

## First Pres Cool Planet Locavore Lunch Recipes

Here are the recipes from the May 2010 lunch that was served on the final day of our Adult Study Series on Climate Care. We served a meal based mainly on local, seasonal, organic vegetarian food because eating such meals is a delicious way to reduce our carbon footprint. Our menu was:

**SPRING PUNCH**

**PASTA SALAD WITH SUN-DRIED TOMATOES**

**ASIAN CHOPPED SALAD**

**VEGETARIAN TAMALES PIE**

**LEEK AND ASPARAGUS FRITTATA**

**PESCADERO BREAD WITH GARLIC AND ARTICHOKES**

**STRAWBERRY-RHUBARB CRISP AND VANILLA ICE CREAM**

We prepared for an anticipated crowd of 72-80, but we've adapted the recipes for a more normal size dinner party of 8. We hope you have as much fun finding ingredients and fixing these recipes as we did!

***Where did the recipes come from?*** Daryce and Joy used some of their favorite recipes that were easily adaptable for local ingredients that would be in season in May.

***Where did the ingredients come from?*** Melissa, Pat and Daryce shopped at the Palo Alto Farmers' Market, Sigona's, Milk Pail and Whole Foods. They enjoyed meeting the farmers and merchants and finding out about their foods. Some fruits and staples came from our own gardens, our pantries and from Trader Joe's and Safeway.

***What if you can't find all local ingredients?*** Don't worry, we didn't either. Just do the best you can, with the time and energy you have available. This will become easier as you fill your pantry with local vinegars, oils and spices and find your own favorite sources of local produce and dairy products.

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## **SPRING PUNCH**

**(10-12servings)**

- 1 cup lemon juice
- 2 cups rose petal and green tea
- 1 quart apple juice
- ice
- 1 quart of chilled club soda

Mix all ingredients but ice and soda and refrigerate for 1-2 hours. Pour over ice in a punch bowl and add soda. Optional: Make an ice ring with apple juice, rose petals and other edible flowers

## **PASTA SALAD WITH SUN-DRIED TOMATOES, BASIL, ARUGULA, ARTICHOKE, FRESH MOZZARELLA CHEESE OR FETA CHEESE, KALAMATA OLIVES**

**(8 servings)**

- 1/3-1/2 cup olive oil
- 3-4 tablespoons oil from sun dried tomatoes
- 1/2 cup drained oil-packed sun-dried tomatoes, coarsely chopped
- ½ cup Balsamic vinegar
- 2 tablespoon drained capers
- 2 garlic clove, minced

Blending the sun dried tomatoes with the olive oil, vinegar and garlic is key to creating a well textured dressing that adheres beautifully to the pasta - put half of the dressing on the warm pasta and the other half just before you serve it.

- 1 pound fusilli pasta
- 1 lb cucumbers, seeded and coarsely chopped
- 1 lb fresh tomatoes, coarsely chopped
- 8 ounces fresh water-packed mozzarella cheese (or feta cheese), drained, 1/2-inch pieces
- 1 cup (packed) fresh basil, thinly sliced
- 1 C. packed fresh arugula leaves, thinly sliced
- 1 C. thawed frozen artichoke hearts, coarsely chopped
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup pitted rough chopped kalamata olives (or a pitted Green olive mix)

Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Transfer to large bowl. Add ½ of dressing to hot pasta; toss to coat. Cool, stirring occasionally. Before serving, add remainder of dressing, chopped vegetables, mozzarella, Parmesan and olives; toss. Add basil at the last minute to keep its fresh taste and lightly toss again. Season to taste with salt and pepper.

## **ASIAN CHOPPED SALAD WITH FRIED WONTONS** **( 6 to 8 main-course servings)**

1/2 pound snow peas, trimmed  
1 lb Napa cabbage, cored, then cut crosswise into 1/3-inch-wide strips (about 6 cups)  
1 (1-lb) head of romaine, torn into bite-size pieces (about 8 cups)  
1/4 cup soy sauce  
Freshly grated ginger  
Fresh grated garlic  
1/4 cup fresh lemon juice  
1 tablespoons honey  
2 tablespoons Rice vinegar with a little distilled white vinegar  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 tablespoons Asian sesame oil  
1/4 cup vegetable oil or light olive oil  
1/2 cup chopped scallions  
1/2 cup chopped fresh cilantro  
1/2 cup sliced almonds, toasted  
2 tablespoons sesame seeds, toasted  
½ C carrot matchsticks  
½ C celery, chopped  
½ C tangerine pieces

### **(Optional) Make fried wontons** (special equipment: deep-fat thermometer)

20 square wonton wrappers, thawed if frozen  
About 2 1/2 cups vegetable oil

Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels.

