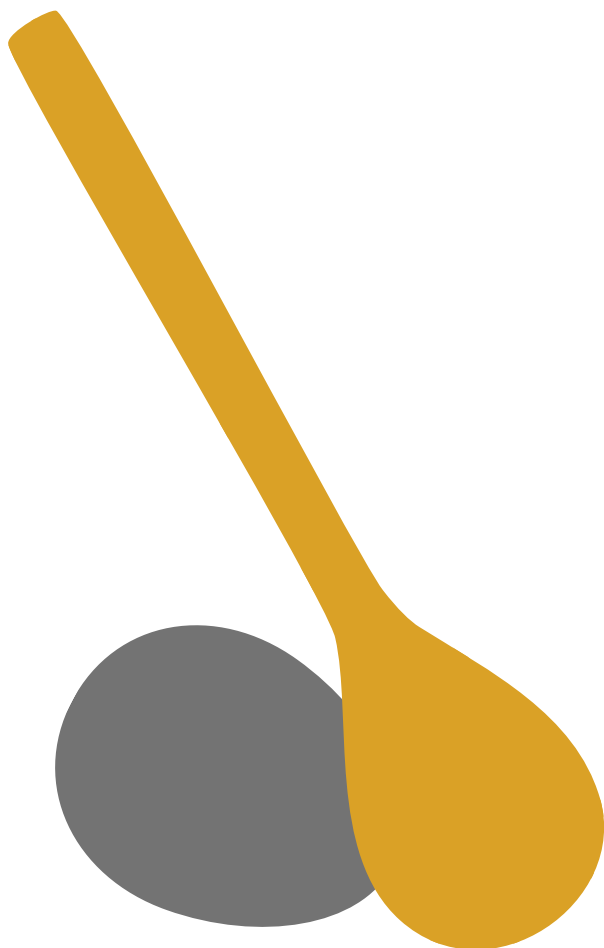
Place mixture in fridge for 3 days, stirring it twice daily.

Strain mixture into a large measuring cup.

Discard solids and mix in an equal amount of red wine vinegar.

Pour into sanitized jar and place in fridge for a day or up to a year.

Top 1oz shrub with sparkling water or white soda, prosecco, sangria or whatever!



OCTOBER

Brussel Sprouts

A cup of Brussel sprouts provides 24% of the recommended intake of vitamin A a day. Brussels sprouts are a cruciferous vegetable that is low in carbohydrates with lots of filling fiber. This nutty, hearty vegetable can be prepared in many different ways.

Brussels sprouts are an excellent source of vitamin C and vitamin K. They're rich in fiber and phytonutrients, which offer a host of health benefits.

Aids in Healing

Brussels sprouts are a great source of vitamin K. If you cut yourself, vitamin K helps your blood clot to prevent excessive bleeding.⁴ Furthermore, vitamin C promotes tissue repair by helping the body produce collagen.

Promotes Immunity

Bioactive compounds in cruciferous vegetables, like Brussels sprouts, reduce inflammation, induce immune functions, and stimulate natural detoxification.

May Reduce Risk of Some Cancers

Brussels sprouts are one of the cruciferous vegetables shown to have anti-cancer properties. There is some evidence that this may be due to the activation of certain enzymes in the liver that bind to carcinogens.

This Month's partner is Wauwatosa Fire Department

The Fire Department loves to be a part of the Wauwatosa community.

The Fire Department conducts fire detector tests and installations. In the warmer months, they attend block parties and participate in Tosa Night Out.

The Fire Department is always willing to attend events when requested, if possible.

Follow the Wauwatosa Fire Department on Facebook for safety tips and to find them out and about in the Wauwatosa community.



EASY

Roasted Brussel Sprouts

INGREDIENTS

1 ½ pounds Brussels sprouts

3 tablespoons olive oil

1 teaspoon salt (less is fine)

½ teaspoon black pepper

1-2 cloves minced garlic

DIRECTIONS

Preheat oven to 400 degrees.

Trim the ends off the Brussels sprouts and remove any discolored leaves. Place sprouts in a large bowl.

