An assortment of the tastiest, healthiest recipes submitted by employees and community members across the MaineHealth system
Hospitals across the MaineHealth system have made excellent progress toward helping patients, employees, and communities make healthier food choices. In recognition of these important efforts, MaineHealth launched the Food Fight – a friendly competition inviting all of our member hospitals and organizations to show off their best healthy recipes.

Hundreds of employees and community members from across the MaineHealth system submitted their healthiest, tastiest recipes featuring a variety of different local fruits and vegetables. From these submissions, a panel at each organization selected the top two recipes based on creativity, originality, and of course, nutrition.

To determine the winning recipe at each organization, food service teams at each hospital prepared the top two recipes and hosted taste tests in their cafeterias. Similar to the format of cooking competition television shows, employees and visitors stopped by to taste each dish and cast their vote. This recipe book features the top two recipe submissions from each MaineHealth organization, featuring a total of 14 different local fruits and vegetables!

At the final round held March 29, 2016, at 110 Free Street in Portland, participants tried samples of the top recipe from each organization and voted for their favorite alongside a panel of guest judges, including: Diane Atwood, author of the Catching Health blog and former Maine television health reporter; Matt Ginn, executive chef at Evo Kitchen + Bar; and Deborah Deatrick, senior vice president for community health at MaineHealth.

Based on votes from attendees and the guest judges, the English Pea Soup with Parsnips recipe submitted by Erin Dustin of Synernet was named the winner of the 2016 Food Fight! Turn to page 20 for the recipe.

We enjoyed engaging with our employees and community members throughout the 2016 Food Fight, and hope you enjoy making these healthy recipes at home!
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Appleton Curried Squash Soup
Submitted by Deb Schilder, Pen Bay Medical Center
Serves 8

INGREDIENTS
2 medium yellow onions, roughly chopped
4 cloves or more of garlic, finely chopped
1 Tbsp grated ginger root
2 Tbsp curry powder – use mild or hot to taste
2 medium butternut squash – peeled, seeded, cubed
2-3 medium apples – peeled, cored and chopped
5 cups vegetable or chicken stock, low salt/low fat
Optional: Apple cider or plain yogurt or one additional cup of stock
Optional: Handful of toasted nuts or seeds, any type (e.g., walnuts or pumpkin seeds).

DIRECTIONS
1. In a heavy bottomed soup pot, heat 1-2 Tbsp olive oil.
2. Add chopped onions and sauté until soft and just starting to turn golden.
3. Add finely chopped garlic, grated ginger root and curry powder and sauté for another minute.
4. Add chopped squash and apples and sauté for another minute.
5. Add 5 cups vegetable or chicken stock, and 1 tsp salt (to taste).
6. Bring to a boil and then reduce to simmer for about 30 minutes, until squash is soft.
7. Puree the squash-apple mixture.
8. If you prefer a thinner soup, add a little more stock or some apple cider.
9. If you prefer a creamier soup, blend in a little plain yogurt.
10. Adjust salt, pepper, and curry to taste and stir.

Makes enough for a family dinner with a couple of servings left over for work week lunches.

Food Fight Recipe Finalist
North Eastern Baked Apple
Submitted by Michael Pelillo, Pen Bay Medical Center
Serves 4

INGREDIENTS

- 4 apples from Maine orchards (Braeburn, Cortland)
- 2 cups cooked quinoa
- ½ cup fine chopped raisins
- ½ cup fine chopped walnuts
- ¾ tsp cinnamon
- ½ cup shredded sharp white cheddar (locally made)
- 2 cups apple cider (local)

DIRECTIONS

1. Finely chop raisins, then cook 1 ½ cups raw quinoa, raisins and cinnamon in 2 cups boiling water.
2. When cooked, chill mixture.
3. Finely chop walnuts and shred cheddar, add to chilled quinoa mixture.
4. Preheat oven to 350°F.
5. Prep apple: Peel 1” of skin off apple top, core apple, level top with a knife.
6. Stuff apple and cover top with quinoa mixture.
7. Place 2 cups apple cider in a baking pan with a lid.
8. Place apples in cider, place covered pan in oven and bake 30 minutes covered and 10 minutes uncovered.
9. Baste apples with cider after first 20 minutes and after cooked.

Enjoy!

