

Campus Cooking: Syracuse in Season



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This cookbook is specifically designed to highlight the seasonal produce in New York State, and promote its importance in increasing support for local growers, the local community, and the local economy. In this interest to promote local foods and farmers, the recipes in this cookbook have been brought together by season, and then by meal, highlighting specific produce in the season at their best, most reasonable prices. We hope that the recipes inspire students to purchase and use more locally produced fresh fruits and vegetables in the formation of their own recipes.

In the creation of this cookbook, the focus has been on you, the college student. We are at a point in our lives where permanent buying habits are beginning to form, but we are often limited by reasonable pricing. The goal is to promote consumer responsibility within our college community, and a hope that these practices will continue into students' future purchases, as we get out on our own. Buying local produce can result in several advantages, such as high quality goods, increased freshness, and varied health benefits.

Additionally, at the end of this digital cookbook, readers can find a list of resources for more information on buying locally in the Central New York area from alternative sources such as the regional market and the local co-op.

We hope that this cookbook, with an emphasis on seasonal and local produce, serves as a great launching pad for college students, as well as other readers, to get involved in supporting local foods and responsible food policies.

Sincerely,



Angelak BMD

Kaylee Artik

Sofie Seidler

Shamon Waller

Fall

Breakfast: Chunky Apple Muffins

Lunch: Cauliflower Soup

Dinner: Pumpkin Four Cheese Lasagna



Breakfast

Chunky Apple Muffins



Ingredients

- 1 Granny Smith apple, peeled, cored, and quartered
- 1 C sugar
- 2 C all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/4 C chopped toaste walnuts
- 2 large eggs
- 1 C buttermilk
- 1 stick unsalted butter, melted



Featured Seasonal Ingredient:
Apples

Availability:

Late July - Late October

Recipe Yield:

12 Muffins

Breakfast

Instructions

Chunky Apple Muffins

1. Preheat oven to 400 degrees. Spray a 12 cup muffin tin cooking spray and set aside.
2. Dice 3 apple quarters into 1/4 inch pieces. Cut the remaining apple into 12 thin slices for garnish.
3. Whisk together sugar, flour, baking soda, salt, and cinnamon in a medium bowl.
4. Add diced apples and walnuts to the bowl and toss the mixture to coat the apples and walnuts.
5. Whisk together eggs, buttermilk, and melted butter in another bowl.
6. Gently fold buttermilk mixture into flour mixture until combined. Do not overmix.
7. Divide batter among the 12 muffin cups, filling about 3/4 of the cup. Top each cup with an apple slice.
8. Bake muffins about 16 to 18 minutes, until the edges are brown and the muffin springs back when touched. Let cool about 5 minutes before serving.

Lunch

Cauliflower Soup



Ingredients

- 2 Tbsp unsalted butter
- 1 onion, chopped
- 1 head of cauliflower, broken into small florets
- 1 potato, peeled and diced
- 2 C vegetable stock
- 2 C milk
- salt and pepper, to taste
- shredded cheddar cheese, optional topping

Featured Seasonal Ingredient:

Cauliflower

Availability:

July - August and

October - early December



Lunch

Cauliflower Soup

Instructions

1. Melt the butter in a large pot over medium heat.
2. Saute the onion in the butter for 5 minutes.
3. Stir in cauliflower and potato and saute for 5 more minutes.
4. Pour in the vegetable stock, bring to boil and simmer for 20 minutes or until all vegetables are tender.
5. Add the milk, stirring well to blend.
6. Season with salt and pepper to taste.

Dinner



Pumpkin Four-Cheese Lasagna

Ingredients

2 C of peeled and diced pumpkin
1 eggplant, sliced into 1/2" rounds

5 tomatoes

1 pt. ricotta cheese

9 oz. of crumbled feta cheese

2/3 C pesto

2 eggs, beaten

salt and pepper, to taste

1 (15oz.) can tomato sauce

fresh pasta sheets

1 1/3 C of shredded mozzarella cheese

1 C grated parmesan cheese



Featured Seasonal Ingredient:

Pumpkin

Availability:

September - Late October

Recipe Suggestions:

Ground meat may be added

Instructions

Pumpkin Four-Cheese Lasagna

1. Preheat oven to 350 degrees.
2. Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes.
4. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time. Cook until tender and wrinkly.
5. In a bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into the ricotta mixture
6. Spoon half of the tomato sauce into a 9x13 baking dish. Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over the pasta and top with half the ricotta mixture. Cover with two more pasta sheets.
7. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining ricotta mixture over the tomatoes. Sprinkle with half of the mozzarella. Top with remaining two sheets of pasta. Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and parmesan.
8. Bake in a preheated oven, 30 to 40 minutes, into golden and bubbly.