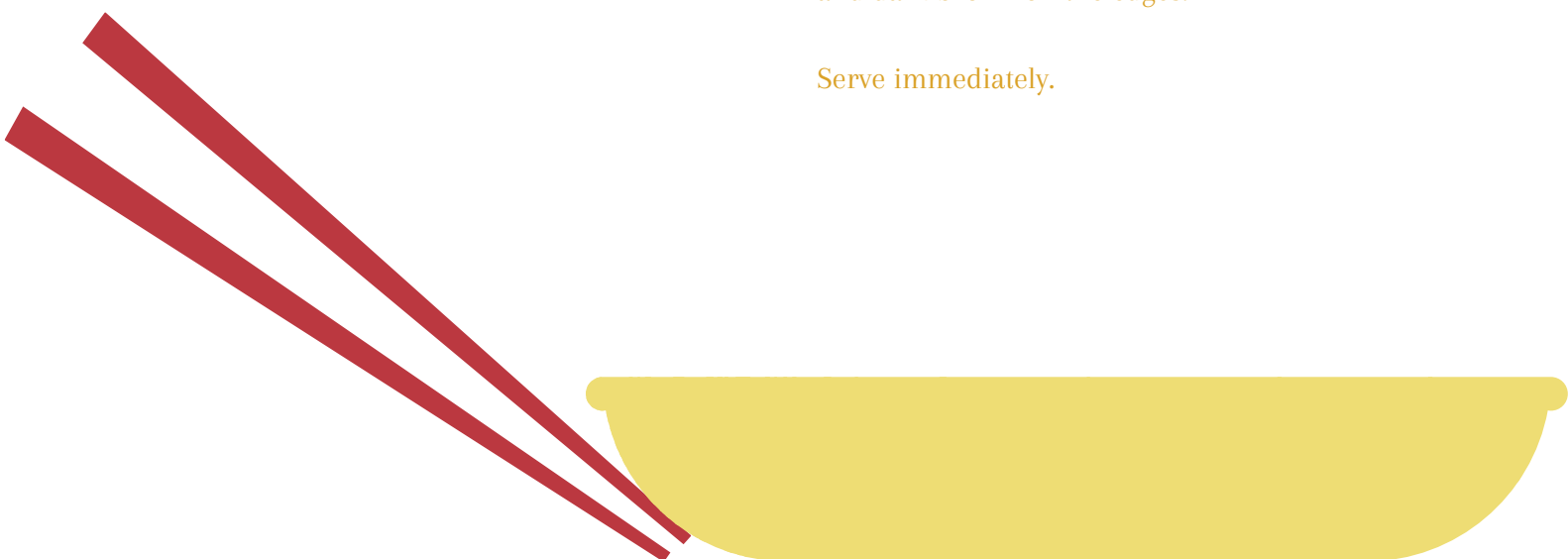
Drizzle with olive oil and season with salt and pepper.

Add the garlic. Toss to mix well and coat evenly.

Spread on a baking sheet and place in oven.

Roast for 35-45 minutes, gently stirring every 7-10 minutes. Sprouts are done when crispy and dark brown on the edges.

Serve immediately.