At the final round of the Food Fight, participants sampled each of the top recipes and vote for their favorite healthy dish.
Beet Burgers
Submitted by Kristine Gile, Maine Behavioral Healthcare
Serves 3 to 4

INGREDIENTS

5-7 small beets (cooked) 2 Tbsp peanut butter
½ cup of chickpea (or you can use cooked ½ to 1 tsp soy salt
lentils or other beans of your choice) ¼ tsp of thyme
½ cup bread crumbs or old fashioned ¼ tsp of sage
oatmeal ¼ tsp of chili powder
½ cup - ¾ cup brown or white rice cooked ¼ tsp of mustard powder
¼ of a large onion or ½ a small ¼ tsp of pepper
1 clove of garlic

DIRECTIONS

1. Put beets in food processor and pulse a few times, just to grind 'em up a bit.
2. Then put remaining ingredients in food processor. Pulse several times continuing to scrape down the sides and careful to not pulse it until it is mushy.
3. If your burger dough is too wet, add more breadcrumbs. If it is too dry, add more lentils and beets.
4. If you are brave and can handle putting what looks like raw ground beef in your mouth, do a taste test. If you can’t, just trust the recipe and try later.
5. Chill the mixture for 10-20 minutes in refrigerator. It is better to let it chill a couple of hours, so they will be easier to form into patties.
6. Form into patties.
7. Spray a pan or use oil... heat to medium heat and cook patties on each side until each side is crispy.
8. Add lettuce, spinach, cheese, pickles and/or any condiments you would add to a burger.

Recipe inspired by ItDoesntTasteLikeChicken.com

Sauce recommendation:
Equal parts Dijon mustard, ketchup, light mayo or fat-free sour cream, and pickle relish. Mix all ingredients together.

Food Fight Recipe Finalist
Beet Pesto... Better than Basil
Submitted by Marcia MacCormack, Maine Behavioral Healthcare
Serves 6

INGREDIENTS

1 lb beets
¼ cup olive oil
½ cup of walnuts or pine nuts toasted
1 tsp minced garlic
⅓ cup parmesan cheese

DIRECTIONS

1. Roast 1 pound of beets wrapped in aluminum foil at 375°F for one hour.
2. Slip off skins and cut up in small pieces to fit in food processor.
3. Add olive oil, toasted walnuts or pine nuts, garlic, and parmesan cheese.
4. Pulse to desired consistency; salt and pepper to your taste.
5. Serve over fresh pasta or spoon on crackers.

Recipe inspired by Mombo Restaurant in Portsmouth, NH

If you are a beet lover, this recipe is for you!
Leanne’s Berry Topping / Pie Filling
Submitted by Leanne Temple, Waldo County General Hospital
Serves 4

INGREDIENTS

- 2 pints fresh Maine blueberries
- 1 pint raspberries
- 1 cup orange juice
- ½ cup honey
- 1 Tbsp corn starch
- ¼ cup of rolled oats

DIRECTIONS

1. In a large bowl, combine blueberries and raspberries.
2. Add honey and ½ cup of orange juice (reserve the other ½ cup for later use).
3. Stir gently; add rolled oats and 1 Tbsp of corn starch while stirring.
4. Mixture should be sticky and fairly thick but not so thick as to be forming a ball.
5. If the mixture is too thick, gradually add the remaining orange juice until the fruit mixes easily without being soupy or watery.

For Pie Filling:
1. Poor directly into your favorite uncooked pie crust and bake at 350°F until pie crust is fully cooked.

Best served warm with vanilla ice cream or whipped cream.

For Use as a Topping:
1. Combine ingredients as above then pour into a sauce pan and heat on low.
2. Stir constantly while heating. Heat for 5-10 minutes until the mixture reaches a slow bubble.
3. Remove from heat and allow to cool to slightly warmer than room temperature.

Pour over ice cream, add to your favorite frozen yogurt, or use as an alternative to syrup on pancakes, French toast or waffles.

Food Fight Recipe Finalist
Spinach, Quinoa Salad with Blueberry Lemon
Submitted by Melinda Hellum, Waldo County General Hospital
Serves 6

**INGREDIENTS**

- 5 oz chopped spinach
- 1 ½ cup cooked quinoa
- 1 cup fresh blueberries
- ½ cup chopped walnuts
- ¼ cup unsweetened toasted coconut

**Dressing:**
- 2 cups frozen blueberries
- ½ cup lemon juice
- ½ cup olive oil
- ½ cup cold water
- ¼ tsp ground ginger

**DIRECTIONS**

1. For dressing, combine all ingredients in blender and mix until smooth.
2. Rough chop spinach and put in large bowl. Add cooked quinoa, blueberries and walnuts.
3. Spray a small pan add coconut and cook on medium until light browned and fragrant. Once cooled add to spinach mixture.
4. Mix 1 ¼ cup of dressing in with spinach mix. Let chill 1 hour. Add more dressing if it seems dry.
Baked Broccoli Tots
Submitted by Sarah Ireland, Maine Medical Center
Serves 2

INGREDIENTS

2 cups broccoli  
2 Tbsp parsley  
¼ cup yellow onion  
1 large egg  
1 tsp salt

1 tsp pepper  
½ cup panko breadcrumbs  
½ cup Italian breadcrumbs  
½ cup low fat cheddar cheese

DIRECTIONS

1. Preheat the oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.

2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.

