

# Around the Picnic Table

## Vermont Summer Recipes

a cookbook made for you and your family  
featuring exclusive recipes from Vermont's favorite chefs  
presented by the

**Vermont Foodbank**



**Vermont Foodbank**  
*Gather. Share. Nurture.*

# Elote del Mercado

El Cortijo's Mexican-style street corn on the cob

## RECIPES:

### *Elote del Mercado*

**SERVES** 5

- |   |                            |
|---|----------------------------|
| <i>• Corn on the cob</i>                | <i>Aioli</i>               |
| <i>• 1 Tbsp sugar and salt</i>          | <i>• 2-3 cloves garlic</i> |
| <i>• 3 Tbsp butter</i>                  | <i>• 2 egg yolks</i>       |
| <i>• 1 c crumbled cortija cheese</i>    | <i>• 1 Tbsp lime juice</i> |
| <i>• Cilantro and paprika (garnish)</i> | <i>• 1/4 Tbsp Dijon</i>    |
|   | <i>• 6 oz canola oil</i>   |

*Corn: Put cold water, 1 Tbsp sugar, 1 tbs salt and corn in a pot. Bring to boil and let cook for 5 min. Butter and set aside*  
*Aioli: Combine garlic, egg yolk, lime and Dijon in blender. Once combined, slowly add oil on medium/low speed. Combine until emulsified. Thin with water if too thick*

*To prepare: Place cooked buttered corn on a medium/hot grill or cast iron. Turn occasionally until brown on all sides. Transfer to plate and coat with aioli. Garnish with Cotija cheese, paprika, and cilantro.*

### Chef D'Angelo on eating fresh

“Elote is a great summer recipe because it’s different, easy and very tasty. As if butter wasn’t good enough, now you’re adding mayo, spice and cheese to your corn!” said Thomas D’Angelo, the executive chef at El Cortijo.

“I can’t say enough about the incredible network of farmers who bring that distinctly fresh flavor to the restaurant scene in Vermont. I think it’s great having access to such amazing VT produce,” he said.

D’Angelo of El Cortijo is a strong supporter of local farms and accessible food. “Access to fresh produce is huge, especially local. It’s a better and more sustainable product. We’re supporting our local economy as well as our friends.”

Here at the Vermont Foodbank, we believe in the value of access to fresh produce for everyone. Programs like VeggieVanGo, VT Fresh, and the Gleaning Program allow us to continue our mission, and ensure that Vermonters facing hunger have access to fresh Vermont produce.

# Rocket Salad

A unique fennel and arugula salad from Pizza Verità

## RECIPE:

### Rocket Salad

**SERVES** 4

#### Salad ingredients:

- 12 oz baby arugula
- 1 c fresh shaved fennel
- 4 Tbsp roasted pinenuts
- Pecorino Romano cheese
- Salt to taste

#### Rocket Dressing:

- 1 c extra virgin olive oil
- 8.5 oz of balsamic vinegar
- 5 teaspoons of red wine vinegar
- 1/2 Tbsp Dijon mustard
- 3/4 tsp kosher salt
- 1/2 tsp minced garlic

In a medium bowl, combine the vinegars, salt, garlic and

Dijon and let rest for 10

After 10 min, slowly drizzle

the olive oil while you whisk it into an emulsion. Just before serving, toss baby arugula and shaved fennel with a half cup (4 oz) of Rocket dressing. Place in a large bowl. Sprinkle with pine nuts. Finish with several wide strips of shaved Pecorino Romano and serve.

“A great example of a simple, yet fresh summer dish with a very nice balance of flavor.”

For Pizza Verità's head chef Dan Cervantes, access to local produce is a short but sweet seasonal opportunity. “From a chef's perspective, it's a privilege to have access to such a wide variety of locally grown fruits and vegetables,” he said. “Vermont has such a short growing season and a fast-changing climate that the farmers have to do all they can to maximize their harvest without compromising quality.”

