



# Wild Salmon with Pumpkin & Mushroom Purée, Crispy Rice, & Sweet Ferns



Joe Robbins



4 servings



Northeastern U.S.

Boldfaced items are available through the FDFPR Foods Available List or through the USDA DoD Fresh Program.

## INGREDIENTS

- **½ cup Cereal, Rice Crisp**
- 1 cup Sweet Fern Leaves, *fresh, foraged*, rinsed/dried
- **1 lb Salmon, Wild, Fillet, Frozen**, thawed
- **1 15.5 oz can Pumpkin, No Salt Added**
- **1 10.5 oz can Cream of Mushroom Soup, Condensed, Reduced Sodium**
- **3 Tbsp Oil, Vegetable**
- **4 Tbsp Butter, Salted**, cold, divided
- Salt, to taste
- Pepper, to taste
- 3 oz Soy Sauce, *optional*, divided
- 2 ¼ tsp Ginger Powder, *optional*, divided
- 2 oz Hot Sauce, *optional*

## DIRECTIONS

### Crispy Topping

1. Preheat oven to 375°F.
2. Rough chop sweet ferns.
3. Spread rice crispy cereal, followed by the chopped sweet ferns, on an oiled sheet tray. Shake the tray until the cereal and ferns are evenly coated in oil.
4. Roast in the oven until golden brown, about 10 minutes. Set aside.

### Salmon

1. While the topping bakes, cut the salmon fillet into 4 equal portions.
2. Heat an ovenproof frying pan (stainless steel, or cast iron) on high with 2 tablespoons of vegetable oil.
3. Season salmon fillets with a pinch of salt and pepper.
4. When oil is hot, sear salmon skin side down for 2-3 minutes (depending on thickness of the cut), being careful to reduce heat or remove pan from heat if the oil starts to smoke.
5. When the salmon fillets have cooked halfway, drop heat to medium.
6. Sprinkle ginger on the fillets and add the soy sauce to the pan. Swirl the soy sauce and oil around the pan to infuse the salmon pieces evenly.
7. Add 1 Tbsp of butter to the pan, and remove the pan from heat.
8. Baste the salmon by carefully tilting the pan and spooning the flavorful juices over the pieces until the top of the salmon fillets begins to look golden.
9. Place salmon fillets on a wire rack positioned on a baking sheet. Reserve and set aside the cooking liquid in the frying pan.
10. Place baking sheet in preheated oven until salmon is cooked through (approximately 5 to 10 minutes).
11. Remove the salmon from the oven and allow it to rest for 5 minutes at room temperature right before serving.



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## INGREDIENTS

- **½ cup Cereal, Rice Crisp**
- 1 cup Sweet Fern Leaves, *fresh, foraged*, rinsed/dried
- **1 lb Salmon, Wild, Fillet, Frozen**, thawed
- **1 15.5 oz can Pumpkin, No Salt Added**
- **1 10.5 oz can Cream of Mushroom Soup, Condensed, Reduced Sodium**
- **3 Tbsp Oil, Vegetable**
- **4 Tbsp Butter, Salted**, cold, divided
- Salt, to taste
- Pepper, to taste
- 3 oz Soy Sauce, *optional*, divided
- 2¼ tsp Ginger Powder, *optional*, divided
- 2 oz Hot Sauce, *optional*

## DIRECTIONS, continued

### Purée

1. While the salmon bakes, heat a small amount of water in a medium saucepan over medium heat. Add mushroom soup and pumpkin. Stir until well combined and cook until simmering. Add water as needed to achieve the desired consistency.
2. If some spiciness is desired, stir in hot sauce to taste.
3. Stir in 3 Tbsp of butter to finish.
4. Set aside to cool until the salmon and topping finish baking.

### Plating

To serve, spread a layer of puree on a plate or bowl. Place cooked salmon in the center of the puree. Drizzle a spoonful of the reserved liquid from cooking over the salmon. Sprinkle the sweet fern and rice crispy topping over the salmon.



# Salmon & Beach Pea Pesto Pasta



Lexi Mitchell



4 servings



Northeastern U.S.

