



Potato, Leek & Chicory Bake

Serving Size: ½ cup (12 servings per recipe)

Ingredients

- 2 potatoes
- salt and pepper, to taste
- 1 teaspoon oil
- 2 garlic cloves
- 1 onion
- 16 ounces ground beef
- 1 leek
- ½ medium chicory head
- 4 tablespoons butter
- 2 tablespoons flour
- ⅓ cup milk
- ¾ cup shredded cheddar cheese, divided

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Wash the potatoes and slice them into discs about ¼ inch thick.
3. Spread the potato discs on an oiled 9x13 baking sheet and season them with salt and pepper.
4. Bake the potato discs for 10 minutes.
5. Wash the leek very well and slice off the greenest part of the leaves.
6. Chop the leek, garlic cloves, onion, and chicory head into tiny pieces.
7. Add the oil to a skillet on medium heat and add the onion and garlic.
8. Once the onions have become clear, add the ground beef and cook it until it is almost brown.
9. Add the leek and chicory and continue to cook until the ground beef is completely brown.
10. Add the butter to another saucepan on medium heat.
11. Once the butter has melted, add the flour and stir in the milk.
12. When the flour is no longer in chunks, add ¼ cup of shredded cheese.
13. After the potatoes are done cooking, layer the beef and vegetable mixture over the discs. Then layer the cheese sauce on top of the beef and vegetables, and sprinkle with the remaining ½ cup shredded cheese.
14. Bake at 350 degrees Fahrenheit for 15 minutes. Let cool and serve.



Nutrition Facts

12 servings per container

Serving size 1/2 cup

Amount per serving

Calories 190

% Daily Value*

Total Fat 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 180mg 8%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0%

Calcium 71mg 6%

Iron 2mg 10%

Potassium 363mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Warm Winter Salad

Serving Size: 1 cup (6 servings per recipe)

Ingredients

- 1 winter squash
- 2 tablespoons rosemary leaves
- 2 cloves garlic
- 3 teaspoons oil, divided
- salt and pepper, to taste
- 2 cups Brussels sprouts
- 1 10-ounce box of couscous
- ½ cup walnuts
- 2 tablespoons lemon juice

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Slice the winter squash into 1-inch-thick chunks.
3. Dice the garlic and rosemary into tiny pieces.
4. Place the winter squash on an oiled 9x13 baking sheet and add garlic, rosemary, and 1 teaspoon oil.
5. Bake the squash for 10 minutes.
6. Slice the Brussels sprouts lengthwise three times.
7. Once the squash has been cooked, take it out of the oven and add the Brussels sprouts to the same pan.
8. Season the Brussels sprouts and squash with 1 teaspoon oil along with salt and pepper.
9. Bake the Brussels sprouts and squash for 15 minutes.
10. While the vegetables are cooking, prepare the couscous by following the directions on the box.
11. In a large bowl, mix the Brussels sprouts, squash, couscous, 1 teaspoon oil, walnuts, and lemon juice. Serve warm.



Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 230

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 33g 12%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 3mg 15%

Potassium 473mg 10%

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Cauliflower & Cannellini Bean Mashed Potatoes

Serving Size: 1/3 cup (8 servings per recipe)

Ingredients

- 2 medium potatoes
- 1 head cauliflower
- 1 15-ounce can of cannellini beans, drained
- 1/3 cup shredded cheese
- 2 tablespoons butter
- 2 tablespoons sour cream
- salt and pepper
- 2 cloves garlic
- 1/4 cup parsley
- 2 tablespoons rosemary leaves
- 2 tablespoons thyme leaves

Directions

1. Boil a large pot of water on the stovetop.
2. Take the skin off of the potatoes and cut them into 2-inch-thick chunks.
3. Cut the head of cauliflower into 2-inch-thick chunks.
4. Add the potatoes, cauliflower, and beans to the boiling pot of water and boil for 20 minutes.
5. Drain the water and mash the vegetables with a fork.
6. Dice the garlic cloves, parsley, rosemary, and thyme into tiny pieces and add them to the mash.
7. Mix the cheese, butter, sour cream, and salt and pepper into the mash. Serve warm.