Cervantes believes it's important that everyone have access to Vermont produce. “It's far superior in flavor, quality, and nutrients,” he said. “Most of our local farmers don't use pesticides or genetically modify their produce to increase harvest or fight off disease. Most local produce is picked when ripe, providing the most amount of nutrients and flavor.”

# Asian Noodle Salad with Turkey

Ginger summer noodle dish with vegetables

## RECIPE:

*Asian Noodle Salad with Turkey*

**SERVES** 3-4

- 1 pkg vermicelli rice noodles
- 1/4 c rice vinegar
- 2 tsp sugar
- 1 Tbsp fresh grated ginger
- kosher salt
- 1 red pepper
- 1 red chile pepper
- 3 oz snow peas
- 1/2 seedless cucumber
- 1 Tbsp canola oil
- 1 lb lean ground turkey
- 1/4 c hoisin sauce

*Cook noodles according to package directions. Drain and rinse under cold water to cool. In a large bowl, stir together the vinegar, sugar, 1 teaspoon ginger, and 1/4 teaspoon salt. Add the peppers, snow peas, and cucumber and toss to combine. Heat oil in a large nonstick skillet over medium heat. Add turkey and cook, breaking it up with a spoon until no longer pink (5 - 6 min) Stir in hoisin sauce, remaining ginger, and 2 Tbsp water and cook 1 min; fold in the scallions. Serve noodles with the cucumber salad and turkey*

### Notes from the home cook: Allison Mindel

I made this for my kids a few weeks ago, and it was a huge hit! This recipe is easy and great for summertime. The only problem was I should have doubled the recipe. I didn't have snow peas on hand, so I used extra cucumber and shredded carrot instead. I skipped the red chile pepper but added sriracha at the end.

Allison joined the Vermont Foodbank team in the spring of 2017. She comes to the Foodbank with 19 years of experience working with nonprofits and foundations, with a focus on helping organizations raise the resources they need to fulfill their missions.

She also spent two years living in China and is passionate about dumplings.

# Stuffed Baked Zucchini

A summer harvest favorite

## RECIPE:

### Stuffed Baked Zucchini

**SERVES** 4 sides or 2 meals

- 
- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| • 2-3 medium zucchini             | • 1/2 green pepper, sliced        |
| • 1/2 medium onion, sliced        | • 8 oz shredded VT cheddar cheese |
| • 8 oz sliced portabella mushroom | • olive oil                       |
- 

*Slice medium size zucchini lengthwise. Scoop out and reserve the inner seeds and flesh to create "boats". Steam zucchini until just tender (do not overcook). In a fry pan, add a bit of olive oil and sauté the reserved zucchini, mushrooms, onions, and peppers until tender crisp. Preheat oven to 350. Place "boats" skin side down in a baking dish, fill each with the sautéed veggies, top with shredded cheddar cheese and bake for 10 min or until cheese is bubbly and slightly browned. Serve as a side dish or eat as a meal!*

### About the home cook: Liz

Liz has been volunteering with the Vermont Foodbank for the past year, coming in twice each month to help with any and all administrative projects. She is also very involved with many of our special events that benefit the Vermont Foodbank, such as the Harpoon Point to Point, Empty Bowl Benefit and Do Good Fest!

### Volunteers at the Vermont Foodbank

The Vermont Foodbank is fueled by volunteers. Each year, more than 2,400 volunteers help us get food to the people who need it most. We'd love to have you get involved, too! Give back to your community by donating your time.

[Learn more about volunteering >](#)

# Cucumber Salad

This light, quick salad is the perfect compliment to any summer meal

## RECIPE:

Cucumber Salad

SERVES: 6

- 4 cucumbers, thinly sliced
- 1/2 red onion, sliced
- 1 clove garlic
- 1 Tbsp. olive oil
- 3 Tbsp vinegar - rice, apple vinegar or balsamic
- 1 tsp dill (optional)
- Salt and pepper to taste

Combine all ingredients in a medium bowl, mixing well.  
Chill for one hour. Toss and serve - Enjoy!

