



Farm to School Taste Test

During the month of October, the Hungry Wolf Café will offer taste tests in the lunch room of local, farm-fresh foods for all students. Students get to decide if they “LIKE,” “LOVE,” or “TRIED” each new item. If your child LOVED it, here are the recipes.

Crispy Oven Baked Okra Serves 4	Root Vegetable Hash Serves 4
INGREDIENTS: <ul style="list-style-type: none">• 4 cups fresh-cut okra• 4 tablespoons cornmeal• 6 tablespoons Italian-style panko breadcrumbs• 1/2 teaspoon salt• 1/2 teaspoon pepper• 1/2 teaspoon Cajun seasoning• Dash of cayenne• 1 tablespoon grated Parmesan cheese• 2 eggs beaten• 3-4 tablespoons avocado oil	INGREDIENTS: <ul style="list-style-type: none">• 2 golden sweet potatoes or regular sweet potatoes• 1 large carrot• 1 large parsnip• 1 beet• 2 teaspoons olive oil• ¼ teaspoon salt• ¼ teaspoon ground black pepper• ¼ teaspoon dried oregano• ¼ teaspoon dried basil• 1/4 teaspoon granulated garlic• 1/4 cup fresh parsley chopped
INSTRUCTIONS: <p>Preheat the oven to 425 degrees. Combine the cornmeal, panko, salt, pepper, and Parmesan cheese in a gallon-size ziplock bag. In a separate bowl, gently toss the okra with the beaten eggs until evenly coated. Pour oil onto a rimmed baking sheet (15x10x1) and place in the preheated oven for just a few minutes to warm up the oil—be careful to not let it start to smoke. In the meantime, add the wet okra a little at a time to the bag and shake until coated. If needed, you may add additional cornmeal and panko breadcrumbs. Carefully add the okra to the hot baking sheet. Bake for 15-20 minutes, or until tender, turning the okra halfway through baking. To get a nice golden brown, increase oven heat to broil and watch carefully, stirring as needed.</p>	INSTRUCTIONS: <p>Preheat your oven to 425 degrees Fahrenheit. While the oven is heating, chop the potatoes and carrots and peel and chop the beet. Toss the vegetables with the olive oil and spices (except the parsley) and roast for 25-30 minutes, under crisp-tender. Sprinkle with fresh parsley and serve as a main or side dish.</p>