INTERMEDIATE

Shaved Sauteed Brussel Sprouts

INGREDIENTS

2 tablespoons olive oil

1 medium onion, chopped

Kosher salt, to taste

1 pound Brussels sprouts,
trimmed and thinly slivered

Freshly ground black pepper, to
taste

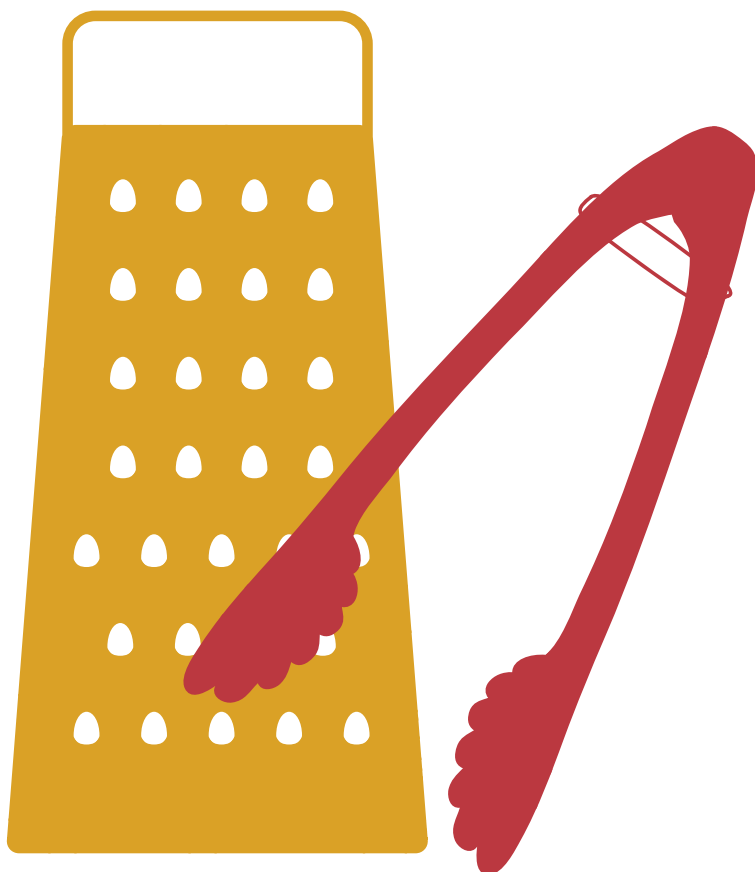
DIRECTIONS

Heat a large skillet over medium-high heat and add the olive oil.

Add the onions and sauté for 3 minutes until tender.

Add the slivered Brussels sprouts and season with salt and pepper. Sauté for 5 to 10 minutes, until the Brussels sprouts are wilted, or as soft as you would like them.

Serve hot or warm.



EXPERT

Sweet Potato and Brussel Sprout Hash

INGREDIENTS

1 large sweet potato, cut into 1/2-inch cubes
 2 tablespoons olive oil
 Salt, to taste
 Freshly ground black pepper, to taste
 1/2 pound Brussels sprouts, trimmed and cut in half
 1/2 large onion, diced
 1/2 large bell pepper, diced
 1 teaspoon smoked paprika
 1/2 teaspoon ground cumin
 1 pinch cayenne pepper
 4 cloves garlic, roughly chopped
 4 large eggs

DIRECTIONS

Preheat the oven to 425 F.

Add the sweet potatoes to a large baking sheet. Toss them with 1 tablespoon of oil and season with salt and pepper. Spread into a single layer. Roast for 20 minutes.

Toss the Brussels sprouts, onion and bell pepper in the remaining 1 tablespoon of oil and the paprika, cumin and cayenne pepper. Season with salt and pepper and add to the sweet potatoes. Toss together and spread out into a single layer. Roast for 15 more minutes, or until the potatoes are tender and the sprouts are browned.

Reduce the oven temperature to 400 F.

Add the garlic and add the veggies to a medium, oiled cast iron skillet or baking dish in an even layer.

Crack each egg on top of the veggies evenly spaced apart and not touching the sides of the pan. Season with salt and pepper. Bake for about 15 minutes, or until the whites are set but the yolks are runny. Test the egg whites by poking them with a knife.

Serve with hot sauce on the side.



NOVEMBER

Cranberries

Wild, unique, and natural in habitat cranberries are rich in phytonutrients. The berries are composed of numerous health-benefiting chemical substances that may offer protection from tooth cavities, urinary tract infections, and inflammatory diseases.

Help with Antibiotic Resistance

Although a cranberry extract, studies have shown that when taken with prescription antibiotics, antibiotic resistance is less likely to occur.

Boost Circulation

Cranberries have been shown to help improve artery flexibility. This means enhanced circulation and blood flow, which takes pressure off the heart and can help lower blood pressure. Better circulation can also boost energy and cognitive function.

Disease Prevention

There's evidence that cranberry juice protects heart health by reducing "bad" LDL cholesterol, triglycerides (blood fats), and insulin resistance. What's more, certain compounds in cranberries have been shown to slow the growth of tumors, including cancer cells of the breast, colon, lung, and prostate.

This Month's partner is Temple Love Fitness, LLC

Temple Love Fitness is a women nutrition and fitness specialist. They provide health services that are holistic and Gospel motivated. They provide health and nutrition coaching, personal and group fitness training, life-coaching calls, and church/corporate wellness events.

