

## First Pres Cool Campaign 100-Mile Lunch Recipes

Here are the recipes from the October 2008 lunch that was a part of the launch of our Cool Campaign, “Put Your Best Footprint Forward”. We served a meal based mainly on local (within 100 miles), seasonal, organic food because eating such meals is a delicious way to reduce our carbon footprint. Our menu was:

**ANGEL PUNCH**

**SPINACH SALAD WITH FRESH STRAWBERRIES AND RASPBERRY VINEGARETTE**

**LEMON MUSTARD CHICKEN**

**BROILED TOFU STEAKS WITH GARLIC AND HERB BUTTER**

**SQUASH-RICE CASSEROLE**

**BALSAMIC ROASTED VEGETABLES WITH CILANTRO YOGURT AND CHUTNEY**

**APPLE CRISP AND VANILLA ICE CREAM**

We prepared for an anticipated crowd of 48 (although almost 80 showed up!), 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 Pat and Joy found some of their favorite recipes that were easily adaptable for local ingredients that would be in season in early October.

***Where did the ingredients come from?*** Melissa and Daryce shopped at the Palo Alto Farmers’ Market, Country Sun and Whole Foods. They enjoyed meeting the farmers and merchants and finding out about their foods. Leo researched local tofu. Some fruits and herbs came from our own gardens.

***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.

Cool Planet Working Group  
Cool Campaign Cool Team  
First Presbyterian Church  
Palo Alto, CA  
[www.fprespa.org/coolplanet](http://www.fprespa.org/coolplanet)



**ANGEL PUNCH****(8-12 servings)**

1/2 cup honey

1 cup lemon juice

2 cups strong green tea

1 quart white grape 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. Serve in punch glasses.

**SOURCE**

Sebastopol

Palo Alto yard

Sebastopol

Chico

Hetch Hetchy

Hetch Hetchy + Jeb Eddy's CO2 machine

**SPINACH SALAD WITH FRESH STRAWBERRIES AND RASPBERRY VINEGARETTE****(6-8 servings)**

2 Tbsp raspberry vinaigrette

2 Tbsp olive oil

3 Tbsp fresh orange juice

~10 oz baby spinach leaves (~5 cups)

1/3 lb fresh strawberries (1 cup)

1/3 cup toasted pecans or walnuts

1/4 lb feta or goat cheese

**SOURCE**

Healdsburg

Healdsburg

Petaluma

Hollister

Petaluma

Central Valley

Petaluma

Whisk the first 3 ingredients together to form the dressing. Mix the remaining ingredients together in a large salad bowl and toss with the dressing.

**LEMON MUSTARD CHICKEN****(8 small or 4 large servings)**

4 skinned chicken breast halves \*

\* Can cut the chicken breasts in half again

2 tbsp butter

2 tbsp Dijon mustard

2 tbsp fresh lemon juice

~2/3 teaspoon tarragon

1/3 teaspoon salt

Place chicken in a shallow baking pan.

In a small saucepan (or in the microwave) melt butter, then stir in mustard, lemon juice, tarragon and salt. Pour over chicken, marinating overnight, if possible.

Bake chicken for 35-45 minutes at 375°, or until heated through.

Spoon sauce from pan over chicken to serve.

**SOURCE**

Petaluma

Tomales Bay

Sebastopol

Palo Alto yard

Barron Park garden

Chicago, IL

## **BROILED TOFU STEAKS WITH GARLIC AND HERB BUTTER**

**(Serves 8)**

### *Garlic Butter:*

8 tbsp soft butter  
2 tbsp green onions, finely chopped  
2 clove garlic, minced  
4 tbsp fresh parsley, finely chopped  
Sea salt and pepper to taste

### *Tofu Steaks:*

2 lb firm tofu, drained for 10 minutes,  
sliced into 1 ½ inch thick pieces, pressed for 20 minutes  
4 tbsp melted butter  
4 lemons, cut into slices  
Sea salt and freshly ground black pepper to taste

### **SOURCE**

Tomales Bay  
San Juan Bautista  
San Juan Bautista  
San Juan Bautista  
Chicago, IL

San Jose

Tomales Bay  
Palo Alto yard  
Chicago, IL

*Butter:* Using a wooden spoon, cream the butter in a small bowl until fluffy; beat in the spices. Set aside.  
*Tofu:* Preheat the broiler for 15 minutes. Dry the tofu with a towel; using a pastry brush, spread the melted butter on both sides of each tofu steak. Broil 3-4 inches from the broiler for 3 minutes on each side. Sprinkle with salt and pepper to taste; spread with garlic butter. Serve garnished with lemon slices.