\*Refrigerate leftovers

This recipe is shared as a taste test at food shelves and fresh produce food drops around the state. The following story comes from one such occasion:

At a recent fresh produce event, three siblings (probably between the ages of 7 and 12) biked from their home to the vegetable drop. They said they were there to grocery shop for their family and started loading up on produce.

It quickly became clear they couldn't bike back with all the food they needed. I had them load up my car with vegetables and yogurt and told them I could drop it off for them. They took so much, the thought ran through my head, "Are they going to have room in their fridge for all this? Will they really use this much?" I think because they were so young, I doubted their judgement.

When I arrived at their home and helped them unload the groceries into an almost completely empty fridge, I realized how I had misjudged the situation. They were genuinely excited and grateful to be allowed to take as much as they needed.

# Basil Caprese Salad Skewers

Take advantage of in-season basil with a bright balsamic glaze

## RECIPE:

### Caprese Skewers

- *cherry tomatoes*
- *olive oil*
- *small mozzarella balls*
- *1 c balsamic vinegar*
- *fresh basil*
- *salt and pepper to taste*
- *toothpicks*

*Carefully pierce each tomato with a toothpick. Roll up each individual basil leaf and add to each toothpick.*

*Skewer a small mozzarella ball on the other side of the basil, sandwiching the leaf between tomato and cheese.*

*Drizzle with olive oil and sprinkle with salt and pepper.*

*\* Add balsamic glaze - see below for quick recipe*

### Balsamic Glaze:

To make balsamic glaze, add one cup of balsamic vinegar to a sauce pan over medium heat.

Once it comes to a boil, set on simmer for about 10 - 15 minutes until it reduces to a syrupy consistency. You can check it by dipping a spoon in the balsamic and if it covers the back of it it's done.

As it cools, it will thicken a bit more. Drizzle on top of the caprese salad skewers.

### The fresh food approach of the Vermont Foodbank:

The Vermont Foodbank's fresh produce events promote health for Vermonters. These events not only provide an opportunity for participants to bring home fresh produce, they also create a gathering place offering support and conversations about healthy food.

Often, Vermont Foodbank staff is on-hand for cooking demonstrations and taste tests. All together, these events are increasing awareness and access to fresh fruits and vegetables to Vermonters in need.

[Learn more >](#)

# Potato Kale Cheddar Quesadillas

Upgrade everyday quesadillas with seasonal additions

## RECIPE:

### Veggie Quesadillas

SERVES 2

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 2 Tbsp olive oil</li><li>• 1 cup sliced onions</li><li>• 1 clove garlic, minced</li><li>• 3 cooked medium potatoes</li><li>• 1 bunch kale, stemmed, chopped, and steamed</li></ul> | <ul style="list-style-type: none"><li>• 4 8" flour tortillas</li><li>• 4 oz grated sharp cheddar</li><li>• Salt and pepper</li></ul> |
|--|--|

*In large pan, heat 1 Tbsp oil over med heat. Add onions and sauté, stirring, for about 5 min. Add garlic, cook 2 min. Remove pan from heat. Lay 2 tortillas on a baking sheet. Spread potatoes on top of each one and 1/4 of the cheddar on top. Spread onion and garlic mixture on top of cheese. Lay steamed kale over that. Top each with half of the remaining cheese. Cover each with a tortilla. Wipe out the frying pan and heat 1/2 Tbsp oil. Put one assembled quesadilla into the pan; heat until cheese has melted and tortilla starts to brown. Flip quesadilla, brown the other side. Remove completed quesadilla to baking sheet cook the second quesadilla in remaining oil.*

### Preparing Kale:

Grab a stalk of kale by the stem with one hand and place the pointer finger and thumb of your other hand on the stem where the leaves begin. Pull fingers along the stem tearing off the leaves. When all kale is stemmed, roll 3 or 4 leaves tightly together at a time, and chop into fine strips.

