Teaching Garden

Garden fresh produce is a great treat. It's even better when you have been a part of the process of planting, tending, and harvesting it! We welcome you at the SIUE Community Teaching Garden to participate with us. Then once you harvest and collect some of the produce, it will be time to cook.

You can find many fruits and vegetables in our garden. Look around and you'll find vegetables like peppers, beans, corn, squash, carrots, lettuce, spinach, kale, zucchini, cucumbers and onions, and fruits like black raspberries, tomatoes, cherries, apples, and strawberries. Inside this brochure, you will find 3 delicious fun family recipes to try using vegetables available in the garden.

Harvest

Our produce is your produce! After spending some time looking around the garden, feel free to pick some produce for you and your family, and use the recipes in this brochure to create healthy, kid friendly meals and snacks that are homegrown and homemade.

Become a volunteer

Interested in helping out? Contact us to sign up to be a one-time or a regular volunteer.



Contact Info

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SIUE Community Teaching Garden
6 Arboretum Lane,
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SIUE Community Teaching Garden Family Friendly Recipes



The SIUE Teaching Garden is overseen by the Nutrition and Dietetic's Program. The goal of the garden is to help nourish the bodies and minds of SIUE students, visitors, and volunteer.

Easy Zucchini Fries

Ingredients:

- Cooking spray
- ½ cup bread crumbs
- ¼ cup grated Parmesan cheese
- 2 eggs, beaten
- 3 zucchinis - ends trimmed, halved, and cut into 1/2 -inch strips

Directions:

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and spray with cooking spray.
2. Stir bread crumbs and Parmesan cheese together in a shallow bowl. Whisk eggs in a separate shallow bowl.
3. Working in batches, dip zucchini strips into egg mixture, shake to remove any excess, and roll stips in bread crumb mixture to coat. Transfer coated zucchini strips to the prepared baking sheet.
4. Bake zucchini fries in the preheated oven, turning once, until golden and crisp, 20 to 24 minutes.

Recipe from: https://www.superhealthykids.com/quick-and-easy-zucchini-fries-recipe/





Cheese Stuffed Peppers

Ingredients:

- 1 1/2 pounds mini bell peppers or full-size bell peppers
- 12 ounces mozzarella
- 1 tablespoon honey

Directions:

1. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper and set aside.
2. Cut all the peppers in half lengthwise and remove any seeds. If using regular sized, quarter them. Lay them cut-side-up on the baking sheet. Lay the mozzarella cheese in the center of each pepper half.
3. Lightly drizzle the peppers with honey, and sprinkle with salt if desired. You can also garnish them with fresh herbs if you like, but it's not necessary. Bake for 10 minutes, then serve warm.

Recipe adapted from: https://www.superhealthykids.com/10-delicious-snacks-with-bell-peppers/

Kale Chips

Ingredients:

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Directions

1. Preheat the oven to 300 degrees F (150 degrees C). Line a rimmed baking sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove kale leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.
3. Bake until the edges start to brown but are not burnt, 20 to 30 minutes.

Recipe from: https://www.allrecipes.com/recipe/176957/baked-kale-chips/