Heat 3/4 inch oil in a wide 3-quart heavy saucepan over moderate heat until it registers 350°F on thermometer. Fry strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until just golden, 15 to 30 seconds per batch (some strips will fold and curl). Transfer to paper towels to drain, then season with salt. NOTE: Wontons can be fried 1 day ahead and cooled completely, then kept in an airtight container at room temperature.

### **Make salad:**

Cook snow peas in a 4-quart pot of boiling salted water until crisp-tender, about 1 1/2 minutes. Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking, then drain in a colander and pat dry. Cut diagonally into 1-inch-wide pieces and put in a large bowl with cabbage and romaine.

Whisk together fresh grated ginger, garlic, soy sauce, lemon juice, sugar, vinegar, salt, and pepper in a small bowl, then add sesame oil and olive oil in a slow stream, whisking until honey is dissolved and dressing is combined well. Add cabbage mixture, scallions, cilantro, almonds, and sesame seeds and toss with dressing to coat. Sprinkle with wontons (if using).

## **VEGETARIAN TAMALES PIE (8 servings)**

2 tsp olive oil  
1 C finely chopped onions  
3 T. minced garlic  
1 T. ground cumin  
2 tsp. Ground coriander  
1 tsp dried oregano  
1-2 T. water  
1-1/3 C. diced carrots  
2/3 C. diced green bell peppers  
2/3 C. diced green bell peppers  
1 C. diced zucchini  
1 small jalapeno pepper minced with seeds removed  
4 Cups canned crushed tomatoes (2-15 oz or 1-29 oz can), undrained  
4 Cups (2-15 oz or 1-29 oz can) pinto, kidney or black beans  
1-12 oz package Trader Joes fire roasted frozen corn  
salt and pepper to taste

### **Topping:**

1 C. cornmeal (gluten free)  
2 T. rice flour  
1/2 tsp salt  
1 tsp baking powder  
1/4 tsp baking soda  
2 eggs  
1/2 C. buttermilk  
2 tsps Canola oil

1/3 C. grated Cheddar cheese (gluten free)  
1 bunch minced scallions  
1 bunch chopped fresh cilantro  
large container low fat sour cream

Heat olive oil in heavy pan. Add onions and garlic. Cover and cook on medium heat for 10 minutes. Add cumin, coriander, oregano, enough water to prevent from sticking, and the carrots. Cover and cook for 5 minutes. Add the bell peppers, zucchini, jalapeno pepper and frozen corn. Cover and cook for another 5 minutes. Stir in the tomatoes and beans. Cover and simmer for 5-10 minutes. Remove from heat. Add salt and pepper. Transfer to a 9x13 glass baking pan. Preheat oven to 350 degrees.

Mix the topping ingredients in a large bowl, then spread on top of the vegetable mixture. Top with grated Cheddar cheese and bake 30-35 minutes. Serve with scallions, fresh cilantro and low fat sour cream on the side.

## **LEEK AND ASPARAGUS FRITTATA (makes 12 buffet servings)**

4 tablespoons olive oil  
1-cup chopped leeks (white and pale green parts only)  
½ C. scallions  
1 C. sliced mushrooms  
12-ounce bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces (about 1-1/2 Cups)  
12 large eggs  
1/2 cup shredded Fontina cheese, or Gruyere  
½ C. grated parmesan Cheese mixed with the Fontina  
1 C. low fat Ricotta cheese  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
hot red pepper flakes or cayenne

Sauté vegetables in olive oil. Cover tightly and let cook for about 1-2 minutes over medium heat until barely tender. **DO AHEAD:** this can be done the night before; refrigerate the sautéed vegetables.

Butter a 9 x 13 glass baking dish and preheat oven to 350 F. Beat eggs in large bowl with a whisk. Add the vegetable mixture and 2/3 of the grated cheese. Add a little red pepper and fresh black pepper. Spread the egg/vegetable mixture evenly in the baking dish. Sprinkle remaining parmesan on top.

Bake at 350 F for 30-40 minutes, until a knife inserted in the middle comes out clean. The sides and top should be slightly brown.