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## INGREDIENTS

- **1 15.5 oz can Peas, Green, Low-Sodium\***
- 2 ½ cups beach pea shoots and leaves, *fresh, foraged*
- ¼ tsp granulated garlic or garlic powder\*\*
- 1 Tbsp lemon juice, or to taste
- Salt and pepper to taste
- ½ cup shredded or grated parmesan cheese, optional
- **Up to ½ cup Oil, Vegetable**, as needed\*\*\*
- **1 lb Salmon, Wild, Fillet, Frozen**, thawed, cut into 4 equal pieces,
- ¼ cup **cherry tomatoes or grape tomatoes**, *fresh*, cut in halves
- 3 ½ cups **Pasta, Rotini, Whole Grain**, uncooked
- Beach pea flowers, *foraged*

## NOTES

\*Use 2 cups **Peas, Green, Frozen**, or fresh in place of canned peas as desired

\*\*Use 3 cloves fresh garlic, finely chopped in place of garlic powder or granules as desired

\*\*\*Substitute any oil of choice that is liquid at room temperature

## DIRECTIONS

### Pesto (with food processor)

1. Combine peas and beach pea shoots and leaves in the food processor.
2. Add lemon juice, garlic, salt, pepper, and (if using) parmesan cheese to the food processor.
3. Pulse the food processor several times to roughly chop the ingredients.
4. While the food processor is running continuously, drizzle in oil until the pesto is smooth and all ingredients are incorporated.
5. Process until the pesto is smooth.
6. Transfer pesto to a medium-sized mixing bowl and set aside.

### Pesto (without food processor)

1. Without Food Processor
2. Combine peas and beach pea leaves shoots and leaves in a medium bowl.
3. Add parmesan cheese (if using) to the pea mixture and chop the peas, beach peas shoots and leaves, and cheese as finely as possible using a sharp knife. If using fresh garlic instead of granules or powder, add this to the mixture to be finely chopped as well.
4. Transfer finely chopped mixture to a bowl. Add garlic granules or powder, lemon juice, and oil. Stir to combine and add salt and pepper to taste.
5. If you desire a finer texture, transfer pesto to a ziplock bag, press all the air out, and seal shut. Continue to work the ingredients by rolling a mug or mason jar over the pesto to further crush the ingredients



Lexi Mitchell



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## INGREDIENTS

- **1 15.5 oz can Peas, Green, Low-Sodium\***
- **2 ½ cups beach pea shoots and leaves, *fresh, foraged***
- **¼ tsp granulated garlic or garlic powder\*\***
- **1 Tbsp lemon juice, or to taste**
- **Salt and pepper to taste**
- **½ cup shredded or grated parmesan cheese, optional**
- **Up to ½ cup Oil, Vegetable, as needed\*\*\***
- **1 lb Salmon, Wild, Fillet, Frozen, thawed, cut into 4 equal pieces,**
- **¼ cup cherry tomatoes or grape tomatoes, *fresh*, cut in halves**
- **3 ½ cups Pasta, Rotini, Whole Grain, uncooked**
- **Beach pea flowers, *foraged***

## NOTES

\*Use 2 cups **Peas, Green, Frozen**, or fresh in place of canned peas as desired

\*\*Use 3 cloves fresh garlic, finely chopped in place of garlic powder or granules as desired

\*\*\*Substitute any oil of choice that is liquid at room temperature

## DIRECTIONS, continued

### Salmon

1. Lightly coat salmon pieces with a thin layer of pesto on all sides.
2. Place the salmon in the fridge to marinate for at least 10 minutes (and up to overnight).
3. Preheat oven to 375°F.
4. Cover a baking sheet with parchment paper.
5. Place marinated salmon on the parchment-covered pan and bake for 10–12 minutes, until flaky and cooked through. Set aside and keep warm.

### Rotini

1. While salmon is baking, bring a medium pot of heavily salted water to a boil.
2. Cook rotini until al dente for the amount of time indicated on the pasta packaging. Stir only as necessary to prevent the pasta from sticking to the pan.
3. Strain pasta.
4. In a sauté pan, heat half of the pesto mixture over medium heat. Add cherry tomatoes to the pan. Sauté until the tomatoes begin to blister, about 3–4 minutes.
5. Lower heat to medium-low. Add the cooked rotini to the pan, and as much of the remaining pesto as desired. Toss ingredients together and allow to cook for an additional 2–4 minutes.

### Plating

Divide pasta mixture between 4 plates, and top with salmon. Serve warm and garnish with beach pea flowers.



