

Breakfast Burrito

By: Hannah R.

Ingredients:

- * 2 fresh eggs from Country Dreams Farm
- * 1/3 cup extra-lean breakfast sausage from Lashway's Meat Market
- * 1/4 cup shredded New York sharp cheddar cheese
- * 1 soft flour tortilla

Directions:

1. Scramble the eggs and cook with the cheese.
2. Cook the sausage.
3. Add to a warm tortilla and roll up.

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Apple Walnut Chicken Salad

By: Ariel D.

Ingredients:

- * 1 apple
- * 3 cups of green salad like iceberg, romaine and spinach
- * 1 slice of red onion
- * Handful of walnuts
- * Handful of cran-raisins
- * 3 or 4oz of grilled chicken breast (blackened optional)
- * Handful of crumbled blue cheese

Directions:

1. Place the salad greens in the center of a large plate.
2. Place sliced apples with the skin flat around the salad greens.
3. Separate the slice of onion into small single pieces and place over the salad greens.
4. Sprinkle the handful of walnuts and cran-raisins over the top.
5. Slice the chicken and place on top.
6. Top the salad off with the crumbly blue cheese.

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Elizabeth's Apple Delight Salad

By: Elizabeth A.

Ingredients: Salad

- * 2 cups of salad greens (your choice of greens)
- * ¼ cup of chopped walnuts
- * 1 sliced hardboiled egg
- * 1 apple sliced (your choice of apple)
- * ¼ cup of dried cranberries

Directions:

1. Hard boil the egg and let cool.
2. Place the salad greens on a plate.
3. Take the shell off the egg and slice. Place the egg on top of the salad greens.
4. Slice the apple and remove the core. Place on top of the salad greens.
5. Sprinkle chopped walnuts and the dried cranberries on top of the salad.

Ingredients: Dressing

- * ¼ cup mayonnaise
- * ¼ cup pure maple syrup
- * 3 tablespoons apple cider vinegar
- * 2 teaspoons sugar
- * ½ cup vegetable oil

Directions:

1. Combine mayonnaise, maple syrup, vinegar, and brown sugar in a bowl.
2. Add the oil while whisking.
3. Refrigerate.
4. Add to the salad.

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Yellow Squash & Spaghetti

By: Helena B.

Ingredients:

- * 12oz of Veggie Spaghetti
- * 2 or 3 medium sized summer squash
- * ¼ cup butter (1/2 stick)
- * 1 cup canned chicken broth
- * Salt
- * Pepper

Directions:

- * Cook the pasta according to the package.
- * Cut the squash in half and slice. Measure out 2 cups.
- * In a sauté pan, add butter, summer squash and chicken broth.
- * Cook on medium heat until the squash is tender, about 8 minutes.
- * Remove pan from the heat, add cooked pasta, toss and plate.
- * Add salt and pepper to taste.
- * Eat and enjoy.

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Broccoli Salad with Smoked Gouda

By: Whitney J.

Total time: 30 minutes

Prep time: 20 minutes

Cook time: 10 minutes

Ingredients:

- * 1-2 heads of fresh broccoli
- * ½ cup red onion
- * ½ pound of bacon
- * ¼ cup sunflower seeds
- * 1 cup chopped apples
- * 2 ½ Tbsps. Vinegar
- * 1 cup Hellman's mayonnaise
- * 1/3 cup sugar
- * 1 ½ cup shredded smoked Gouda cheese

Directions:

1. Cook the bacon and crumble into pieces.
2. Cut the broccoli into bite sized pieces.
3. Mix the broccoli, onions, sunflower seeds, apples,, bacon and smoked Gouda in a large bowl.
4. In a separate bowl combine the vinegar, sugar and mayonnaise.
5. Pour over the broccoli mixture and toss to coat.
6. Best when prepared one day ahead.

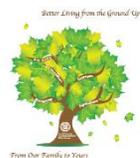
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Zucchini Bread

By: Abby R.

Ingredients:

- * 3 farm fresh eggs from Country Dreams Farm
- * 2 ¼ cups of sugar
- * 3 tsps. Vanilla
- * 1 cup of oil
- * 3 cups of flour
- * 3 tsps. Of cinnamon
- * ¼ tsp. of baking powder
- * 1 tsp. of salt
- * 1 tsp. baking soda
- * 2 cups of uncooked, shredded zucchini from the garden

Directions:

1. Cream the eggs, sugar, and vanilla together.
2. Beat in the oil.
3. Sift together and add the flour, cinnamon, baking powder, salt and baking soda.
4. Add the zucchini and mix well
5. Pour into 2 medium loaf pans.
6. Bake at 350° for 1 hour.

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Apple Crisp

By: Katie R.

Ingredients:

- * 4 pounds of McIntosh apples
- * 1 cup of sugar
- * 1 ½ cups of flour
- * 3 Tbsps. of flour
- * 1 cup of packed brown sugar
- * 1 cup of oatmeal
- * 1 ½ cups of butter, softened
- * ½ cup of margarine, softened
- * 1 tsp. of cinnamon

Directions:

1. Peel, core and slice the apples.
2. Combine the brown sugar, oatmeal, flour, butter, margarine, and cinnamon.
3. Toss the apple slices with sugar and the 3 tablespoons of flour in a 9x13 inch pan.
4. Sprinkle the oatmeal mixture over the top.
5. Bake at 375° for 40 minutes or until the apples are tender.

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