3. Chop broccoli finely and mix thoroughly with the egg, onions, cheddar, breadcrumbs, and seasoning.

4. Scoop about 1.5 Tbsp of mix using an ice cream scoop or your hands and gently press between your hands into a firm ball then shape into a tater-tot shape.

5. Place on your prepared baking sheet.

6. Bake until golden brown and crispy, 18-24 minutes, turning half way. Remove from the oven and serve hot.

Recipe inspired by GimmeDelicious.com

Enjoy hot with ketchup, sriracha, ranch dressing, or your favorite dipping sauce!

Food Fight Recipe Finalist
Honey Roasted Broccoli

Submitted by Crystal Wadleigh, Maine Medical Center
Serves 4

INGREDIENTS

| 4 cups broccoli, cut into medium size pieces | 1 tsp salt |
| 4 Tbsp honey | ½ teaspoon pepper |
| 4 Tbsp olive oil or melted coconut oil | ⅛ to ½ teaspoon crush red pepper (add amount depending on how hot you want it!) |
| 3 Tbsp red wine vinegar |

DIRECTIONS

1. Preheat oven to 425°F degrees.
2. Prepare broccoli by washing and cutting into medium size pieces. Set aside.
3. Mix all remaining ingredients in a bowl.
4. Mix broccoli into ingredients. If you have time, place in fridge for 15 or 20 minutes to let marinate.
5. Dump broccoli onto a sheet pan and place into oven.
6. Cook for 15-20 minutes making sure to rotate while cooking a couple times.

Enjoy hot with a meal or by itself as a snack!
Carrot, Apple, Ginger Soup with Crème Fraiche and Scallions

Submitted by Heatheranne Charlton, NorDx
Serves 10

INGREDIENTS

5 pounds carrots washed and sliced (you can leave the skin on if you prefer or peeled)
2 medium onions, sliced
1 knob of ginger (about 2 inches long) sliced thin, then diced
4-6 medium-sized Cortland apples
8 cups chicken stock
Salt and white pepper to taste
1 Tbsp olive oil
1 Tbsp butter
Garnish:
Crème fraiche or sour cream
1 bunch of scallions (green onions)

DIRECTIONS

1. Wash and slice carrots thin. Set aside in a large bowl.
2. Peel and slice onions, add to same bowl.
3. Peel/core/slice apples, add to bowl.
4. In a large soup/stock pot with a lid add:
   Butter and olive oil on a medium heat. When melted add: carrot, onion, apple and about 2 tsp salt
5. Let it sweat down for about 7 minutes.
6. Add ginger, stir mixture and cover. Reduce heat to medium/low. Let simmer until soft, about another 5 minutes.
7. Remove lid and add chicken broth and white pepper about, 3 tsp. Stir and reduce heat to a gentle simmer.
8. Check seasonings again.
9. When ingredients are soft enough to mash with the back of a spoon, it’s ready for step 2.
10. Remove about ¾ of solids to another large bowl and with a hand blender puree solids until smooth (or if you have a Cuisinart you can use that instead).
11. Add back to liquid and bring to a gentle simmer for about 5 minutes. Remove from heat and let sit for 10 minutes.
12. Taste for seasoning adjustment
13. Ladle soup into bowls.
14. Serve with a dollop of Crème Frache and sprinkle with sliced scallions.

Wonderful served with crusty bread and green salad.
Reheat leftovers with a splash of cream for a richer, hearty soup.

Food Fight Recipe Finalist
Carrot Cake with Cream Cheese Frosting

Submitted by Marybeth Viscader, NorDx
Serves 12

INGREDIENTS

- 2 cups all-purpose or whole wheat flour
- 2 tsp baking soda
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 2 cups grated carrots
- 1 cup milk
- 1 ½ cups applesauce
- 1 cup maple syrup
- ½ cup crushed walnuts (optional)
- Cinnamon sugar or walnuts for decoration (optional)

Frosting:
- 8 oz reduced fat cream cheese
- 1 cup powdered sugar
- 1 tsp vanilla

DIRECTIONS

1. Preheat oven to 350°F. Lightly grease a 9x13 inch baking pan.
2. Mix dry ingredients together in a large mixing bowl.
3. Add carrots, milk, applesauce and maple syrup slowly until combined. Be careful not to overmix.
4. Add walnuts last (if using).
5. Pour cake batter into pan.
6. Bake for 40-50 minutes, cake is done when a toothpick inserted into the middle comes out clean.
7. While cake is cooking, beat together frosting ingredients until smooth.
8. Allow cake to cool 30 minutes before frosting.