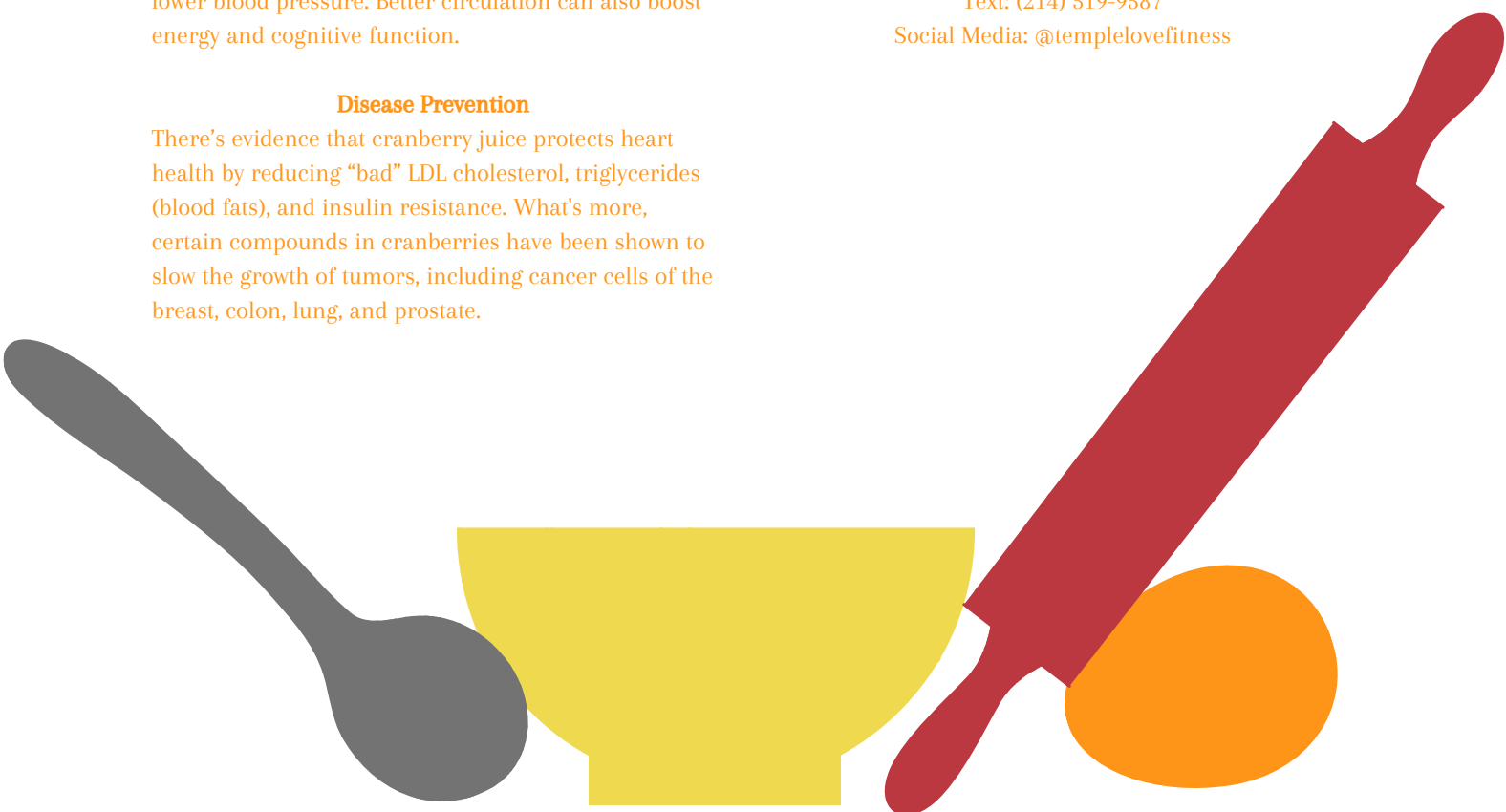
Anna and Stephanie are both trained to support you holistically and with Christian love.

Interested in learning more what Temple Love Fitness, LLC can offer?

Visit: www.templelovefitness.com

Text: (214) 519-9587

Social Media: @templelovefitness



EASY

Chipotle Orange Cranberry Sauce

INGREDIENTS

- 1 medium orange
- 1 package (12 ounces) fresh or frozen cranberries
- 1/2 cup packed brown sugar
- 1 cinnamon stick (3 inches)
- 1/4 to 3/4 teaspoon ground chipotle pepper
- 1/4 teaspoon pepper