# Savory Crepes with Foraged Filling



Lexi Mitchell



4 servings



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## INGREDIENTS

### Crêpes

- **½ cup Milk, 1% Shelf-Stable UHT\***
- **¾ cup water**
- **¼ cup Butter, Salted or Oil, Vegetable,**  
plus more for pan
- **1 cup Flour, All Purpose, Enriched, Bleached**
- **¼ tsp salt**
- **¼ tsp garlic powder**
- **Pinch of black pepper**

### Filling and Topping

- **1 cup Blanched Fiddleheads, *fresh, foraged***
- **½ cup Sunchokes/Jerusalem artichokes, *foraged***
- **½ cup Cranberries**
- **1 ½ cups Mushroom medley, *foraged,* optional**
- **½ lb (1 cup) Moose, ground\*\***
- **1 can Soup, Cream of Mushroom, Condensed, Reduced Sodium**
- **½ tsp Granulated Garlic**
- **Salt, to taste**
- **Pepper, to taste**
- **Chives, for garnish, optional**

## NOTES

\*Any type of milk or milk alternative may be substituted. If using instant, nonfat dry milk, use 2 Tbsp mixed with ½ cup water

\*\*Use **Beef, Ground,** or **Bison.**

**Ground** if moose meat is unavailable

## DIRECTIONS

### Crêpes

1. Prep the crêpe batter by combining the water, vegetable oil, milk, flour, ¼ tsp garlic powder, ¼ tsp salt, and ¼ tsp pepper in a bowl and whisk vigorously until mixture is smooth and bubbles begin to form on the surface of the batter. (You can also use a blender or electric hand mixer, for this step, blending for about 30 seconds.)
2. Allow batter to rest at room temperature for 30 minutes to 1 hour (or store refrigerated in an airtight container overnight, allowing time to bring to room temperature and whisk before using.)
3. After the crêpe batter has rested, heat a large non-stick frying pan over medium heat. Lightly oil or butter pan before adding ¼ cup of batter at the center of the pan. Immediately tilt/twirl the pan in a circular motion so the batter covers the entire bottom of the pan.
4. Cook crêpe until the underside is golden brown, about 1-2 minutes, then flip. Cook until the other side is golden brown, about 1 minute.
5. Set aside cooked crêpe. Repeat the process until all the crêpe batter has been cooked. Keep crêpes warm until serving.



Lexi Mitchell



4 servings



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## INGREDIENTS

### Crêpes

- $\frac{1}{2}$  cup Milk, 1% Shelf-Stable UHT\*
- $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup Butter, Salted or Oil, Vegetable, plus more for pan
- 1 cup Flour, All Purpose, Enriched, Bleached
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp garlic powder
- Pinch of black pepper

### Filling and Topping

- 1 cup Blanched Fiddleheads, *fresh, foraged*
- $\frac{1}{2}$  cup Sunchoke/Jerusalem artichokes, *foraged*
- $\frac{1}{2}$  cup Cranberries
- 1  $\frac{1}{2}$  cups Mushroom medley, *foraged*, optional
- $\frac{1}{2}$  lb (1 cup) Moose, ground\*\*
- 1 can Soup, Cream of Mushroom, Condensed, Reduced Sodium
- $\frac{1}{2}$  tsp Granulated Garlic
- Salt, to taste
- Pepper, to taste
- Chives, for garnish, optional

## NOTES

\*Any type of milk or milk alternative may be substituted. If using instant, nonfat dry milk, use 2 Tbsp mixed with  $\frac{1}{2}$  cup water

\*\*Use Beef, Ground, or Bison, Ground if moose meat is unavailable

## DIRECTIONS, continued

### Filling

1. Begin preparing the filling by peeling and chopping sunchoke into  $\frac{1}{4}$  inch thick slices.
2. Warm 1 tbsp vegetable oil in frying pan over medium heat. Sauté sunchoke until they begin to brown.
3. Add fiddleheads and season with salt and pepper. Fiddleheads will begin to turn light green as they fully cook.
4. Add a handful of whole cranberries, stirring occasionally until the cranberries begin to burst.
5. If using mushroom medley, add  $\frac{1}{2}$  teaspoon more of oil to the middle of the pan. Season with salt and pepper.
6. Continue to cook the vegetables until they are cooked all the way through. Transfer to a bowl and set aside.
7. Form ground moose into a patty. Return the pan to the heat and sear the patty on one side until brown and crispy, then flip to cook on the other side. Once both sides have been seared, break up the patty and continue to cook the meat.
8. Season with salt and pepper to taste, and cook the meat until cooked through and no pink is visible.
9. Add the cooked vegetables back into the pan with the meat. Stir to incorporate.
10. Pour  $\frac{1}{2}$  a can of cream of mushroom soup into the mixture in the pan. Stir to incorporate. Continue to cook until the cream of mushroom soup is fully heated and blended with the other filling ingredients. Remove pan from heat.

### Plating

Divide the filling between the cooked crêpes. Roll or fold crêpes, and garnish as desired with chopped chives and chive flowers. Serve warm.