Recipe inspired by Healthy-Moms.com and SkinnyTaste.com

Top with walnuts or a sprinkle of cinnamon sugar for decoration if desired.
Oriental Salad
Submitted by Lori Ireland, Franklin Community Health Network
Serves 3

INGREDIENTS

3 cups chopped romaine lettuce
1 cup thin sliced red cabbage
1 cup chopped Napa cabbage
½ cup shredded carrot
1 Tbsp slivered almonds
½ cup crispy chow mein noodles

Dressing:
3 Tbsp honey
1 ½ Tbsp rice wine vinegar
¼ cup Vegenaise
1 tsp Grey Poupon Dijon mustard
¼ tsp sesame oil

DIRECTIONS

1. Blend all the ingredients for the dressing in a small bowl with an electric mixer or Vitamix and chill.
2. Add all the lettuce, cabbage and carrots to a bowl. Pour chilled dressing over the top and mix well.
3. Toast the almonds in a small skillet over medium heat for 3-4 minutes or until light brown.
4. Sprinkle the almonds on top of the salad.
5. Sprinkle with chow mein noodles.

Recipe inspired by Applebee’s Oriental Chicken Salad

Food Fight Recipe Finalist

Oriental Salad as prepared at the final round of the Food Fight.
Red Cabbage Slaw
Submitted by Tania Dawson, Franklin Community Health Network
Makes 12 cups

INGREDIENTS

1 small head of red cabbage, shredded  1 cup plain greek yogurt
2 bulbs of fennel, julienned (optional)  2-3 Tbsp horseradish
3 carrots, grated
2 Granny Smith apples, julienned
1 cup apple cider vinegar
Kosher salt to taste

DIRECTIONS

1. Combine cabbage, fennel, carrots, and apples in large bowl.
2. Douse with vinegar, season with salt and let sit for at least 1 hour. This softens the cabbage and makes it seem almost cooked, but it still has great crunchy texture.
3. Drain cabbage of excess liquid, but still keep it fairly juicy.
4. Stir yogurt and horseradish in.
5. Taste for seasoning and add salt or more horseradish as needed.

Recipe inspired by the Food Network
Kale Quinoa Salad
Submitted by Sue Ruka, Memorial Hospital
Serves 3 to 4

INGREDIENTS

- ¾ cup quinoa
- 1 ¼ cups vegetable or chicken broth (may use water)
- 2 Tbsp feta cheese
- 1 bunch kale torn into bite size pieces (may also use baby kale)
- ½ avocado
- ½ cup chopped red bell pepper (or any colored pepper)

- 2 Tbsp chopped red onion
- ½ cup chopped cucumber
- ¼ cup olive oil
- 2 Tbsp freshly squeezed lemon juice
- ¾ tsp sea salt
- ¼ tsp black pepper
- 1 ½ Tbsp Dijon mustard

DIRECTIONS

1. Cook quinoa in broth as directed on package. Set aside to cool.
2. Cut ribs (stems) from kale (if using bunches) and tear leaves into bite size pieces or just use baby kale package as is.
3. Place kale in vegetable strainer over pan of boiling water. Cover with sauce pan lid for 45 seconds (this helps remove any bitterness in kale). You don’t want the kale in the water, just want the steam.
4. Dressing: Mix olive oil, lemon juice, mustard, salt and pepper in small bowl and stir with fork until well blended.
5. Place kale on plate, top with quinoa, then avocado, onion, cucumbers, pepper, feta cheese.
6. Drizzle with dressing and serve.

Food Fight Recipe Finalist

Kale Quinoa Salad as prepared at the final round of the Food Fight.
Garlicky Kale
Submitted by Valerie Smith, Memorial Hospital
Serves 4 to 6

INGREDIENTS

1 bag of organic kale
4 cloves of garlic
2 tsp extra virgin olive oil
Sea salt and coarse ground pepper to taste

DIRECTIONS

1. Wash and drain kale in colandar.
2. Squeeze kale and rub by hand working the kale to soften.
3. Heat extra virgin olive oil in skillet; as kale cooks down add garlic towards end to sauté and toss. Do not burn the garlic or it will become bitter.
4. Salt and pepper to your tasting.
Stuffed Portobello Mushroom
Submitted by SueEllen Chamberlain, HomeHealth Visiting Nurses
Serves 4

INGREDIENTS

| 4 portobello mushroom caps | 1 tiny yellow & orange pepper |
| ½ cup shitake or portobello mushrooms | 3 green onions |
| Balsamic vinegar | 2 plum tomato |
| ½ cup quinoa | ½ cup feta cheese |
| 1 cup water | 1 clove of garlic |
| 1 small zucchini | Salt & pepper to taste |
| 1 small summer squash | |

DIRECTIONS

1. Heat water and add chopped shitake mushrooms and quinoa. Simmer about 15 minutes until liquid is absorbed; empty into a bowl.

2. Clean out the portobello mushroom if it has not already been done. Baste inside and out with balsamic vinegar. Place round side down in a pan.