Winter

Breakfast: Winter Squash Omlette

Lunch: Broccoli Alfredo

Dinner: Root Vegetable Pot Pie



Breakfast

Winter Squash Omelette



Ingredients

- 1 Tbsp butter
- 1 small onion, sliced
- 1/2 C winter squash, diced
- 1/4 C cheddar cheese
- 1/2 tsp sage, sliced
- 2 eggs, lightly beaten

Featured Seasonal Ingredient:

**Winter
Squash**

Availability:

Late July - Late October



Breakfast

Winter Squash Omlette

Instructions

1. Melt the butter in a non-stick pan.
2. Add onions and squash and saute until tender.
3. Lower the heat and sprinkle on the cheese, letting it melt slightly.
4. Pour the eggs into the pan and cook until done.

Lunch

Broccoli Alfredo



Ingredients

8 oz pasta

2 Tbsp olive oil

**2 lbs broccoli, cut into
small florets**

15 oz jar of alfredo sauce

1/2 C parmesan cheese

1 chicken breast (optional)

Featured Seasonal Ingredient:

Broccoli

Availability:

Late May - Late December



Lunch

Broccoli Alfredo

Instructions

1. Bring a large pot of water to a boil. Add pasta and cook until tender to the bite. Drain pasta and pour into a serving dish.
2. In a large frying pan over medium-high heat, add oil and broccoli (and chicken if desired). Cook, stirring occasionally, until broccoli turns bright green (and chicken is cooked).
3. Add alfredo sauce to the pan, stirring until the sauce begins to simmer. Pour over pasta.
4. Add cheese and toss to combine.
5. Serve pasta hot, topped with more cheese if desired.

Dinner

Root Vegetable Pot Pie

Ingredients

- 3 large carrots, chopped
- 1 small onion, chopped
- 3 potatoes, chopped
- 3 parsnips, chopped
- 1 can lentils (8oz)
- 2 cloves garlic, minced
- 4 bouillon cubes
- 3 C water
- 8 biscuits (from can)
- 1/2 C cheddar cheese

Featured Seasonal Ingredients:

Carrots

Onions

Potatoes

Availability:

Late July - Early April

Early August - Late April

Late June - Late April



Dinner

Root Vegetable Pot Pie

Instructions

1. Combine carrots, onion, potatoes, parsnips, turnips, celery, lentils, and bouillon cubes in a large pot.
2. Cover with water and bring to a boil. Lower heat and simmer, stirring occasionally, until vegetables and lentils are tender, about 30 minutes. Add more water as needed.
3. Preheat oven to 350 degrees F. Grease a 9x13-inch pan.
4. Carefully pour cooked vegetables and lentils into the prepared pan. Gently layer uncooked biscuits atop the vegetables. Sprinkle biscuits with cheddar cheese.
5. Bake in the preheated oven until vegetables are bubbling and cheese is browned, 20 to 40 minutes. Take out of oven and allow to cool, then serve.

Spring

**Breakfast: Spinach and Broccoli Omlette
with Fried Potatoes**

Lunch: Asparagus and Parmesan Sandwich

Dinner: Radish Top Soup



Breakfast

Spinach and Broccoli Pancakes with Fried Potatoes



Ingredients

2 eggs

3 Tbsp milk

1 C torn fresh spinach

1/4 C broccoli crowns

2 Tbsp chopped onion

1/4 C mozzarella

salt and pepper to taste

garlic salt to taste

butter

1-2 fresh potatoes

1/4 onion, chopped

Featured Seasonal Ingredient:

Broccoli

Availability:

Late May - Late December



Breakfast

Spinach and Broccoli Omelette with Fried Potatoes

Instructions

1. In a bowl, whisk eggs, milk, salt, pepper, and garlic salt.
2. Mix in torn spinach and chopped onion, and about half the broccoli.
3. In a small skillet, greased with a thin layer of butter or cooking spray, cook the egg mixture over medium heat until it is solid enough to be flipped.
4. Flip and add the rest of the broccoli and cheese to the middle and fold over. Reduce heat to low and continue to cook to desired doneness.
5. In another frying pan, add a Tbsp of butter and the chopped potatoes and onion and fry on medium heat until the potatoes are softer on the inside, but crispy with the onions on the outside.

