

# A TASTE OF THE WILD RECIPE BOOK



*Created by*  
**UNH Dietetic Interns 2016**



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# BACKWOODS BEET AND GREENS SALAD

## USDA Nutrition Facts Panel

Serving Size: 1/2 cup

**Calories** – 54kcal

**Fat** – 4g (5% DV)

Saturated Fat – 1g (5% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0.5g

Polyunsaturated Fat – 1.5g

**Cholesterol** – Less than 5mg (1% DV)

**Sodium** – 55mg (2% DV)

**Total Carbohydrates** – 3g (1% DV)

Dietary Fiber – 1g (4% DV)

Sugars – 2g (4% DV)

**Protein** – 3g (6% DV)

### **Micronutrients (%DV)**

Vitamin A – 903 IU (18% DV)

Vitamin C – 4 mg (7% DV)

Vitamin D – 9 IU (2% DV)

Calcium – 32 mg (3% DV)

Iron – 1 mg (6% DV)

Potassium – 145 mg (4% DV)



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# CARROTS, UNTAMED

## USDA Nutrition Facts Panel

Serving Size: 7-10 carrot strips

**Calories** – 112kcal

**Fat** – 4g (6% DV)

Saturated Fat – 3g (15% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 2g

Polyunsaturated Fat – 0g

**Cholesterol** – 12mg (4% DV)

**Sodium** – 134mg (6% DV)

**Total Carbohydrates** – 17g (6% DV)

Dietary Fiber – 3g (11% DV)

Sugars – 110g

**Protein** – 1g (2% DV)

### **Micronutrients (%DV)**

Vitamin A – 18471 IU (369% DV)

Vitamin C – 8 mg (13% DV)

Vitamin D – 0 IU (0% DV)

Calcium – 53 mg (5% DV)

Iron – 1 mg (6% DV)

Potassium – 381 mg (11% DV)



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# MEATY MUSHROOMS

## USDA Nutrition Facts Panel

Serving Size: One mushroom

**Calories** – 63kcal

**Fat** – 5g (6% DV)

Saturated Fat – 2g (9% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 2g

Polyunsaturated Fat – 0.46g

**Cholesterol** – 10mg (3% DV)

**Sodium** – 126mg (5% DV)

**Total Carbohydrates** – 2g (<1% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 0g

**Protein** – 3g (2% DV)

### **Micronutrients (%DV)**

Vitamin A – 985 IU (2% DV)

Vitamin C – 1 mg (2% DV)

Vitamin D – 4 IU (2% DV)

Calcium – 41 mg (4% DV)

Iron – 0.5 mg (0% DV)

Potassium – 1 mg (2% DV)



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# ROSEMARY POTATO FORAGERS FLATBREAD

**Created by: Melissa Groves**

**Serves 8 • Preparation Time 90 minutes**

## INGREDIENTS

- 1 cup whole-wheat flour
- 1½ cups all-purpose flour
- 1 package active yeast
- 1¼ cup lukewarm (110 degree) water
- 2 Tbsp. olive oil
- 2 Tbsp. maple syrup
- 1 tsp. Kosher salt
- 1 small red onion, thinly sliced
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- ½ lb small red potatoes, thinly sliced
- 1 Tbsp. fresh rosemary
- 1 cup grated cheddar cheese

## DIRECTIONS

1. In a mixer, using a dough hook attachment, combine the flour, yeast, water, olive oil, maple syrup, and salt until the dough comes together into a ball.
2. Remove the dough and knead into a round ball.
3. Place in a lightly oiled bowl, using the remaining olive oil. Cover the bowl with plastic wrap and set aside in a warm place for 1 hour.
4. Sauté the slices of onion in olive oil over low heat until caramelized. Add the garlic and cook, stirring, for 5 more minutes. Set aside.
5. Preheat oven to 475°F.
6. Once the dough has doubled in size, remove from bowl and divide into 2 pieces.
7. Stretch each piece into a round crust.
8. Transfer crusts to 2 pizza pans or large cookie sheets and top evenly with onions, potatoes, cheese, rosemary, and salt and pepper to taste.
9. Cook for 8-12 minutes until crust is browned, potatoes are tender, and cheese is melted.



