



Recipes

Minestrone Soup

2 Tbsp. extra-virgin olive oil
 1 medium yellow onion, diced
 1 medium carrot, chopped
 1 celery rib, thinly sliced
 Salt and pepper to taste
 3 garlic cloves, minced
 4 cups diced fresh tomatoes or 1 (28 oz.) can diced tomatoes
 1 (15 oz.) can cannellini beans, drained and rinsed
 1 cup chopped green beans

1 yellow squash, diced
 1 ear of corn, cooked and cut from the cob
 2 cups of vegetable broth
 2 cups of tomato juice
 1 tsp. dried oregano
 1 Tbsp. fresh thyme, or 1 tsp. dried thyme
 ¾ cup ditalini pasta or any small pasta
 1 cup of chopped kale, stem removed
 Optional: garnish with parmesan and fresh basil (chiffonade)

- In a large soup pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion, carrots, and celery, and season with a pinch of salt and pepper. Stir occasionally, for 6–8 minutes, until vegetables are softened.
- Add green beans, yellow squash, and corn kernels. Add them one at a time, briefly cooking each ingredient before adding the next.
- Add garlic and cook for 1 minute, until fragrant. Add the diced tomatoes with juices. Then, add dried oregano and thyme.
- Pour in broth and vegetable juice. Bring the soup to a boil, reduce it to a simmer, and cover it with a lid. Leave a small gap to let the soup steam. Let it simmer for 15-20 minutes.
- Remove the lid, add the drained cannellini beans, chopped kale, and the uncooked pasta, and cook for an additional 20 minutes or until the pasta is al dente. Stir occasionally to prevent sticking.
- Garnish and enjoy.

Side Salad with Honey Vinaigrette

For the Salad:

4 cups chopped lettuce or mixed greens
 1 cup cherry tomatoes, halved
 1 medium cucumber, cut lengthwise, then sliced

For the Honey Vinaigrette:

3 Tbsp. honey
 2 Tbsp. lemon juice
 1 tsp. white wine vinegar
 1 Tbsp. Dijon mustard
 ¼ cup olive oil



- Put lettuce in a large bowl, top it with the cherry tomatoes and cucumbers.
- In a separate bowl, combine all of the vinaigrette ingredients except for the olive oil.
- Whisk until combined, slowly pour in the olive oil, and mix until fully incorporated.
- Toss salad in vinaigrette and enjoy.

SCAN FOR HOW-TO VIDEO!

<https://bit.ly/minestronewithsalad>

Recipes and instruction video provided by Allegany College of Maryland's School of Hospitality and Culinary Arts. Special thanks to Culinary Arts School Program Director Debra Swope; David Sanford, Gateway Center Director; and Kiara Hovatter, Lab Coordinator and Catering Chef.

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