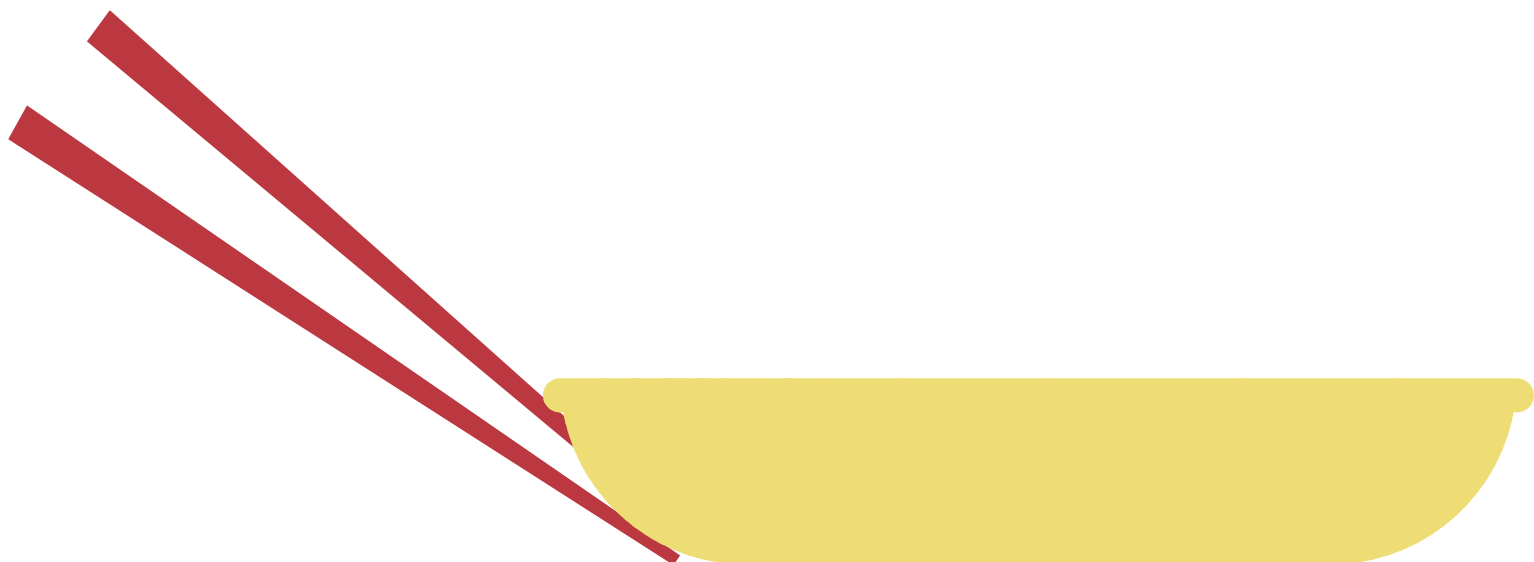
DIRECTIONS

Finely grate zest from orange. Cut orange crosswise in half; squeeze juice from orange. Place zest and orange juice in a large saucepan. Add remaining ingredients.

Bring to a boil, stirring to dissolve sugar. Reduce heat to a simmer; cook, uncovered, until berries pop, 5-7 minutes, stirring occasionally. Remove from heat.

Transfer to a small bowl; cool slightly. Refrigerate, covered, until cold.

Use on bread, chicken, or whatever sparks your interest!



INTERMEDIATE

Cranberry Cornbread

INGREDIENTS

- 1/2 cup butter, softened
- 1 cup sugar
- 2 large eggs, room temperature
- 1-1/2 cups all-purpose flour
- 1 cup cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1-1/2 cups buttermilk
- 1 cup cranberries, halved

DIRECTIONS

Preheat oven to 375 degrees.

In a bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs; mix well. Combine the flour, cornmeal, baking powder and salt. Add to creamed mixture alternately with buttermilk. Fold in cranberries.

Transfer to a greased 9-in. square baking pan. Bake at 375° until a toothpick inserted in the center comes out clean, 40-45 minutes. Serve warm.