To steam kale, fill a pasta cooker or pot with 1/2 inch of water. Place steamer basket or metal colander in pot and cover with the lid. Heat over medium heat and bring water to a simmer. Place kale in colander and cover. Steam for 10 min. Remove lid carefully, remove from colander with tongs. Let dry and cool for 3 min.

### About the home cook: Tom Warhol

Tom has been writing and managing grant projects for the Foodbank since 2014 and has been working to make the world a better place for most of his life.

He and his wife Lisa have a friend who started several restaurants in the Boston area, and has published several cookbooks. They took her quesadilla recipe from Vegetarian Planet and adapt it to whatever veggies are in the fridge!

# Spinach Salad

Healthy food for the whole family

## RECIPE:

### Spinach Salad

SERVES: 4

#### Dressing

- |  |                             |
|--|-----------------------------|
| • 2 Qts washed spinach                           | • 1 c mayonnaise            |
| • 1/2 lb lean bacon, fried<br>crisp and crumbled | • 2 tsp Grey Poupon mustard |
| • 2 hard boiled eggs,<br>roughly chopped         | • 1/4 c lemon juice         |
| • 5 scallions, chopped                           | • 1/2 c good olive oil      |
| • 3/4 c garlic croutons                          | • 1 Tbsp vinegar            |
|  | • 1/8 tsp sugar             |
|  | • salt and black pepper     |

*Tear spinach leaves into bite size bits and place in a salad bowl. Arrange the bacon bits, eggs, scallions and croutons over the spinach. Combine dressing ingredients and mix well. Just before serving (or at table) pour dressing over salad and toss lightly.*

#### About the home cooks: Renee and Doug

Renee and Doug are regular volunteers for the Vermont Foodbank. In addition to helping out at the distribution center in Barre, both Renee and Doug have given their time to table for the Vermont Foodbank, and participate in special events.

This recipe is dedicated in the memory of Doug's mom, Marge Kievit.

#### Events with the Vermont Foodbank:

Thanks to volunteers and fundraisers around the state, there seems to always be something going on!

Join staff, volunteers and supporters at events that could be happening in your town. Stay informed and keep your calendar up to date. Visit our events calendar to participate in our mission to make sure all Vermonters are fed.

[View Events Calendar >](#)

# Simple Summer Soup

Savor the flavors of the season

## RECIPE:

### Summer Soup

**SERVES** 4

- |                                 |   |
|---------------------------------|---|
| • 2 Tbsp extra virgin olive oil | • 2 cans cannellini beans, drained and rinsed |
| • 1 medium yellow onion, diced  | • 1 can diced tomatoes                        |
| • 2 medium carrots, diced       | • 3 c chopped kale                            |
| • 1 medium zucchini, diced      | • 2 tps salt                                  |
| • 2 cloves garlic, pressed      | • 1 tsp black pepper                          |
| • 1 tsp Italian seasonings      | • 1 Tbsp white sugar                          |
| • 1 Qt vegetable broth          | • 1 tablespoon white wine                     |
|                                 | • 1 Tbsp vinegar                              |

Add olive oil to a large soup pot or Dutch oven and sauté garlic, onions, carrots, and zucchini. Add Italian seasonings and sauté 1 min. Stir in broth, beans, and tomatoes. Bring the contents to a boil, then turn the heat down to low and add chopped kale. Cover the pot and simmer for 15 min. Add salt, pepper, sugar and vinegar. Taste and adjust as needed.

### Notes from the home cook: Mica Seely

Mica has been at the Vermont Foodbank since 2013 and loves cooking vegetarian fare. She recommends using no-salt-added tomatoes, adding all the juices to the soup.

Adventurous cooks can use an immersion blender to make a smooth soup. For the best summer soup experience, garnish soup with shaved parmesan and add a side of crusty bread for dipping. For tips on how to prepare kale, refer to page 7.