## **STRAWBERRY RHUBARB CRISP (Makes 12-16 servings)**

1-1-2 C cup all purpose flour (or Pamela's Wheat/Gluten Free Baking/Pancake Mix)  
1-1/3 cup brown sugar for crisp (cut to 1 C. for Gluten Free version)  
1/8 tsp pinch of salt  
12 tablespoons (1-1/2 stick) chilled unsalted butter, cut into 1/2-inch cubes  
1 cup old-fashioned oats (Gluten Free)  
1 cup toasted walnuts, coarsely chopped  
1 vanilla bean, split lengthwise or 1 tsp pure vanilla extract  
2 pound strawberries, hulled, halved (about 8 cups)  
1 cup sugar or 1/2 C. Splendra  
2 Tbsp cornstarch (Gluten Free)  
2 lbs rhubarb-about 8 stalks, ends trimmed, stalks cut crosswise into 1/2-inch-thick pieces

Combine flour, brown sugar, and salt in medium bowl; whisk to blend. Add butter. Rub in with fingertips until mixture sticks together in clumps. Mix in oats and nuts. **DO AHEAD:** *Topping can be made 1 day ahead. Cover and chill.*

Preheat oven to 375°F. Butter 13 x 9 inch glass baking dish. Place white sugar or Splendra in large bowl. Add strawberries and rhubarb; toss to coat well. Scrape fruit filling into prepared baking dish. Sprinkle oat topping evenly over filling.

Bake crisp until filling bubbles thickly and topping is crisp, about 1 hour. Cool 15 – 30 minutes, giving the filling enough time to thicken. Serve with vanilla ice cream.

Here's a reprint of an article explaining why cutting back on meat can lower your carbon footprint:

### **One Habit at a Time: Tips on gradually changing to a more sustainable lifestyle**

***Do cows pollute as much as cars?*** Reports from around the world are indicating that livestock production is a serious environmental problem. Luckily there are some simple steps that we can take to lessen this problem.

The San Joaquin Valley Air Pollution Control District says bovines on the region's booming dairy farms are the biggest single source of smog-forming gases.

<http://www.organicconsumers.org/OFGU/gases080305.cfm>

Researchers from Japan's National Institute of Livestock and Grassland Science have released calculations to show that producing the equivalent of 2.2 pounds of beef is responsible for more greenhouse gas emissions and other pollution than driving for 3 hours while leaving all the lights on back home. <http://www.tasteforlife.com/content/default.asp?artid=287>

The Food and Agriculture Organization of the United Nations says, "The livestock sector emerges as one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global." "The meat industry generates 18% of all Greenhouse Gas (GHG) emissions -- more than the transport sector."

[http://www.virtualcentre.org/en/library/key\\_pub/longshad/A0701E00.htm](http://www.virtualcentre.org/en/library/key_pub/longshad/A0701E00.htm)

ABC News, in reporting this news, asks: "To control greenhouse gases, will people be willing to eat less meat?" <http://abcnews.go.com/Technology/GlobalWarming/story?id=2723201&page=1>

A Canadian blogger responded to this news by suggesting "Go Vegetarian to Help Stop Global Warming". <http://climatechange.cdnet.net/2007/08/go-vegetarian-to-help-stop-global.html>

***Why not eat less meat?*** Many people have chosen to eat less meat for reasons of their own health. Isn't the health of our planet also important? There's a wealth of information about the value of a vegetarian diet and lots of inspirational cookbooks at any bookstore. Here are a few references to get you started.

There's no need to go "cold turkey" (no pun intended!) Start with cutting back on red meat and then consider other changes. Maybe only eat meat in one meal a day. Try becoming a weekday vegetarian and a weekend carnivore, or vice versa if you have more time to experiment on the weekends.

The following books and articles have great suggestions for transitioning to a vegetarian diet:  
[Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet](#), by Vesanto Melina  
[Hope's Edge: The Next Diet for a Small Planet](#), by Frances Moore Lappe and Anna Lappe  
[The Food Revolution](#), by John Robbins

<http://www.newveg.av.org/trans2veg.htm>

[http://www.savvyvegetarian.com/svreports/10\\_tips\\_for\\_becoming\\_vegetarian.pdf](http://www.savvyvegetarian.com/svreports/10_tips_for_becoming_vegetarian.pdf)

[http://www.savvyvegetarian.com/svreports/vegetarian\\_nutrition.pdf](http://www.savvyvegetarian.com/svreports/vegetarian_nutrition.pdf)

Each of us starts at our own point on the meat-eating spectrum and we can all shift that point a little or a lot. Vegetarians can help by bringing tasty dishes to potlucks, sharing experience and recipes, and urging restaurants and caterers to provide non-meat alternatives. Every little bit helps.

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