3. Cut remaining ingredients:
   - Small zucchini and small summer squash chopped
   - Tiny yellow and orange pepper diced
   - Bunch of green onions diced
   - 2 plum tomatoes chopped
   - ½ cup feta cheese crumbled
   - Clove of garlic minced

4. Place ingredients into the bowl with the quinoa along with 1 or 2 teaspoons of the balsamic vinegar and mix thoroughly.

5. Pepper or salt to taste. Fill & round each mushroom cap with the mixture.

6. Bake at 375°F for approximately 20 minutes.

Recipe inspired by Pampered Chef Cookbook and MyRecipes.com

Food Fight Recipe Finalist
Farro with Mushrooms
Submitted by Mia Millegloie, HomeHealth Visiting Nurses
Serves 6

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>4 Tbsp olive oil</td>
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<tr>
<td>2 lbs mix of mushrooms: shitake, portobello, white mushrooms</td>
<td>sliced thin</td>
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<tr>
<td>2 cups of arugula</td>
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<tr>
<td>4 shallots - sliced thin</td>
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<tr>
<td>2 cloves of garlic - chopped</td>
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<tr>
<td>½ cup white wine</td>
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<tr>
<td>3 Tbsp fresh chopped parsley</td>
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<tr>
<td>½ cup freshly grated parmesan cheese</td>
<td></td>
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<tr>
<td>1 ½ cups farro</td>
<td></td>
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<tr>
<td>3 ½ cups organic vegetable broth</td>
<td></td>
</tr>
<tr>
<td>4-5 sun-dried tomatoes - thinly sliced</td>
<td>(if salted, rinse first please)</td>
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<tr>
<td>Sea salt and fresh pepper to taste</td>
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Directions

1. In large sauté pan with 3 Tbsp olive oil at low heat, slowly sauté 4 shallots until translucent
2. Add garlic and stir-fry for about 2 minutes. Add mushrooms and stir fry for about 4-6 minutes. Let cool.
3. In separate heavy bottom pan, sauté farro in 1 Tbsp of olive oil for about 1 minute at low temperature.
4. Add wine, raise temperature and reduce.
5. Add vegetable broth, cover and reduce to low simmer for about 45 minutes till all liquid is absorbed. Keep a watch on your liquids!
6. Pour farro into large bowl, add mushroom, arugula, & sun-dried tomatoes.
7. Add sea salt and pepper to taste.
8. Top with grated parmesan & parsley. Serve warm.
Buon Appetito!

Mia’s recipe is inspired by traditional risotto recipes and eating farro on her trip to Umbria, Italy.
English Pea Soup with Parsnips
Submitted by Erin Dustin, Synerne
Serves 10

INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>Broth:</th>
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<tbody>
<tr>
<td>6 Tbsp unsalted butter</td>
<td>2 Tbsp extra virgin olive oil</td>
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<tr>
<td>2 fennel stalks, thinly sliced</td>
<td>2 spring Vidalia onions or 1 leek sliced</td>
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<tr>
<td>1 carrot thinly sliced</td>
<td>1 fennel bulb, diced</td>
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<tr>
<td>2 parsnips thinly sliced and then quartered</td>
<td>2 celery ribs, diced</td>
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<tr>
<td>1 pound of fresh or frozen English peas</td>
<td>1 parsnip, diced</td>
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<tr>
<td>2 scallions thinly sliced</td>
<td>1 shallot, diced</td>
</tr>
<tr>
<td>8 radishes, thinly sliced then quartered</td>
<td>2 Tbsp of kosher salt</td>
</tr>
<tr>
<td>1 tsp each minced fresh tarragon leaves, parsley leaves and chives</td>
<td>½ tsp freshly ground pepper</td>
</tr>
</tbody>
</table>

DIRECTIONS

**Vegetable Broth:**

1. In a large stockpot over medium-high heat, heat oil. Add next six ingredients and sauté until soft, about 10 minutes. Add salt, pepper and garlic.
2. Add one gallon of water and simmer until flavor develops, 45 minutes to 1 hour.
3. With a fine mesh strainer, separate solids from broth and discard.

**Soup:**

1. In a large stockpot over medium-high heat, melt butter. Add fennel, carrot, and parsnip and sauté until crisp-tender, about 5 minutes.
2. Add vegetable broth, increase heat to high, and bring to a simmer. Add peas and cook until tender and bright green, about 2 minutes.
3. Garnish soup with scallions, radishes, and herbs and serve.

Recipe inspired by Epicurious.com

Food Fight Winner!

