

CSA CHEF DEMO

BACK TO SCHOOL

VEG TIPS



BOWL LIKE A PRO

Recipe Template from Chef Tanya at The Food Connection

How to Bowl Like a Pro:

1. Pick a Base.

- a. Grains - brown rice, bulgur, quinoa.
- b. Sweet potatoes or winter squash.
- c. Polenta or grits.
- d. Cauliflower rice.
- e. Noodles - whole grain, gluten-free, or spiralized vegetables.

2. Choose Your Protein.

- a. Beans - black, kidney, northern, garbanzo, pintos, edamame.
- b. Nuts and seeds.
- c. Tofu, seitan, tempeh, mock meats.
- d. Eggs.
- e. Turkey or chicken breast, tuna or salmon, or ground meats.

3. Select Your Vegetables.

- a. Choose seasonal colorful vegetables like squash, peppers, green beans, carrots, broccoli, and beets. Add them raw or cooked.
- b. Leafy greens can form a bed for your base or add on the side.

4. Add a Sauce.

- a. Hummus or tahini.
- b. Yogurt-based.
- c. Vinaigrette.
- d. Salsa.
- e. Avocado - mashed or guac.
- f. Chili/hot sauces.
- g. Nut-based.
- h. Green herb - pesto, chimichurri.

5. Top with Garnish.

- a. Fresh herbs.
- b. Sprouts.
- c. Picked and fermented veg.
- d. Seeds and crushed nuts.
- e. Ground spices.
- f. Edible flowers.



BOWL LIKE A PRO

Examples of Different Harvest Bowls



Bowl #1

- Polenta
- Tofu
- Roasted Okra
- Kale
- Roasted Red Candy Onions
- Marinara Sauce
- Parmesan



Bowl #2

- Roasted Red Potatoes
- Italian Sausage
- Red Kraut
 - Cabbage, Red Onion, Vinegar, Honey & Bay Leaf
- Leeks, Onions, and Scallions
- Vinaigrette
- Nasturtiums

SALAD IN A JAR

Recipe Template from Chef Tanya at The Food Connection

Guidelines:

- **Components of Salad in a Jar:**
 - Add Greens.
 - Add Raw vegetables of many colors.
 - Make a dressing - keep in separate container.
- **Transporting:**
 - Use jars or containers you have readily available.
 - Wide-mouth mason jars are ideal because you can easily scoop out the ingredients.
 - Place in a bowl when you are ready to eat and add your dressing.



Example of Salad in a Jar

- **Mesclun Mix**
- **Cucumbers**
- **White Beans**
- **Nasturtiums**



BENTO BOXES

Recipe Template from Chef Tanya at The Food Connection

Guidelines:

- **Components of Bento Boxes:**
 - Whatever you want! They lend themselves to customization.
 - Start by choosing a starchy base or grain, protein, vegetables, dipping sauce, and garnish.
- **Assembly:**
 - Use storage containers you have readily available and add silicone cupcake holders to divide foods.
 - Get creative with your vegetable shapes.
 - You can add smaller storage containers for nuts and sauces.
 - Add a steamed collard leaf or tortilla in the bottom to make a wrap with all the bento box ingredients.



Example of Bento Box:

- **Rice**
- **Ground Turkey**
- **Hard boiled Egg**
- **Zoodles**
- **Pesto**
- **Sesame Seeds**

