



New Hampshire Eats Local Month Recipes

Thanks for caring about our local food system and reducing food waste. Find out more about this annual eating local initiative at nheatslocal.com

Berry Mint Smoothie

Serves 2



Inspired by [Durham Farmers Market](#), [Fat Peach Farm](#), [Tendercrop Farm](#), and food blogger [Your Choice Nutrition](#).

Ingredients:

- 1 cup plain Greek yogurt
- 2 cups milk
- 2 cups berries (fresh or frozen)
- 1-2 tbsp. honey
- 20 fresh mint leaves, plus more for serving
- ¼ cup milled flax seed (optional)

Instructions:

1. Place all ingredients in a blender.
2. Puree until blended and smooth.
3. Pour into glasses and top with additional mint leaves. Serve immediately.

Reduce Food Waste: If you bought a crate of berries, wash, thoroughly dry, and freeze what you won't immediately use.



Spiced Yogurt Marinated Grilled Chicken

Serves 6

Inspired by [Tendercrop Farm](#) and [Epicurious](#).

Ingredients:

- 2- $\frac{1}{4}$ cups plain yogurt
- 3 tbsp. olive oil
- 2- $\frac{1}{2}$ tbsp. cider vinegar
- 2 tsp. salt, plus more to taste
- 1 tbsp. chili powder
- $\frac{3}{4}$ tsp. ground cumin
- $\frac{3}{4}$ tsp. ground coriander
- $\frac{3}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. cinnamon
- 6 skinless boneless chicken breast halves (i.e., 3 full chicken breasts)
- 2 tbsp. minced scallion
- 1 cup fresh mint leaves



Instructions:

1. In a large bowl, whisk together 1 cup yogurt, 2 tbsp. olive oil, 1 tbsp. cider vinegar, salt, and spices (chili powder, ground cumin, ground coriander, black pepper, and cinnamon). Add the chicken, submerge, and marinate for 20 minutes at room temperature.
2. Turn on the grill.
3. In a small bowl, whisk together the remaining cider vinegar and yogurt, plus salt to taste.
4. After the chicken has marinated and the grill is warm, remove the chicken from the marinade and grill. Flip to cook both sides, roughly 10-12 minutes of total cooking time per breast and until the chicken is fully cooked through. Remove from heat.
5. In a small bowl, toss together the scallion, mint, and remaining olive oil. Drizzle the chicken with the mint dressing and yogurt mixture from step 3. Serve immediately.

Reduce Food Waste: Use what's on hand: We replaced the original recipe's shallots with scallions and lemon juice with cider vinegar.



Spinach, Feta, & Greek Yogurt Vegetable Dip

Serves 8-12



Inspired by [SNAP Seacoast Eat Local](#), [Hollister Family Farm](#), [Shagbark Farm](#), and [eHow](#).

Ingredients:

- 10-oz. cooked, squeezed dry, and chopped koji spinach and Swiss chard leaves
- $\frac{3}{4}$ cup full-fat plain Greek yogurt
- $\frac{1}{2}$ cup reduced-fat mayonnaise
- 4 oz. crumbled feta cheese
- $\frac{1}{4}$ cup finely-chopped red onion
- $\frac{1}{3}$ cup chopped fresh parsley
- 1- $\frac{1}{2}$ tsp. chopped fresh dill
- 2 tsp. cider vinegar
- Sliced spinach and Swiss chard stalks, plus additional vegetables for dipping

Instructions:

1. In a large bowl whisk together the first eight ingredients (i.e., everything but the vegetables for dipping).
2. Serve the dip with fresh vegetables and stalks.

Reduce Food Waste: Vegetable stalks are edible! We used the Swiss chard and koji spinach leaves for the dip and saved the stalks to act as crudité.



Grilled Zucchini and Tomato Napoleon

Serves 2-4



Inspired by [Hollister Family Farm](#), [Shagbark Farm](#), [Tendercrop Farm](#), and [Thyme for Cooking](#).

Ingredients:

- 4 round slices of zucchini, cut ½-inch thick
- 4 slices tomato, cut ½-inch thick
- 1-2 tbsp. olive oil
- 1-2 tbsp. balsamic vinegar
- ½ cup ricotta cheese
- ¼ tsp. nutmeg
- Seasonal salad greens
- 4 slices mozzarella
- 2 basil leaves

Instructions:

1. Preheat grill to 350°F.
2. In a medium bowl, toss the sliced zucchini and tomato slices with the olive oil and balsamic vinegar.
3. When the grill is hot, grill the zucchini slices 5-6 minutes per side. Grill the tomato slices for 2-3 minutes per side. Once done, remove from grill.
4. In a small bowl, mix together the nutmeg and ricotta cheese.
5. Top a small plate of seasonal salad greens with a slice of zucchini, then 2 tbsp. ricotta cheese mixture, tomato, and mozzarella. Repeat the layering. Top with a basil leaf.

Reduce Food Waste: When the vegetables in your fridge are beginning to turn, throw them on the grill.



Peach and Blueberry Cobbler with Greek Yogurt Whipped Cream

Serves 8



Inspired by [DeMeritt Hill Farm](#), [Tendercrop Farm](#), [Cabot Cheese](#), and [King Arthur Flour](#).

Ingredients:

For the Cobbler:

- 4 cups peaches, washed and sliced
- 4 cups blueberries, washed
- 4-½ tbsp. unsalted butter, melted (plus more when preparing the pan)
- 1-½ tbsp. lemon juice
- ⅓ + ¼ cups granulated sugar
- 1-½ cups + 2-3 tbsp. all-purpose flour
- 1-½ tsp. baking powder
- 1 tsp. cinnamon, plus more for dusting
- ¼ tsp. salt
- ⅓ cup milk
- 1 large egg
- 1-½ tsp. almond or vanilla extract

For the Whipped Cream:

- 8 oz. cream cheese, softened
- ¼ cup powdered sugar
- 1 cup vanilla Greek yogurt



Instructions:

For the Cobbler:

1. Preheat oven to 425°F. Lightly butter a 9x13-inch pan.
2. In a large bowl, combine the prepared blueberries and peaches. Toss to coat with ½ tbsp. melted butter and the lemon juice.
3. In a medium bowl, whisk together ¼ cup granulated sugar and 2-3 tbsp. of all-purpose flour. Once combined, sprinkle over the fruit mixture and gently toss to combine.
4. Scoop the fruit mixture into the prepared pan and evenly spread out to cover the pan.
5. In another medium bowl, whisk together the baking powder, cinnamon, salt, and remaining all-purpose flour and granulated sugar.
6. In a wet measuring cup, whisk together the milk, egg, extract, and remaining melted butter. Once combined, stir into the medium bowl from step 5.
7. Return to the prepared pan. Drop the mixture from step 6 onto the fruit to form dollops. You'll want to see pockets of the bottom fruit layer. Dust with cinnamon, if desired.
8. Bake in the preheated oven for 20 minutes. Then, reduce the oven temperature to 375°F for an additional 25 minutes, or until the topping is golden brown and the bottom fruit layer is bubbling.
9. Remove from heat and allow to cool prior to garnishing with the whipped cream and serving.

For the Whipped Cream:

1. In a medium bowl, use an electric mixer to whip the cream cheese for one minute. Continue to beat as you slowly add in the powdered sugar. Scrape the sides of the bowl.
2. Add the Greek yogurt and beat for another 1-2 minutes, or until the mixture is smooth and fluffy.
3. Serve on top of the cobbler.

Reduce Food Waste: Both the cobbler and the whipped cream can be stored for later use. Cover and refrigerate both items separately. Use within five days.