**PALATINE PUBLIC LIBRARY – “SWAP PRE-MADE FOR HOME-MADE”**

**October 5, 2022**

**Pomodoro Sauce**

Sugar-free, vegetarian, gluten-free, sodium “controlled”, big-batch cook amenable

Yield = approximately 2 quarts

Ingredients:

1 tablespoon olive oil

1 small onion – small diced (about 1/2 cup)

2 cloves garlic - minced (about 1 tablespoon)

3 sprigs fresh thyme – leaves picked

6 whole leaves fresh basil – chiffonade and divided

3 tablespoon tomato paste

1 28-ounce can whole or crushed tomatoes

1 cup beef or chicken stock (can also use water or wine for vegetarian)

Salt/Pepper – to taste

Preparation:

In medium saucepan over moderate heat, heat oil until hot but not smoking. Add onion and sauté until just tender, 6 to 7 minutes. Add garlic and cook for 2 additional minutes. Add tomato paste and stir to coat onion/garlic - cook for 3 minutes until tomato starts to darken. Add whole/crushed tomatoes, thyme, half of basil, stock (or water/wine), salt and pepper. Simmer, uncovered, until sauce is warmed. Taste for seasoning – adjust as necessary. Cover and continue to simmer until slightly thickened, about 30 minutes. At end, stir in remaining basil.

*NOTES:*

* *Sauce can be made ahead and refrigerated up to 7 days OR frozen for up to 3 months. Be sure to let sauce completely cool before storing in fridge or freezer.*
* *What else can I make? – Sauce any pasta shape, use for chicken/eggplant parmesan, pizza base, lasagna, make Italian pot roast (beef braciola -* [*https://www.foodnetwork.com/recipes/food-network-kitchen/beef-braciola-4538713*](https://www.foodnetwork.com/recipes/food-network-kitchen/beef-braciola-4538713)*) or just get creative!*

**Chicken Zucchini Meatballs**

Gluten-free, lower fat, sodium “controlled”, veggie fortified, big-batch cook amenable

Yield = approximately 20 meatballs

Ingredients:

1 cup shredded/grated zucchini

1 pound ground chicken

1 egg – beaten

½ cup grated Parmesan cheese

IF DESIRED – ½ cup panko breadcrumbs (NOTE: can use gluten-free panko or omit from recipe)

2 cloves garlic – minced

1 TBS fresh parsley – leaves picked and roughly chopped

2 tsp dried basil OR 1 TBS fresh basil – leaves picked and roughly chopped

Salt/Pepper – to taste

Preparation:

Preheat oven to 350F. Line a baking sheet with foil and coat with non-stick cooking spray.

Place shredded/grated zucchini in a dry clean kitchen towel. Wrap tightly and wring out excess water over sink.

In a large bowl, combine zucchini, chicken, egg, panko (if using), cheese, garlic, parsley, basil, salt/pepper and mix thoroughly. Remove 1 TBS of mixture, form a small patty and “test-cook” in a small skillet until cooked through (165F). Taste for seasoning – adjust salt/pepper as needed.

Once mixture is seasoned properly, shape rounded tablespoons into approximately 20 meatballs. Place on prepared pan and bake for 25-35 minutes or until internal temperature is 165F.

NOTES:

* *Meatballs may be frozen in either raw form or post cook. If raw freeze, shape meatballs and place on a baking sheet pan. Cover with plastic wrap and freeze. Once frozen, divide into desired portions, place in freezer bag/container – up to 3 months. If post-cook freeze, follow above preparation, allow meatballs to cool completely. divide into desired portions, place in freezer bag/container – up to 3 months.*
* *What else can I make? – Spaghetti and meatballs, meatball hoagies/subs, Italian wedding soup, meatball flatbread, meatball and veggie kababs – so many options….* [*https://www.tasteofhome.com/collection/marvelous-meatball-recipes*](https://www.tasteofhome.com/collection/marvelous-meatball-recipes)

**Salad Dressing #1 – Vinaigrettes (1 part “acid”/3 part “fat”) – Apple Cider Vinaigrette**

Gluten-free, sugar-free, lower fat, sodium “controlled”, lower preservatives; big/pre-batch cook amenable

Yield = approximately 2 cups

Ingredients:

BASE:

2/3 cup apple cider vinegar (or desired “acid” – such as balsamic/red wine/white wine/champagne vinegar or lemon/lime/citrus juice)

1-1/2 cup extra virgin olive oil (or alt good quality “fat” – such as avocado/grapeseed/sesame/coconut oil)

1 tsp garlic – minced

1 TSP Dijon/whole grain mustard

1 TBS honey or agave

Salt/Pepper – to taste

Additional add-in flavorings – chopped fresh herbs, Italian/Greek dry seasonings, shallots/green onions, lemon/lime/citrus zest

Preparation:

In a small bowl, combine “acid”, garlic, mustard, honey/agave, and salt/pepper (and any other add-in flavorings). Stir to combine. Slowly whisk in “fat” so that all ingredients emulsify and become “one”. Adjust seasoning to desired taste.

**Salad Dressing #2 – “Creamy-based” Dressings – Lemon Poppy Seed Dressing**

Gluten-free, sugar free, lower fat, sodium “controlled”, lower preservatives; big/pre-batch cook amenable

Yield = approximately 2 cups

Ingredients:

BASE

½ cup light mayonnaise

½ cup plain low-fat Greek yogurt

½ cup light sour cream

¼ to ½ cup buttermilk – as needed for desired consistency

Salt/Pepper – to taste

LEMON POPPY SEED

3 TBS fresh-squeezed lemon

1 tsp lemon zest

1 tsp sugar (or monk fruit for sugar-free option)

2 TBS poppy seeds

ALTERNATIVE PREPERATIONS (BASE ingredients +…)

* Ranch – Fresh parsley, dill, chives, 1 tsp Worcestershire sauce, ½ tsp white vinegar, ¼ tsp paprika
* Caesar – 2 tsp anchovy paste, 2 tsp capers, fresh parsley, 1 tsp lemon zest, ½ tsp minced garlic, ¼ cup white wine vinegar

Preparation:

Combine BASE ingredients of mayonnaise, yogurt, sour cream salt/pepper + LEMON POPPY SEED (OR ALTERNATIVE PREPERATION ingredients). Once combined slowly add buttermilk until desired consistency is reached.

NOTES:

* *Store vinaigrette and creamy dressing in an air-tight container (mason jars work great) for up to 2 weeks.*
* *The vinaigrette will solidify when stored in fridge due to the “fat”. To use, portion out desired amount and let come to room temperature naturally OR quickly warm in microwave for 5-10 seconds.*
* *Stir creamy dressing prior to each use.*
* *What else can I make? – Marinade for uncooked proteins, finishing sauce for cooked proteins, dipping sauce for vegetable crudites, toss with potatoes or pasta for a lighter potato/pasta salad alternative, combine vinaigrette with plain hummus for a kicked-up appetizer, top baked potatoes with creamy dressings (vs. plain sour cream) for a new flavor profile!*