Lunch

Asparagus and
Parmesan Sandwich

Ingredients

- 1 bunch asparagus spears,
trimmed and cut in half
- 1/3 C water
- 12 slices French bread
- 1/4 C butter
- 1/3 C mayonnaise
- 1/3 C shaved Parmesan cheese
- 12 Bibb lettuce leaves
- pepper to taste

Featured Seasonal Ingredient:
Asparagus

Availability:

May - early June



Lunch

Asparagus and
Parmesan Sandwich

Instructions

1. Place the asparagus and $\frac{1}{3}$ C water in a microwave-safe bowl. Cook in the microwave on high for 1 minute, or until tender. Rinse under cold water and blot dry with paper towels.
2. Spread 1 side of 6 bread slices with $\frac{1}{4}$ tsp butter and about 1 Tbsp mayonnaise each. Layer with asparagus and sprinkle with Parmesan cheese.
3. Place lettuce over asparagus, season with pepper, and top with remaining 6 bread slices to form 6 sandwiches. Slice on a diagonal.

Dinner

Radish Top Soup



Ingredients

- 2 Tbsp butter
- 1 large onion, diced
- 2 medium potatoes, sliced
- 4 cups raw radish greens
- 4 C chicken broth
- 1/3 C heavy cream
- 5 radishes, sliced

Featured Seasonal Ingredient:

Radishes

Availability:

May - Late November



Dinner

Radish Top Soup

Instructions

1. Melt butter in a large saucepan over medium heat. Stir in the onion, and saute until tender.
2. Mix in the potatoes and radish greens, coating them with the butter.
3. Pour in the chicken broth and bring the mixture to a boil. Reduce heat and simmer 30 minutes.
4. Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth.
5. Return the mixture to the saucepan. Mix in heavy cream. Cook and stir until well blended. Serve with radish slices.

Summer

Breakfast: Apple Cinnamon Pancakes

Lunch: Tomato Sandwich, Simple or Italian Style

Dinner: Grilled Pork or Chicken and Vegetable Kabobs



Breakfast

Apple Cinnamon Pancakes



Ingredients

- 1 1/4 C all purpose flour
- 1/2 tsp salt (upon preference)
- 1 tsp ground cinnamon
- 3 tbsp brown sugar
- 2 tsp baking powder
- 1 C milk
- 1 egg
- 1/2 C applesauce
- 2 tbsp vegetable oil or melted butter
- 1 apple, chopped and peeled

Featured Seasonal Ingredient:
Apples

Availability:

Late July - Late October

Recipe Suggestions:

Bisquick or locally made New Hope Mills Buttermilk Pancake Mix may be substituted for flour and baking powder.

When heating the skillet, turn oven on to a low heat setting. Place finished pancakes in oven to keep warm until serving.



Breakfast

Apple Cinnamon Pancakes

Instructions

1. Whisk 1 $\frac{1}{4}$ C all purpose flour, $\frac{1}{4}$ tsp salt, 1 tsp ground cinnamon, 2 Tbsp brown sugar, and 2 tsp baking powder in a medium sized bowl.
2. In a separate bowl, whisk 1 C milk, 1 egg, $\frac{1}{2}$ C applesauce, and 2 Tbsp vegetable oil or melted butter.
3. Pour wet ingredients into dry ingredients and whisk together.
4. Stir in 1 apple, chopped and peeled.
5. Heat the skillet while letting the batter sit for 10 minutes.
6. Melt 1 Tbsp of butter over low-medium heat.
7. Scoop about $\frac{1}{2}$ C of batter onto skillet.
8. Cook the batter until bubbles form on the top surface. When the bottom surface is lightly browned, flip the pancake with a spatula and cook until the bottom surface is also lightly browned.