# COLLEGE WOODS TRAILMIX COOKIES

**Created by: Holley Mihok**

**Serves 12 • Preparation Time 30 minutes**

## INGREDIENTS

- $\frac{3}{4}$  cup salted butter (softened)
- 1 Tbsp. cinnamon
- 1 cup packed brown sugar
- 1.5 cups oats (old fashioned or quick cook)
- 2 tsp. vanilla extract
- 1.5 cups white whole wheat flour  
(add more if batter is too wet)
- 2 eggs
- 1 cup chocolate chips
- 1 tsp. baking soda
- (optional:  $\frac{1}{2}$  cup dried cranberries or walnuts)

## DIRECTIONS

1. Preheat oven to 375°F.
2. Grease or line cookie sheets with parchment paper.
3. In a bowl, add softened butter, brown sugar, and vanilla.
4. Beat in eggs one at a time.
5. In separate bowl, mix together dry ingredients (flour, baking soda, oats, cinnamon).
6. Add dry mixture to wet mixture, a little bit at a time, stirring between.
7. Stir in chocolate chips and optional dried cranberries and walnuts.
8. Form into 2 inch balls and place on cookie sheet(s), giving at least two inches of room between each dough ball.
9. Bake for 8–11 minutes until edges are slightly golden brown.
10. Store in airtight container for up to one week and enjoy!



# WILD BERRY COBBLER

Created by: Kailey Donovan

Serves 9 - Preparation Time 45 minutes

## INGREDIENTS

- 2 cups fresh blueberries
- 1 cup fresh blackberries
- 3 Tbsp. granulated white sugar
- $\frac{1}{3}$  cup orange juice (no pulp)
- $\frac{1}{2}$  cup (1 stick) butter, at room temperature
- $\frac{1}{2}$  cup granulated white sugar
- 1 large egg
- $\frac{1}{2}$  tsp. vanilla extract
- $\frac{2}{3}$  cup all-purpose flour
- $\frac{1}{4}$  tsp. baking powder
- Cooking spray

## DIRECTIONS

1. Preheat oven to 375°F.
2. Wash berries.
3. Coat a 9-inch square cake pan with cooking spray.
4. In a medium bowl combine the berries, sugar and juice and pour into prepared baking pan.
5. Set aside.
6. In a separate medium bowl, use an electric mixer to beat the butter and sugar together. The mixture should be light and fluffy. Mix in egg and vanilla. Add flour, baking powder, and salt and mix until combined.
7. Drop the batter by spoonful onto the berry mixture and gently adjust so it is evenly distributed over the berries.
8. Bake for 35-40 minutes or until the crust is golden brown and the berries are bubbling. Set it aside to cool for a few minutes before serving (optional).



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# WHIPPED CREAM

*Created by: Kailey Donovan*  
*Serves 20 • Preparation Time 4 minutes*

## INGREDIENTS

- 1 cup cold heavy whipping cream
- 2 Tbsp. sugar
- ½ tsp. vanilla

## DIRECTIONS

1. Place mixer bowl and whisk in freezer for 20 minutes.
2. Pour heavy whipping cream, sugar and vanilla into the mixer bowl on high speed until stiff peaks form, about 1 minute. Do not over beat.





# FIESTY FISH CAKES

**Created by: Palmer Johnson**

**Serves 6 • Preparation Time 60 minutes**

## INGREDIENTS

- 1 lb. haddock
- 1½ lb. potatoes
- 2 Tbsp. diced onion
- 1 large egg
- 1 Tbsp. chopped parsley
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. lemon zest

## DIRECTIONS

1. Peel and halve potatoes, place the potatoes in a large pot of water, bring the water to a boil. Let the potatoes cook until they are almost tender (about 15–20 minutes).
2. Add the fish to the pot and let the fish and potatoes cook until they are both soft about 5–10 minutes. Drain well and transfer the potatoes and fish to a large mixing bowl.
3. Add onion, egg, parsley, salt, pepper, and lemon zest to the bowl; mash the mixture together. Mold the mixture into cakes.
4. Broil formed cakes roughly 4 inches from the burner for 5 minutes, flip the cakes and broil another 5 minutes or until golden brown