EXPERT

Cranberry Orange Bars

INGREDIENTS

3 cups fresh or frozen cranberries
 2 large unpeeled oranges, cut into quarters and seeded
 2-1/2 cups sugar
 3 tablespoons cornstarch
 1 teaspoon ground ginger
 1/2 cup chopped nuts, optional

For the Crust

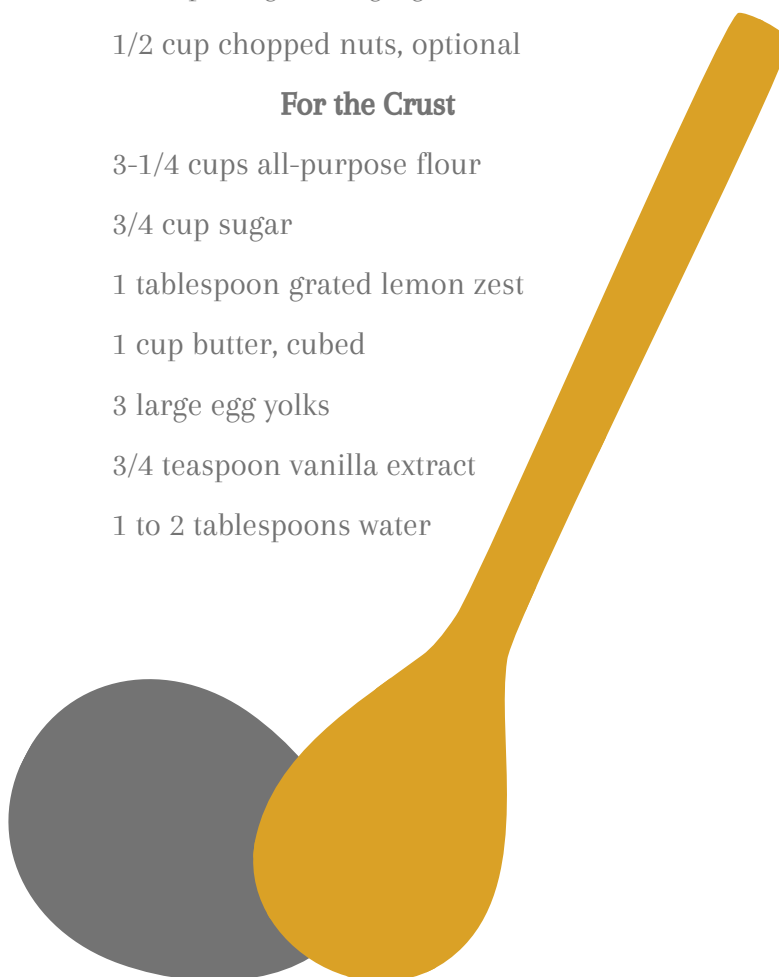
3-1/4 cups all-purpose flour
 3/4 cup sugar
 1 tablespoon grated lemon zest
 1 cup butter, cubed
 3 large egg yolks
 3/4 teaspoon vanilla extract
 1 to 2 tablespoons water

DIRECTIONS

Preheat oven to 425 degrees.

Grind cranberries and oranges (including peel). Set aside. In a large saucepan, combine the sugar, cornstarch and ginger. Add ground fruit; bring to a boil. Reduce heat; cook and stir for 15 minutes or until thickened. Remove from the heat; stir in nuts if desired. Set aside to cool.

Meanwhile, for crust, in a large bowl, combine the flour, sugar and lemon zest. Cut in butter until coarse crumbs form. Add egg yolks and vanilla. Gradually add water, tossing with a fork until dough forms a ball. Pat two-thirds of dough into a greased 13x9-in. baking pan. Cover with cranberry-orange mixture. Crumble remaining dough on top. Bake at 425° for 20-25 minutes or until topping is golden brown. Cool on a wire rack; cut into bars.



DECEMBER

Rutabagas

Rutabaga is a root vegetable similar to a turnip, but with a slightly sweeter taste. The magic of rutabagas is that this root vegetable can be prepared in a variety of ways.

Another cruciferous vegetable featured in this Harvest of the Month recipe booklet, rutabagas can promote health in many different ways. Thus, adding rutabagas is a smart addition to your diet.

Lowers Blood Pressure

Step aside banana. 1 cup of rutabaga has the same amount of potassium as a large banana. Consuming enough potassium in the diet helps the body regulate blood pressure appropriately.

Improves Heart Health

Incorporating this cruciferous vegetable and leafy greens into one's diet may reduce the chance of cardiovascular disease by up to 15%, per studies.

Chronic Disease Prevention

The fiber found in rutabagas, along with the phytonutrients contributes to a lower risk of digestive diseases, obesity, diabetes, stroke, and some cancers.

This Month's partner is AMRAP Method in Grafton.

AMRAP Method is a locally owned and operated gym by a husband and wife that provides everything you need for complete fitness. Classes range from personal training, introductory classes, power, and active workouts. AMRAP Method also provides nutritional services.