Lunch

**Tomato Sandwich:
Simple or Italian Style**



Ingredients

Beefsteak Tomatoes

Italian Bread

Fresh mozzarella

Pesto

Basil

Balsamic Dressing

Pita

Mayonnaise

American Cheese

Salt and Pepper

Featured Seasonal Ingredient:

Tomatoes

Availability:

July - Early October

Recipe Suggestions:

**Purchase fresh Italian bread at Lyncourt Bakery
or Columbus Bakery**

**For the Simple Style Sandwich, American
cheese can be substituted by cheese of
reference.**

Ranch dressing may be used instead of mayo.



Lunch

Tomato Sandwich
Simple or Italian Style

Instructions

For Simple Style:

1. Cut a beefsteak tomato to create thick, flat slices.
2. Cut a fresh pita in half and cover the interior with a layer of mayonnaise.
3. Put tomato in pita interior and add a slice of American cheese to either half.
4. Add salt and pepper to taste.

For Italian Style:

1. Lightly toast 2 pieces of fresh Italian bread.
2. Cut a beefsteak tomato to create thick, flat slices.
3. Cut fresh mozzarella in a similar fashion, creating thick, flat slices.
4. Cover the slices of Italian bread with pesto.
5. In between the two slices of pesto covered Italian bread, Place 1 slice of tomato and 1 slice of mozzarella. Top mozzarella with basil if desired.
6. Toast sandwich in toaster oven until the exterior of the bread is golden brown and the mozzarella cheese is beginning to melt.
7. Balsamic dressing may be added after toasting for additional flavor.

Dinner

Grilled Pork or Chicken
and Vegetable Kabobs



Ingredients

**Boneless Pork Chops or
Chicken Breasts
Onions
Peppers
Summer Squash
Cherry or Grape Tomatoes
Mushrooms
Butter
Minced Garlic
Onion Powder
Salt and Pepper**

Featured Seasonal Ingredients:

**Onions
Peppers
Summer Squash
Tomatoes**

Availability:

**August - early October
August - early October
June - early October
July - early October**



Dinner

Grilled Pork or Chicken
and Vegetable Kabobs

Instructions

1. Cut boneless pork chops or chicken breasts into cubes.
2. Cut onions, peppers, and summer squash into similar sized slices or cubes.
3. Place pork or chicken, onions, peppers, and summer squash into a large container or Ziploc bag with cherry or grape tomatoes and mushrooms.
4. Add melted butter, minced garlic, onion powder and salt and pepper to the bag, creating a sauce that adequately covers the meat and vegetables.
5. Let mixture marinate for several hours. Mixture may be frozen and thawed for later use.
6. Place pork and vegetables on skewers, alternating between each and creating a kabob.
7. Grill kabobs until cooked through.
8. Kabobs may be served right on skewers or in a large dish.

Alternative Shopping Locations:

Regional Market

- Hours:
 - o Saturday: 7:00am - 2:00pm, Year Round
 - o Thursday: 7:00am - 2:00pm, May – November
- Location:
 - o 2100 Park Street
Syracuse, NY 13208
Phone: (315) 422-8647
- Website:
 - o cnyrma.com

Syracuse Real Food Co-OP

- Hours:
 - o Monday – Saturday: 8am-9pm
 - o Sunday: 8am-7pm
- Location:
 - o 618 Kensington Road
Syracuse, New York 13210
Phone: (315) 472-1385
Fax: (315) 422-9021
- Website: syracuserealfood.coop

References

Recipes Gathered from:

- marthastewart.com
 - Chunky Apple Muffin
- allrecipes.com
 - Cauliflower Soup
 - Pumpkin Four-Cheese Lasagna
 - Root Vegetable Pot Pie
 - Asparagus and Parmesan Sandwich
 - Radish Top Soup
- closetcooking.com
 - Winter Squash Omelet
- localfoods.about.com
 - Broccoli Alfredo (slightly modified for the cook book)
- whatmegansmaking.com
 - Apple Cinnamon Pancakes

Photo Credits:

- marthastewart.com
 - Chunky Apple Muffin
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 - Asparagus and Parmesan Sandwich
 - Radish Top Soup
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 - Root Vegetable Pot Pie
- Delicious/cooks.com
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- Pride of New York, . "Pride from A(pples) to Z(ucchini)." *2012 Organic Food Guide*. n.d. 8-9. Print.