Erin Dustin serves her winning parsnip recipe at the final round of the Food Fight.
Baked Parsnip Fries with Rosemary

Submitted by Nicole Lane, Synernet
Serves 4

INGREDIENTS

- 2 ½ pounds parsnips or carrots, peeled, cut into about 3 x ½” strips
- 1 Tbsp finely chopped fresh rosemary, plus 5 sprigs rosemary
- 1 large garlic clove, minced
- 3 Tbsp olive oil
- Kosher salt, freshly ground pepper
- ½ tsp (or more) ground cumin

DIRECTIONS

1. Preheat oven to 450°F. Mix parsnips, chopped rosemary, garlic, and oil on a large rimmed baking sheet.
2. Season with salt and pepper and toss to coat. Spread out in a single layer. Scatter rosemary sprigs over.
3. Roast for 10 minutes; turn parsnips and roast until parsnips are tender and browned in spots, 10-15 minutes longer.
4. Crumble leaves from rosemary sprigs over; discard stems and toss to coat. Sprinkle ½ tsp cumin over. Season to taste with salt, pepper, and more cumin, if desired.

Recipe inspired by Epicurious.com
**Pear Crostini**

*Submitted by Karen Kleinkopf, LincolnHealth*

Serves 4

**INGREDIENTS**

- ¼ cup pine nuts
- 5 Tbsp olive oil, plus extra to finish
- 1 garlic clove, peeled
- Salt and black pepper
- 4 large slices sourdough bread, cut ¾ inches thick, Borealis Bread
- 3 semi-ripe pears
- 2 tsp lemon juice
- 4 to 5 oz good-quality goat cheese
- Fresh chervil leaves to garnish (or Italian flat parsley)

**DIRECTIONS**

1. Preheat oven to 400° F.
2. Place the pine nuts, 4 tablespoons of the olive oil, the garlic, a pinch of salt and some black pepper in food processor and work to a coarse and wet paste.
3. Use a brush to apply to one side of every sourdough slice.
4. Lay the bread slices on a baking sheet and bake for 7 minutes or until lightly colored. Allow to cool.
5. Prepare the pears. Stand each pear on a chopping board and use a sharp knife to trim off a very thin layer of the skin from each side. Then cut each pear lengthwise into four thick slices. Remove the core with the tip of a knife.
6. Place the slices in a bowl with the remaining 1 tablespoon of oil, lemon juice and a pinch of salt. Toss gently.
7. Take a griddle pan and place on a high heat until piping hot. Lay the pear slices gently on the pan and leave for about a minute on each side just to make char marks. Turn carefully and then remove with tongs, trying not to break the pears.
8. Thinly slice the goat cheese.
9. To assemble the crostini, lay a slice of cheese on each toast starting at one edge. Then a slice of pear, slightly offset.
10. Repeat with cheese, and pear. End with cheese. You want to be able to see every slice clearly, so allow them to overlap and rest on each other to create height.
11. Place the crostini in the oven for 3 to 4 minutes, just to warm up and for the cheese to partly melt. Remove from the oven.
12. Garnish the crostini with the chervil leaves, drizzle with oil and sprinkle with freshly ground black pepper. Serve hot or warm.

*Food Fight Recipe Finalist*
Butternut Squash and Pear Sauté

Submitted by Helen Bates, LincolnHealth
Serves 6

INGREDIENTS

3 Tbsp olive oil
1 large yellow onion, diced
1 Tbsp garlic, minced
1 ½ pounds butternut squash, peeled, seeded and cut into 1” cubes
½ cup chicken stock
3 pears, peeled, cored, and cut into 1” cubes

1 ½ Tbsp fresh sage, minced
¼ tsp ground nutmeg
¼ cup chopped pecans
5 ounces fresh goat cheese, crumbled
¼ cup white wine

DIRECTIONS

1. In a large skillet, heat the olive oil over medium high heat.
2. Sauté the onions and garlic for a few minutes until soft.
3. Add the squash and chicken stock and simmer, stirring occasionally for 10-12 minutes until the squash is tender.
4. Add the pears, white wine, nutmeg and sage and cook for another 4-5 minutes until the pears are just tender and most of the liquid has been absorbed.
5. Season with salt and pepper.
6. Garnish with pecans and goat cheese.

Inspired by Rising Tide, Damariscotta
Warm Curried Potato Salad
Submitted by Kate Colby, MaineHealth
Serves 6 to 8

**INGREDIENTS**

4 medium/large yellow potatoes and 1 medium sweet potato, peeled and cut into cubes
2 cups finely chopped kale
¼ cup finely chopped sweet Vidalia onion
¼ cup chopped celery
½ cup raisins or dried cherries (plumped in orange juice or water)
2 Tbsp coarsely chopped cashews

Dressing:
½ cup cashews (unsalted)
½ cup canned light coconut milk
1 tsp yellow curry powder
1 clove garlic, minced
Pinch brown sugar

**DIRECTIONS**

1. Add all dressing ingredients to blender or food processor - let sit for 10-15 minutes.
2. Boil cubed yellow and sweet potatoes until a fork can easily pass through them (about 15 minutes).
3. Blanch kale in same pot with potatoes during the last 2 minutes.
4. Drain and quickly rinse cooked potatoes and kale and transfer to a large bowl.
5. Add onion, celery, raisins or cherries, and nuts to bowl with potatoes and kale
7. Pour dressing over warm potato salad and gently mix.
8. Transfer to serving dish and serve while still warm. Potatoes will continue to soak up dressing after resting.