Nutrition Facts

8 servings per container
Serving size 1/3 cup

Amount per serving

Calories 160

% Daily Value*

Total Fat 5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 260mg 11%

Total Carbohydrate 22g 8%

Dietary Fiber 6g 21%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 103mg 8%

Iron 2mg 10%

Potassium 672mg 15%

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Celeriac & Leek Pastry

Serving Size: 1/9 of pastry (9 servings per recipe)

Ingredients

- 1 ready-to-bake puff pastry dough sheet
- 1 egg
- ½ cup sour cream
- 2 teaspoons mustard
- 1 tablespoon lemon juice
- salt and pepper, to taste
- 1 leek stem
- ½ cup celeriac
- 2 tablespoons thyme leaves
- 1 clove garlic

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Roll out the puff pastry while cold onto an oiled 9×13 baking sheet and use a fork to press around the edges about ½ inch.
3. Bake the pastry sheet for 10 minutes.
4. Whisk the egg in a small bowl and set aside.
5. In a medium bowl mix sour cream, mustard, lemon juice, salt, and pepper.
6. Wash the leek very well and slice off the greenest part of the leaves.
7. Chop the celeriac and leek into ¼-inch-thick pieces.
8. Dice the thyme and garlic into tiny pieces.
9. Once the pastry sheet is done baking, spread the whisked egg onto the edges.
10. Spread the sour cream mixture onto the middle and top with leek, celeriac, thyme, and garlic.
11. Bake the pastry for another 15 minutes. Let cool and serve.



Nutrition Facts

9 servings per container

Serving size 1/9 of pastry

Amount per serving

Calories 140

% Daily Value*

Total Fat 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 190mg 8%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 3g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 58mg 2%

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Broccoli Rice Pilaf

Serving Size: ½ cup (6 servings per recipe)

Ingredients

- 2 heads of broccoli or Romanesco broccoli
- 2 cloves garlic
- 1 teaspoon oil
- salt and pepper to taste
- 2 tablespoons thyme leaves
- ¼ cup parsley
- 4 cups brown rice, prepared
- 4 tablespoons lemon juice
- ½ cup parmesan cheese

Directions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Chop the broccoli and garlic cloves into very small pieces.
3. Place broccoli and garlic cloves on an oiled 9×13 baking sheet and toss with 1 teaspoon oil and salt and pepper.
4. Bake for 15 minutes.
5. Chop the thyme and parsley into tiny pieces.
6. In a large bowl, combine the broccoli with thyme, parsley, brown rice, lemon juice, and parmesan cheese. Serve warm.



Nutrition Facts

6 servings per container
Serving size 1/2 cup

Amount per serving

Calories 230

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 380mg 17%

Total Carbohydrate 36g 13%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 1mg 6%

Potassium 240mg 6%

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Dutch Inspired Potato Salad

Serving Size: 1 cup (6 servings per recipe)

Ingredients

- 4 medium potatoes
- 2 eggs
- 2 cloves garlic
- ¼ cup parsley
- 2 stalks celery
- ½ chicory head
- 2 large carrots
- ½ red onion
- ¼ cup white vinegar
- 1 teaspoon sugar
- 2 teaspoons mustard
- ½ cup water
- 4 tablespoons mayonnaise
- salt and pepper, to taste

Directions

1. Chop potatoes into two-inch chunks.
2. Place potatoes in a pot of boiling water along with 2 eggs.
3. Remove from heat after 10 minutes and drain.
4. Leave the potatoes in the pot to cool while preparing the remaining ingredients.
5. Place eggs in a bowl of cold water until cool, then peel them and cut them into small pieces. Add to a large bowl.
6. Dice garlic, parsley, celery, chicory, carrots, and red onion. Add to the bowl with eggs.
7. Add vinegar, sugar, mustard, water, mayonnaise, salt and pepper to the bowl.
8. Add the potatoes to the bowl and stir to combine all ingredients. Chill and serve.



Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 230

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 140mg 6%

Total Carbohydrate 42g 15%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 6g

Vitamin D 0mcg 0%

Calcium 59mg 4%

Iron 2mg 10%

Potassium 840mg 20%

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SOUTH DAKOTA STATE UNIVERSITY EXTENSION

Dakota Food Rx

Pickled Vegetable Salad

Serving Size: ⅓ cup (5 servings per recipe)

Ingredients

- 1 medium cucumber
- 1 medium radish/watermelon radish
- 1 tablespoon oil
- ¼ cup lemon juice
- 1 teaspoon sugar
- 1 garlic clove
- ½ teaspoon salt
- ½ cup feta cheese

Directions

1. Slice cucumber and/or radish into very thin discs- add to a medium bowl.
2. Dice garlic into tiny pieces and add to the bowl.
3. Add oil, lemon juice, sugar, and salt to the bowl.
4. Mix everything well to combine.
5. Sprinkle feta on top of the vegetables. Serve at room temperature or chilled.



Nutrition Facts

5 servings per container

Serving size 1/3 cup

Amount per serving

Calories 90

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 500mg 22%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 1g Added Sugars 2%

Protein 4g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 0mg 0%

Potassium 80mg 2%

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