



FARMS at the Y
Focus on Agriculture in Rural Maine Schools

FARMS FAMILY NIGHT

Sweet Potato & Black Bean Chili



Ingredients:

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions:

- Heat oil in a soup pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 min.
- Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro. Cover and refrigerate for up to 3 days or freeze for up to 3 months.



Total Time:
30 Minutes



Serves:
4



Prep Time:
15 Minutes

Orange Glazed Carrots & Roasted Root Vegetables



Prep Time:
20 Minutes



Total Time:
60 Minutes



Serves:
6



Glazed Carrots Ingredients:

- 1 1/2 pounds carrots, peeled and cut into 1-inch segments
- 1 tablespoon sugar, maple syrup or honey
- 1 tablespoon unsalted butter
- 1/2 cup juice and 1 teaspoon zest from 1 orange
- Salt, to taste

Roasted Root Vegetable Ingredients:

- 1/2 pound carrots
- 1/2 pound parsnips
- 1/2 pound rutabaga
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Glazed Carrots Directions:

- In a large pan, combine 1/2 teaspoon salt, sugar, 1 tablespoon butter, and orange juice, zest and carrots. Add enough water cover by 1/2-inch. Set over high heat and bring to a boil. Reduce to a rapid simmer and cook, shaking pan occasionally, until carrots are completely tender and liquid has reduced to a saucy glaze, about 20 minutes. Season to taste with more salt and remove from heat.

Roasted Root Vegetables Directions:

- Preheat oven to 400 degrees F.
- Boil a pot of water. Parboil vegetables for 5 minutes.
- Cut off ends of carrots and parsnips. Peel rutabaga.
- Slice carrots, parsnips and rutabaga into same size pieces.
- Mix them in a bowl with the olive oil, salt and pepper.
- Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside.
- With a spatula, stir the vegetables from time to time to brown them evenly. Serve immediately.



Sauteed Cabbage



Prep Time:
10 Minutes



Total Time:
20 Minutes



Serves:
4-6

Ingredients:

- 1 small head green cabbage (1 1/4 pounds), cored and sliced thin
- 2 tablespoons olive oil
- 1 onion, halved and sliced thin
- Salt and pepper
- 1/4 cup chopped fresh parsley
- 1 1/2 teaspoons lemon juice

Directions:

- Place cabbage in large bowl and cover with cold water; let stand for 3 minutes. Drain well and set aside.
- Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until it shimmers. Add onion and salt and cook, stirring occasionally, until softened and lightly browned, 6 to 7 minutes. Transfer onion to bowl.
- Return empty skillet to medium-high heat, add remaining 1 tablespoon oil and heat until it shimmers. Add cabbage and sprinkle with salt and pepper. Cover and cook, without stirring, until cabbage is wilted and lightly browned on bottom, about 3 minutes.
- Stir and continue to cook, uncovered, until cabbage is crisp-tender and lightly browned in places, about 4 minutes longer, stirring once halfway through cooking. Remove skillet from heat. Stir in onion, parsley, and lemon juice. Season with salt and pepper to taste, transfer to serving bowl, and serve