Recipe inspired by StraightUpFood.com

May also be made ahead of time, refrigerated, and served cold.

Food Fight Recipe Finalist
# Honey-Lime Sweet Potato Fiesta Roll-Up

*Submitted by Stephanie Daggett, MaineHealth*

**Serves 8 to 10**

## INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ lbs sweet potatoes, peeled if desired and diced into ½-inch cubes</td>
<td>1 small yellow onion, diced (1 cup)</td>
</tr>
<tr>
<td>4 Tbsp olive oil, divided</td>
<td>1 clove garlic, minced</td>
</tr>
<tr>
<td>1 tsp cumin</td>
<td>1 (14.5) oz can black beans, rinsed and drained</td>
</tr>
<tr>
<td>1 tsp paprika</td>
<td>1 cup frozen yellow corn, thawed and drained</td>
</tr>
<tr>
<td>¼ tsp ground coriander</td>
<td>3 Tbsp honey</td>
</tr>
<tr>
<td>¼ – ½ tsp cayenne pepper</td>
<td>3 Tbsp fresh lime juice</td>
</tr>
<tr>
<td>Salt and freshly ground black pepper</td>
<td>2 Tbsp chopped fresh cilantro</td>
</tr>
</tbody>
</table>

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with foil then place sweet potatoes on foil.
2. Drizzle with 3 Tbsp olive oil and toss to evenly coat. Sprinkle evenly with cumin, paprika, coriander, cayenne pepper and season lightly with salt and pepper to taste then toss to evenly coat.
3. Bake in preheated oven 15-20 minutes until tender, removing from oven and tossing once halfway through baking.
4. Meanwhile, in a large skillet, heat remaining 1 Tbsp olive oil over medium-high heat.
5. Once hot, add onion and sauté until caramelized (golden brown on edges and tender), about 5-6 minutes, adding in garlic during last 30 seconds of sautéing.
6. Reduce heat to medium-low, add in drained black beans, corn, honey and lime juice. Heat until warmed through. Toss in roasted sweet potatoes and cilantro.
7. Serve hot or cold in a rolled up in a leaf of romaine lettuce.

Recipe inspired by CookingClassy.com

Can also be served on top of your favorite salad!
Italian Spinach and White Bean Ragout
Submitted by Heather Deschene, Western Maine Health
Serves 4

**INGREDIENTS**

- 1 tsp extra-virgin olive oil, divided
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ cup water
- 6 cups chopped spinach
- 1 15-ounce can diced tomatoes
- 1 15-ounce can white beans, rinsed
- ¼ tsp freshly ground pepper
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp garlic powder

**DIRECTIONS**

1. Add 1 teaspoon oil and onion to the pan and cook about 2 minutes over medium-high heat.
2. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes.
3. Add spinach and cook, stirring frequently until starting to wilt, 1 to 2 minutes.
4. Stir in tomatoes, beans and pepper and bring to a simmer.
5. Sprinkle with mozzarella and Parmesan.
6. Cover and cook until the cheese is melted and the sauce is bubbling.

This is great by itself or served alongside a fresh salad, gnocchi, or a side of brown rice!

*Food Fight Recipe Finalist*
Summer Spinach Salad
Submitted by Jessica Britton, Western Maine Health
Serves 6

INGREDIENTS

1 cup raspberries
7 cups fresh baby spinach leaves
2 firm, ripe medium nectarines or peaches, sliced into thin wedges

½ cup toasted sliced almonds
¾ cup raspberry vinaigrette

DIRECTIONS

1. Rinse raspberries. Place in small colander or spinner; spin until dry and remove.
2. Rinse spinach; spin until dry in large colander or spinner.
3. Place spinach into serving bowl.
4. Add nectarine slices, raspberries and almonds; toss gently.
5. Drizzle with vinaigrette.

Recipe inspired by Pampered Chef
Pappa Al Pomodoro
Submitted by Michele Gilliam, MaineHealth Accountable Care Organization
Serves 6

INGREDIENTS

2 big red onions
1 kg cherry tomatoes (or other red varieties)
Vegetable broth (1 ½ - 2 quarts approx.)
300 g day old bread
Basil, olive oil, salt and crushed red pepper

DIRECTIONS

1. Chop the onions roughly and sauté in 3 Tbsp of olive oil in a saucepan.
2. Add some chopped basil and about 1 tsp crushed red pepper. Cook gently for about 10 minutes, stirring with a wooden spoon.
3. Then add the cherry tomatoes. Continue cooking over medium heat, stirring frequently, and season with salt and pepper.
4. Add the broth made with vegetables and the chopped bread and cook for 5 minutes-constantly stirring to assure the bread is dissolved and absorbed and is able to thicken the soup without any lumps.
5. Stir it, switch off and cover and leave like this for at least 1 hour, then switch on again for 10 minutes and add more basil and 3 spoons of fresh olive oil.

