



## Leftovers Galette

*Vegetarian*

**Breakfast**

2 c of stale bread, Madison Sourdough Dodgeville Harvest or Miche (or homeade local bread), torn into 1" pieces

½ c lukewarm water or broth

2 eggs

1 heaping cup of whatever veggies you need to use up, cut up into ¼" pieces. If using a root veggie, be sure to pre-cook it.

1 clove garlic, crushed

¼ tsp salt

¼ tsp pepper

1- 2 T fresh herbs



## Moroccan Grilled Eggplant

*Vegetarian*

**Dinner**

1 large eggplant, peeled and sliced into long paddles

Sunflower oil

Salt and pepper to taste

¼ c fresh thyme

1 small container of local Greek yogurt

1 clove garlic, minced

2 Roma tomatoes, pitted and diced

1 cucumber, seeded and diced

1 container of crumbled feta cheese

½ lb ground lamb from WSGC Meat dept, browned (optional)



## East No Noodle "Lasagna"

*Gluten-Free*

**Dinner**

3 medium tomatoes (any variety), roughly chopped

1 package basil, chopped

2-4 cloves garlic, finely minced

pinch of salt

1 Italian frying pepper, roughly chopped

½ lb grass-fed ground beef

5-6 large Yukon Gold potatoes, cut lengthwise into ¼" slices

1-2 medium zucchini, cut lengthwise into ¼" slices

1 c mozzarella cheese, shredded



## Locavore Chef Salad

*Vegetarian, Gluten-Free*

**Lunch**

3 c spring mix or other greens of your choice

Vegetables/fruits of your choice, sliced. Could include: carrots, apples, cucumber, cabbage,

bell peppers, tomatoes

2 eggs, hard-boiled

¼ c cheddar cheese (or other cheese of your choice), cubed

½ c Willow Creek Ham, cubed (optional)

**Dressing:**

¼ c buttermilk

### **Fresh parsley, chopped**

1. Preheat the oven to 375°F. Add parchment paper to a baking sheet.
2. Brush sunflower oil on to both sides of the eggplant paddles. Coat evenly with salt, pepper, and thyme.
3. Arrange on baking sheet and bake in oven for 35 minutes.
4. Meanwhile, cook the ground lamb in a skillet, and add minced garlic to yogurt cup and return cup to fridge.
5. Eggplant is done when slightly browned, but if you prefer it crispier cook 5-10 minutes longer.
6. Remove eggplant from oven and top with a generous dab of garlic-yogurt. Add crumbled lamb plus cucumber, tomato, feta, and parsley. Serve with warm pita.

Note: Exchange the items you have available for the ingredients here, e.g. use zucchini if you don't have cucumbers or mint if you have no parsley.

### **¼ c plain yogurt**

### **2 T chopped herbs of your choice (basil, dill, chives etc.)**

### **Salt to taste**

1. In a small bowl, whisk dressing ingredients together thoroughly.
2. Place salad greens in a bowl. Top with vegetables, eggs, cheese, and ham cubes.
3. Drizzle dressing on top and enjoy!

### **2 T sunflower seed oil**

1. Combine the bread and the water (or broth), sopping up all the water with the bread.
2. Add veggies, eggs, and seasonings. Mix well.
3. Heat the oil in a large skillet over medium-high heat. Spoon about ½ c of the mixture onto the skillet, press down with a fork to make it ½" thick. Cook for about 5 minutes on each side.
4. Makes 4 galettes.

Note: Play with the veggie and herb combinations! Try mushroom, zucchini, onion and chives, or butternut squash, leek and sage.

1. Combine tomatoes, basil, garlic, and salt in a saucepan and simmer over medium heat for about 30 minutes, until the sauce starts to thicken.
2. Preheat oven to 350°F.
3. While the tomato sauce is simmering, cook the beef and Italian frying pepper on a medium-high in a skillet until the beef is browned.
4. Butter a 9" glass baking dish. Arrange a layer of potato slices on the bottom of the pan. Cover with about half of the meat, and then ½ of the tomato sauce. Follow this with another layer of potatoes, the rest of the meat, and the rest of the sauce. Cover this with a layer of zucchini. Top with shredded cheese and bake for about 50 minutes, until the top is bubbling and golden brown.