# Shagbark Hickory-Glazed Pork with Wild Rice & Pinto Beans



Joe Robbins



4 servings



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## INGREDIENTS

- **5 Tbsp Oil, Vegetable**
- **1 ½ cups Rice, Wild**, rinsed well\*
- **1 10.5 oz can Vegetable Soup, Condensed, Low-sodium**
- **4 Tbsp Butter, Salted**
- **1 15.5 oz can Beans, Pinto, Low-sodium**, rinsed and thoroughly drained\*\*
- 2 Tbsp taco seasoning
- 2 oz of shagbark hickory, *foraged*, broken into small pieces
- **2 cups (plus 1-2 Tbsp for deglazing) Apple Juice, 100%, Unsweetened**
- **1 lb Pork, Loin Chops, Boneless, Frozen**, thawed
- Water, as needed

## DIRECTIONS

### Shagbark & Apple Glaze

1. Heat 2 cups apple juice in a saucepan over medium heat just to boil.
2. Be sure bark pieces are small enough to be fully submerged inside saucepan. Add bark pieces to the apple juice and return the mixture to boil. Reduce heat and simmer until glaze has reduced and bubbly, and has reached desired thickness.
3. Remove the bark from the saucepan and place the bark in a fine mesh strainer.
4. Strain the glaze over the bark through the strainer and set aside until serving.

**Tip:** To make a large batch of glaze for use in a variety of dishes, use 2 quarts of apple juice, and 8 oz shagbark hickory broken into 8-10 small pieces. Will yield just over 1-1½ cups when reduced.

### Wild Rice

1. While the glaze simmers, heat 3 tbsp oil in a medium saucepan over medium heat. When the oil is hot and starts to shimmer, add rice and stir until it is well coated in oil and fragrant.
2. Add can of vegetable soup and stir to fully incorporate.
3. Let the mixture cook until the liquid reduces and comes to a boil. Stir the rice to prevent it from sticking and add enough water to submerge the rice again. Repeat this process of boiling the rice until the liquid reduces and begins to boil before adding more water until the rice reaches the desired texture. Stir often to avoid sticking.
4. Keep warm until serving.

## NOTES

\* Use rinsed and drained **Rice, Long Grain** if wild rice is unavailable

\*\* Use 2 cups cooked **Beans, Pinto**. Dry if canned beans are unavailable



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## INGREDIENTS

- 5 Tbsp Oil, Vegetable
- 1 ½ cups **Rice, Wild**, rinsed well\*
- 1 10.5 oz can **Vegetable Soup, Condensed, Low-sodium**
- 4 Tbsp **Butter, Salted**
- 1 15.5 oz can **Beans, Pinto, Low-sodium**, rinsed and thoroughly drained\*\*
- 2 Tbsp taco seasoning
- 2 oz of shagbark hickory, *foraged*, broken into small pieces
- 2 cups (plus 1-2 Tbsp for deglazing) **Apple Juice, 100%, Unsweetened**
- 1 lb **Pork, Loin Chops, Boneless, Frozen**, thawed
- Water, as needed

## NOTES

\* Use rinsed and drained **Rice, Long Grain** if wild rice is unavailable

\*\*Use 2 cups cooked **Beans, Pinto, Dry** if canned beans are unavailable

## DIRECTIONS, continued

### Pinto Beans

1. While the rice cooks, add butter to a medium saucepan and heat over low heat until melted.
2. Add taco seasoning to butter and whisk until smooth. Let simmer until the mixture begins to froth.
3. Add strained pinto beans, mixing to combine. Let the mixture continue to simmer until heated through. Stir the beans occasionally and add additional water as needed to keep them submerged. Keep warm until serving.

### Pork

1. Preheat the oven to 375°F.
2. Cut pork into 4 equal pieces.
3. Heat 2 tbsp oil in an ovenproof sauté pan (stainless steel or cast iron) over high heat. Sear all sides of pork until golden brown. Season with salt and pepper.
4. Once the pork is golden brown on all sides, spoon 1-2 Tbsp of the shagbark and apple glaze over each side of pork.
5. Place the glazed pork in the oven. Roast for 2-3 minutes until cooked medium well.
6. Once cooked through (internal temp 155-160°F), remove pork from the oven and let it rest in juices for 10 minutes.

### Plating

Serve pork chops on a plate with rice and beans. Serve warm.





# Strawberry Coulis with Cinnamon Maple Whipped Cream & Sweet Crêpes



Lexi Mitchell



4 servings



Northeastern U.S.