Recipe from Elena Gallo at Fattoria Di Corsignano Cooking School, Corsignano, Italy.
Caprese Stacks
Submitted by Mallory Pitt, MaineHealth Accountable Care Organization
Serves 4

**INGREDIENTS**

- 2 Tbsp pitted kalamata olives, finely chopped
- 2 Tbsp extra-virgin olive oil
- 3 medium tomatoes, each cut into 4 1/4-inch-thick slices
- ½ tsp kosher salt
- ½ tsp ground black pepper
- 1 8-oz. ball fresh mozzarella, cut into 8 1/4-inch-thick slices
- fresh basil leaves

**DIRECTIONS**

1. In a small bowl, stir together olives and oil.
2. Place a slice of tomato on each of 4 small plates; sprinkle lightly with salt and pepper. Top each with a slice of mozzarella, then a basil leaf. Repeat layering one more time. Top each stack with a slice of tomato and garnish with basil leaves.
3. Drizzle olive dressing over each stack. Serve immediately.

Recipe inspired by Health.com
Butternut Chickpea Curried Soup

Submitted by Karen Unglaub, Southern Maine Health Care

Serves 10

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 large butternut squash, baked, peeled</td>
<td></td>
</tr>
<tr>
<td>2 cans organic chickpeas</td>
<td></td>
</tr>
<tr>
<td>2 white onions, chopped</td>
<td></td>
</tr>
<tr>
<td>4 cloves of garlic, chopped</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp coconut oil</td>
<td></td>
</tr>
<tr>
<td>2 cans coconut milk</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp curry seasoning</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp curry paste, not sauce, red or yellow</td>
<td></td>
</tr>
<tr>
<td>A few stalks celery (optional), chopped</td>
<td></td>
</tr>
<tr>
<td>A cup or so of kale or spinach (optional)</td>
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</tr>
<tr>
<td>1 cup water</td>
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DIRECTIONS

1. Bake whole butternut squash until done, about 90 minutes at 400°F. Place water in pan. Poke a few holes in it. Scoop out seeds and peel off skin after it is soft and done baking.

2. Add coconut oil to fry pan and sauté onion, garlic and celery until tender on medium heat. Add curry seasonings to the mix and cook until fragrant, a few more minutes.

3. Place cooked squash in crockpot or pan with water and mash to a soft consistency.

4. Add sautéed onions, garlic and celery to crockpot of squash. Mix.


6. Stir in coconut milk. Add in chickpeas. Softly stir. Close cover and cook on low for 2-3 hours until warmed through and chickpeas are tender.

Food Fight Recipe Finalist
Roasted Butternut Squash and Brussels Sprouts
Submitted by Patricia Shairs, Southern Maine Health Care
Serves 6

INGREDIENTS

- 3 cups Brussels sprouts, cut in half lengthwise
- 1 ½ lb butternut squash, peeled and cut into cubes
- 1 cup dried cranberries
- ½ tsp cinnamon
- ½ tsp sea salt
- 5 Tbsp olive oil
- 2 cups pecans
- 5 Tbsp maple syrup

DIRECTIONS

1. Mix all ingredients into a large bowl.
2. Spread in a shallow baking pan and roast for 40 minutes at 375°F.

Recipe inspired by Pinterest

Guest judges Deborah Deatrick, Diane Atwood and Matt Ginn discuss their favorite recipes at the final round of the Food Fight.
Acknowledgments

The Food Fight was made possible through the support of many partners across the MaineHealth system, including:

- Hospital food service teams;
- Let’s Go! coordinators;
- MaineHealth Works on Wellness (WOW!) Councils;
- Dietitians;
- Community members;
- Marketing & Communications; and
- Leadership

Over 80 diverse stakeholders served on Food Fight Panels at each organization, coming together to review all of the recipe submissions and coordinate local tasting events. Thank you all for being part of the Food Fight!

Food Fight Panelists

Franklin Community Health Network
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Susan Carlton
Molly Clark
Katie Drouin
Scott Foster
Jill Gray
Jolene Libby

LincolnHealth
Ann Boe
Lara Cogar
Mike Glennon
Christine Henson
Elisabeth Mills
Tom Schwartz
Cindy Wade

HomeHealth Visiting Nurses
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Mary Beth Gagne
Bernadette Hill
Dianne Lemoine
Carol Rivest
Jackie Pearl
Sherry Pinard

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Lindsey Goudreau
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Andrea Korda-Willerson
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Margaret Burns
Carl Costanzi
Abbie Graiver
Pat Watson

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Photography: Jeff Scher
Let food be thy medicine and medicine be thy food.

Hippocrates