## **SQUASH-RICE CASSEROLE**

**(8 large or 12 side servings)**

2½ lbs = 8C sliced zucchini  
1 cup chopped onion  
½ cup chicken or veggie broth  
2 cups cooked rice  
1C (4oz) shredded cheese  
1C fat free sour cream  
¼ C parmesan cheese  
¼ C Italian seasoned Bread crumbs  
½ tsp salt  
2 large eggs, lightly beaten

### **SOURCE**

San Juan Bautista  
San Juan Bautista  
Petaluma  
Healdsburg  
Petaluma  
Tomales Bay  
Healdsburg  
Palo Alto  
Chicago, IL  
Petaluma

Combine zucchini, onion & broth in pot & bring to boil. Cover, then simmer about 20 minutes until tender. Drain, partially mash with potato masher.

Cook rice (use ~¾ cups raw rice to 1½ cups liquid = water and/or broth)

Coat baking pan lightly with olive oil (Healdsburg).

Combine zucchini mix with remaining ingredients in pan, using only half of the parmesan cheese.

Sprinkle with the remaining parmesan cheese.

Bake about 30 minutes at 350° until bubbly and lightly browned.

## **BALSAMIC ROASTED VEGETABLES WITH CILANTRO YOGURT**

**(Serves 8)**

2 Tbsp balsamic vinegar

1 tsp Dijon mustard

½ C extra virgin olive oil

2 garlic cloves, minced

2 tsp finely chopped fresh thyme

1 tsp finely chopped fresh basil

Whisk vinegar and mustard. Gradually whisk in olive oil. Stir in garlic, thyme and basil. Season with salt and pepper. Make 1 day ahead. Cover and chill.

2 red onions, large, halved, thinly sliced

1 yellow bell pepper, cut in ½" wedges

1 red bell pepper, cut into ½" wedges

1 orange bell pepper, cut into ½" wedges

2 portabello mushrooms - about ½" pieces

2 ears of corn (cut into ½" pieces)

½ lb yellow squash (about 2 medium) cut into ½" rounds

Toss vegetables in large rimmed baking sheet, sprinkle with salt and pepper. Add dressing. Toss to coat. Roast at 450° until vegetables are tender and slightly brown around the edges, about 35 minutes.

Serve with Cilantro Yogurt and Local Chutney:

2 C loosely packed fresh cilantro

1 Tbsp fresh lime or lemon juice

½ tsp salt

½ C plain low fat milk yogurt (Greek style)

½ C sour cream

Fruit Chutney

### **SOURCE**

Healdsburg

Sebastopol

Healdsburg

San Juan Bautista

San Juan Bautista

San Juan Bautista

San Juan Bautista

San Juan Bautista

San Juan Bautista

San Juan Bautista

Morgan Hill

Santa Clara County

San Juan Bautista

Hollister

Palo Alto yard

Chicago, IL

Petaluma

Tomales Bay

Thanks, Joy!

## **APPLE CRISP**

**(Serves 8)**

2 lbs apples (about 4 apples), sliced, peeling optional

Fill an 8x8 pan with apples and sweeten with:

1 Tbsp fresh orange juice

Lemon, honey as needed

Topping:

½ cup oats

½ cup flour

6 Tbsp brown sugar

Cut in 1 Tbsp butter

Cover apples with topping, then sprinkle with a little cinnamon and nutmeg.

Bake at 350° for 1 hour. Serve with vanilla ice cream.

### **SOURCE**

Sebastopol

Petaluma

Palo Alto yard, Los Altos Hills

Petaluma

Petaluma

San Francisco

Tomales Bay

Tomales Bay