### The benefits of vegetables:

Your health is closely tied to what you eat. People who eat more fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases. Adding fresh produce with different nutrients can improve conditions like high blood pressure, and can help protect eyes and skin from infection. To learn more about how the Vermont Foodbank shares educational information about nutritional foods, find online resources on our website.

[Learn More >](#)

# Spanish Chickpea Dip & Pomegranate Sauce

Dip for a light snack or appetizer, and a sauce to wow a crowd

## RECIPE:

### Spanish Chickpea Dip

SERVES: \_\_\_\_\_

- 2 15oz cans of cooked chickpeas
- 2 cloves garlic, minced
- 1 small yellow onion
- 2 plum tomatoes roasted in oven till they collapse
- 1 dried chili pepper or 2 tsp smoked paprika
- 3 Tbsp chopped cilantro
- 1 Tbsp Lemon juice

Reserve 3/4 of canned liquid from cooked chickpeas, drain the rest. Sauté onion until lightly golden. Add minced garlic and sauté for 1 min. Puree chickpeas with roasted tomatoes, onions, garlic, chili pepper. Thin to desired consistency with reserved liquid. Fold in chopped cilantro and lemon juice. Season with salt.

## RECIPE:

### Creamy Walnut and Pomegranate Sauce

SERVES: \_\_\_\_\_

- 1 3/4 c crushed and shelled walnuts
- 1/2 tsp Near East pepper
- 1/2 tsp sweet Hungarian paprika
- 2 garlic cloves, crushed
- Pinch of powdered saffron or marigold petals
- 2 tsp ground coriander
- 1 1/2 Tbsp pomegranate molasses, in 1/2 c hot water
- Pinch of salt

Place walnuts, pepper or cayenne, paprika, garlic, marigold petals or saffron, 1 tsp coriander, and salt into food processor; blend until finely pureed to a smooth sauce, With the machine on, add the diluted pomegranate molasses. Scrape into a jar, fold in 1 tsp coriander, and allow to mellow at least 2 hours.

# Cool Chocolate Peanut Butter Bars

A sweet treat for a warm summer evening

## RECIPE:

### Chocolate peanut butter bars

SERVES: 4

- 1 c unsalted butter, melted
- 2 c crushed graham cracker (approx. 8 crackers)
- 2 c confectioners sugar
- 3 c peanut butter
- 1 1/2 c chocolate chips

*In a medium bowl, mix together butter, graham cracker crumbs, sugar, and 2 c of peanut butter until blended. Press evenly into the bottom of ungreased 11" baking pan. Melt chocolate chips in double boiler, microwave or pan. Once melted, stir in remaining peanut butter over low heat. Stir until smooth. Spread over prepared crust. Refrigerate for one hour, then cut into bars and enjoy!*

### Notes from the home cook: Tom Foy

Tom joined the Vermont Foodbank in the winter of 2017, and helps process donations within the organization. Tom recommends adjusting the amount of peanut butter in the chocolate mixture to taste. For a unique twist, substitute some chocolate candy bars (Snickers) into the chocolate mixture.

Adventurous cooks might add salted caramel to the mix as well. Tom lists off many additional ingredients to make the bars all your own! Marshmallows, bacon, cinnamon, etc.

### Why Tom loves these peanut butter bars:

“They are very easy to make and don’t require baking skills as, well, there is no baking involved. Plus it’s fun getting your hands dirty. Be advised... peanut butter sticks to everything!

I was only introduced to this recipe recently by my wife, who helped me make these bars for coworkers on my first day working at the Foodbank. Suffice to say, they were a success and I’ve kept me job ever since!”

Thanks to the chefs and their restaurants for their exclusive recipes.  
Additional thanks to the volunteers who contributed their favorite  
recipes to be included in this collection.

To learn more about the Vermont Foodbank, our staff  
(including staff members with featured recipes shared here),  
visit us online at  
[vtfoodbank.org](http://vtfoodbank.org)

To make a donation in support of the work we do  
to ensure no one in Vermont goes hungry,  
visit  
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