# CREAMY DILL YOGURT SAUCE

*Created by: Megan Schorr*

*Serves 8 - Preparation Time 5 minutes*

## INGREDIENTS

- 1 cup Greek low-fat yogurt
- 2 Tbsp. whole grain mustard
- 3 sprigs fresh dill weed
- 1 tsp. fresh lemon juice
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper

## DIRECTIONS

1. Place 1 cup of Greek yogurt into a medium sized mixing bowl.
2. Add in 2 Tbsp. of whole grain mustard to the yogurt.
3. Wash the fresh dill weed, finely chop 3-sprigs and add to the mixture.
4. Squeeze 1 tsp. of fresh lemon juice into the mixture, being cautious not to add in any lemon seeds.
5. Add in  $\frac{1}{4}$  tsp. of salt and  $\frac{1}{4}$  tsp. pepper.
6. Chill, stir, and enjoy



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# BREADED EGGPLANT "STEAK"

Created by: Sarah Maskwa

Serves 6 • Preparation Time 80 minutes

## INGREDIENTS

- 1/2 large eggplant (1/3 lb)
- 1 egg + 2 Tbsp. water
- 1/2 cup All-purpose flour
- 3/4 cup seasoned bread crumbs
- 1/2 Tbsp. parmesan cheese
- 1/4 oz olive oil spray
- 2 Tbsp. salt
- 1/2 Tbsp. pepper

## DIRECTIONS

1. Slice eggplant into 6 round slices, about 1/4 – 1/2 of an inch thick. Then sprinkle with salt (1.5 Tbsp.) and let sit for 45 mins, shake off excess salt.
2. Measure out eggs and water, flour, and bread crumbs plus parmesan cheese into three separate shallow bowls.
3. Dredge eggplant slices, one at a time, in flour.
4. Shake off excess flour and dredge in egg/water mixture.
5. Shake off excess egg and dredge in breadcrumbs.
6. Repeat with remaining eggplant slices.
7. Lay slices on baking sheet.
8. Spray tops with olive oil spray.
9. Sprinkle slices with remaining salt and pepper.
10. Put in oven for 15–20 mins at 350°F (until golden brown, flip slices halfway through cooking).



# BRUSCHETTA CHUTNEY

**Created by: Sarah Maskwa**

**Serves 8 • Preparation Time 30 minutes**

## INGREDIENTS

- $\frac{3}{4}$  lb tomatoes, chopped
- $\frac{1}{2}$  garlic clove, minced
- $\frac{1}{4}$  lb. onion ( $\frac{1}{4}$  cup), chopped
- 2 Tbsp. oil
- 1 Tbsp. balsamic vinegar
- 2.5 oz. mozzarella, cubed
- 3 basil leaves
- $\frac{1}{2}$  Tbsp. salt
- $\frac{1}{4}$  Tbsp. pepper

## DIRECTIONS

1. Chop and mix tomatoes, garlic and onions in a bowl.
2. Measure out oil, balsamic, salt and pepper in separate bowl and whisk together.
3. Cube mozzarella cheese, add to tomato mixture.
4. Drizzle oil mixture over tomato and cheese mixture.
5. Cut basil into ribbons, mix in with tomato and cheese mixture and serve.



# STRAIGHT FROM THE TAP MAPLE SYRUP VINAIGRETTE

**Created by: Maggie Dagosto**  
*Serves 3 • Preparation Time 5 minutes*

## INGREDIENTS

- 2 Tbsp. maple syrup
- ¼ cup olive oil
- ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. apple cider vinegar
- 1 tsp. Dijon/brown mustard

## DIRECTIONS

1. Mix maple syrup and oil in a medium mixing bowl with a whisk.
2. Add salt, pepper, vinegar and Dijon mustard in a separate bowl and slowly add to the mixture of maple syrup and olive oil.
3. Ready to serve!



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