Walking through the doors is the hardest part. AMRAP Method will help you and meet you where you are at once that first step is taken.

Interested in finding out more about what AMRAP Method offers?

Visit: www.amrapmethod.com

Call: (262) 689-0190

Email: contact@amrapmethod.com



EASY

Maple Glazed Rutabagas

INGREDIENTS

- ¼ cup maple syrup
- 1 ½ teaspoons butter, melted
- 7 cups (1/2-inch) cubed peeled rutabaga (about 2 medium)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Cooking spray

DIRECTIONS

Preheat oven to 425°.

Combine syrup and butter in a large bowl, stirring with a whisk. Add rutabaga, salt, and pepper; toss to coat. Spread rutabaga mixture on a jelly roll pan coated with cooking spray.

Bake at 425° for 35 minutes or until rutabaga is tender, stirring occasionally.



INTERMEDIATE

Baked Rutabagas with 'Red-Eye' Tomato Sauce

INGREDIENTS

1 ½ tablespoons fresh thyme leaves, divided
2 teaspoons coarsely ground coffee beans
1 ½ teaspoons sugar
1 teaspoon kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
½ teaspoon garlic powder
4 plum tomatoes, halved lengthwise
2 tablespoons extra-virgin olive oil, divided
1 ½ pounds rutabaga, peeled, halved crosswise, and cut into wedges
⅓ cup water
1 ½ tablespoons unsalted butter, softened

DIRECTIONS

Preheat oven to 350°.

Combine 1 tablespoon thyme, coffee beans, sugar, ¼ teaspoon salt, ½ teaspoon pepper, and garlic powder in a bowl. Place tomatoes and 1 tablespoon oil in a bowl; toss to coat. Sprinkle coffee mixture over tomatoes; toss to coat. Arrange tomatoes, cut side up, on a rack placed inside a jelly-roll pan. Bake at 350° for 1 hour and 20 minutes or until skins begin to pull away from sides of tomatoes. Remove from oven; cool slightly. Peel tomatoes; discard peels. Place tomatoes in a food processor; pulse 5 times or until chopped. Add 1 to 2 tablespoons water to loosen to saucy consistency.

Combine rutabaga and ⅓ cup water in a 13 x 9-inch glass or ceramic baking dish. Drizzle with remaining 1 tablespoon oil; sprinkle with ¼ teaspoon salt. Cover dish with foil. Bake at 350° for 50 minutes or until tender.

Transfer hot rutabaga to a large bowl using a slotted spoon; add butter to bowl. Sprinkle with remaining ½ teaspoon salt and remaining ⅛ teaspoon pepper; toss until butter melts. Add half of tomato sauce; toss to coat. Top servings with remaining sauce and remaining 1 ½ teaspoons thyme leaves. Serve immediately.

EXPERT

Au Gratin Twist with Turnips and Parsnips

INGREDIENTS

3 ¾ cups (1/8-inch-thick) slices peeled turnip
 3 ¾ cups (1/8-inch-thick) slices peeled parsnip
 6 cups water
 Cooking spray
 1 cup whole milk
 ½ cup fat-free, less-sodium chicken broth
 2 tablespoons all-purpose flour
 1 teaspoon kosher salt
 ½ teaspoon freshly ground black pepper
 1 cup (4 ounces) shredded Gruyère cheese
 2 tablespoons butter
 ¼ cup panko (Japanese breadcrumbs)

DIRECTIONS

Preheat oven to 400°.

Combine first 3 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 7 minutes or until almost tender. Drain; let stand 5 minutes. Arrange about 1/2 cup vegetable mixture into each of 8 (5 1/2-inch) round gratin dishes coated with cooking spray.

Combine milk, broth, flour, salt, and pepper in a saucepan over medium-high heat; bring to a simmer. Cook 4 minutes, stirring constantly with a whisk until thick. Remove from heat; add cheese, stirring with a whisk until smooth. Spoon about 3 tablespoons sauce over each serving.

Melt butter in a medium skillet over medium-high heat. Add panko; toast 2 minutes, stirring constantly. Sprinkle breadcrumb mixture evenly over cheese mixture. Place dishes on a baking sheet. Bake at 400° for 15 minutes or until bubbly and golden brown on top. Let stand 5 minutes before serving.



ENJOY!

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Wauwatosa
HEALTH DEPARTMENT

