

SEASONAL MAINE RECIPE

WITH ORGANIC AND LOCAL INGREDIENTS



Spicy Beef and Beans

Organic ground meat produced in Maine can be enjoyed year round. This is an easy, versatile recipe for all ages. Serve with corn chips or corn bread and salad, or roll the beef and beans in a tortilla with rice and sour cream.

- 1 lb. ground beef or other ground meat
- 1-1/2 c. cooked beans (black beans, kidney beans, soldier beans) *
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1-1/2 c. salsa
- 1/4 c. chopped hot or jalapeño peppers, to taste (use gloves when chopping)
- 1 Tbsp. oil for sautéing meat
- salt and pepper to taste
- 1/2 c. grated cheddar cheese

In a fry pan, sauté onion and chopped garlic in oil. Add ground meat, cooking and stirring until done. Drain fat from pan. In a large bowl, mix together meat and cooked beans. Stir in salsa. Add hot peppers if desired. Add salt and pepper to taste. Spoon mixture into oven-proof casserole dish. Top with grated cheese. Bake at 350 F until bubbly, and cheese is melted, about 20 to 30 minutes.

Makes 6 servings. Nutritional analysis per serving: 354 calories, 26 g protein, 16 g carbohydrates, 20 g fat (0 g trans fat), 214 mg sodium, 5 g fiber.

* Instead of canned beans, try cooking your own. About 3/4 c. dry beans will make 1-1/2 c. cooked beans. Soak dry beans in a large pot for several hours. Drain the water. Cover the beans with water and simmer (do not boil rapidly) until the beans are just tender – 2 or more hours, depending upon the bean. Add water as needed. Once they are just cooked, drain and cool. Pack into glass jars and freeze for later use. This method is more economical and avoids the high sodium content of commercially canned beans – as well as the toxic lining of many cans.

Find organic and local ingredients year-round at MOFGACertification.org

JANUARY-APRIL

What's in Season

Apples
Dry beans
Beets
Cabbage
Carrots
Celeriac
Leeks
Onions

Parsnip
Potatoes
Rutabaga
Sweet potatoes
Turnip
Winter squash
Garlic

The Maine Organic 20 list (reverse) shows food from Maine sources that are in season year-round. You can eat a balanced diet consisting primarily of foods produced in Maine ALL year! Look for these foods at Maine's winter farmers' markets (see MaineFarmersMarkets.org) and CSAs (see MOFGACertification.org) and natural food stores.

BUY MOFGA CERTIFIED ORGANIC!

Maine Seasonal Food Guide

JANUARY-APRIL



Seasonal Recipes and more!

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Thai Cabbage Slaw

Thai Cabbage Slaw is a tasty addition to any supper and is packed with vitamins C, K and A. One serving provides 4 grams of fiber!

For the slaw:

- 4-1/2 c. shredded Chinese or green cabbage
- 2 c. grated red cabbage
- 3/4 c. grated carrots
- 1 apple, cored but not peeled,, or red bell pepper, cut into matchstick-size pieces

For the dressing:

- 2 Tbsp. fresh lime juice
- 2 Tbsp. rice vinegar
- 1-1/2 Tbsp. fish sauce*
- 1 Tbsp. water
- 1 Tbsp. creamy peanut butter
- 1 clove finely chopped garlic
- 1 tsp. chili paste with garlic*

Whisk together the dressing ingredients. Mix vegetables together in a large bowl. Toss with dressing. Just before serving, stir in:

- 3 Tbsp. chopped dry roasted peanuts
- 1 Tbsp. minced fresh cilantro
- 1 Tbsp. minced fresh mint

(Mint and cilantro are grown in greenhouses throughout the winter. If fresh is not available, use 1 tsp. each of dried and add some fresh chopped parsley if available.)

Makes 6 servings. Nutritional analysis per serving: 76 calories, 3 g protein, 9 g carbohydrates, 4 g fat, 390 mg sodium, 4 g fiber.

* Available in Asian food sections of most markets

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Maine Organic 20

Twenty organic AND local foods Maine can produce for you to enjoy all year!



FRUIT: Blueberries & Apples

VEGETABLES: Potatoes, Carrots, Beets & Beet Greens, Garlic, Salad & Braising Greens, Tomatoes, Winter Squash, Cabbage, Onions

DAIRY: Milk, Cheese, Butter

PROTEIN: Eggs, Ground Meat, Seafood, Dry Beans

SWEETS: Maple Syrup

GRAINS: Wheat

For more information on organic, local, and seasonal eating in Maine, please visit MOFGA.org/buyorganic

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Look for the logo!

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Secret Chocolate Cake

Ask folks if they can taste the "secret" ingredient in this cake.

Beets add a depth and richness to the chocolate. This cake is so good it doesn't need frosting! Adapted from a recipe in "Simply in Season."

- 2 c. cooked beets
- 1/2 c. applesauce (no sugar, no spice)
- 1/2 c. baking cocoa
- 1-1/2 tsp. vanilla

Puree in the food processor until smooth. Set aside.

- 1 c. sugar
- 1/2 c. butter at room temperature
- 1/2 c. maple syrup
- 1/2 c. plain yogurt
- 3 eggs

In the bowl of your electric mixer, cream the butter and the sugar. Beat in eggs, maple syrup and yogurt. Add pureed beet mixture.

Makes 24 servings. Nutritional analysis per serving: 172 calories, 3.5 g protein, 27 g carbohydrates, 6 g fat, 132 mg sodium, 3 g fiber. Good source of trace minerals manganese and selenium.

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- 2-1/2 c. whole meal flour, or substitute whole wheat flour*
- 1-1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 c. chocolate chips

Whisk together flour, baking soda and cinnamon and gently mix into the beet mixture. Stir in chocolate chips. Spoon mixture into greased 9- x 13-inch pan. Bake in preheated 350 F oven until a toothpick comes out clean, about 40 minutes. Cool on a rack.

* Whole meal flour contains all three components (bran, germ and endosperm) of the wheat berry. Wheat germ in freshly ground wheat adds a nutty flavor and is a concentrated source of vitamins, minerals and proteins. The best way to get whole meal flour is to grind your own.