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## INGREDIENTS

### Strawberry Coulis

- 1 ½ cups Wild Strawberries, *fresh, foraged\**
- ¼ cup Maple Syrup, *foraged*
- 1 Tbsp Lemon juice

### Cinnamon & Maple Whipped Cream

- 1 cup Heavy Whipping Cream\*\*
- 1 Tbsp Cinnamon
- 2-3 Tbsp Maple Syrup, *foraged*, to taste

### Sweet Crêpes

- ½ cup Milk, 1% Shelf-Stable UHT†
- ¼ cup Water
- ¼ cup Butter, Salted or Oil, Vegetable, plus more for pan
- 1 cup Flour, All Purpose, Enriched, Bleached
- ¼ tsp Salt
- 1 Tbsp Sugar

## NOTES

\* Use **Blueberries, Native, Frozen** if wild strawberries are unavailable

\*\*If heavy whipping cream is unavailable, add ¼ cup Milk, **Instant, Non-Fat Dry** to 1 cup water, then add 2 Tbsp Corn Starch. Heat mixture over medium heat for 2-3 minutes to activate starch, then whip mixture with a whisk or electric beater until stiff peaks form.

\*\*\*Use any dessert of choice such as pieces of cake (recipe, mix, or store-bought) or brownies

†Any type of milk or milk alternative may be substituted. If using **Milk, Instant, Non-Fat Dry**, use 2 Tbsp mixed with ¼ cup water

## DIRECTIONS

### Coulis

1. Wash and dry strawberries. Slice into quarters or halves depending on preference and the size of the strawberries.
2. Add 1 cup of sliced strawberries to a medium saucepan and heat over medium heat. Cook until the strawberries begin to reduce, stirring occasionally.
3. Add lemon juice and ¼ cup maple syrup to the saucepan and stir continuously to prevent burning.
4. Bring mixture just to a boil, using a spoon or spatula to mash the berries to desired consistency as they heat. Cook for 3-4 minutes, stirring constantly until mixture thickens.
5. Remove from heat and cool to room temperature before serving. If making in advance, store in the refrigerator in an airtight container and bring to room temperature before serving.

### Cinnamon Maple Whipped Cream

1. Place a mixing bowl and whisk in the freezer for 10-20 minutes.
2. Remove the mixing bowl and whisk from the freezer and pour the heavy cream into the chilled bowl. Beat the heavy whipping cream with the chilled whisk until the cream starts to thicken and soft peaks begin to form (6-8 minutes). An electric stand or hand-held mixer may also be used.
3. Add cinnamon and maple syrup and continue to beat whipped cream for about one more minute until stiff peaks form.
4. Keep refrigerated until serving.



Lexi Mitchell



4 servings



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## INGREDIENTS

### Strawberry Coulis

- 1 ½ cups Wild Strawberries, *fresh, foraged\**

- ¼ cup Maple Syrup, *foraged*

- 1 Tbsp Lemon juice

### Cinnamon & Maple Whipped Cream

- 1 cup Heavy Whipping Cream\*\*

- 1 Tbsp Cinnamon

- 2-3 Tbsp Maple Syrup, *foraged*, to taste

### Sweet Crêpes

- ½ cup Milk, 1% Shelf-Stable UHT†

- ¾ cup Water

- ¼ cup Butter, Salted or Oil, Vegetable, plus more for pan

- 1 cup Flour, All Purpose, Enriched, Bleached

- ¼ tsp Salt

- 1 Tbsp Sugar

## NOTES

\* Use **Blueberries, Native, Frozen** if wild strawberries are unavailable

\*\*If heavy whipping cream is unavailable, add

¼ cup Milk, **Instant, Non-Fat Dry** to 1 cup

water, then add 2 Tbsp Corn Starch. Heat

mixture over medium heat for 2-3 minutes to

activate starch, then whip mixture with a

whisk or electric beater until stiff peaks form.

\*\*\*Use any dessert of choice such as pieces of

cake (recipe, mix, or store-bought) or

brownies

†Any type of milk or milk alternative may be

substituted. If using **Milk, Instant, Non-Fat**

**Dry**, use 2 Tbsp mixed with ½ cup water

## DIRECTIONS, continued

### Sweet Crêpes

1. Prep the crêpe batter by combining the milk, water, vegetable oil, flour, salt, and sugar in a bowl and whisk vigorously until the mixture is smooth and bubbles begin to form on the surface of the batter. (A blender or electric hand mixer may also be used for this step, blending for about 30 seconds.)
2. Allow batter to rest at room temperature for 30 minutes to 1 hour (or store refrigerated in an airtight container overnight, allowing time to bring to room temperature and whisk before using).
3. After the batter has rested, heat a large non-stick frying pan over medium heat. Lightly oil or butter pan before adding ¼ cup of batter at the center of the pan. Immediately tilt/twirl the pan in a circular motion so the batter covers the entire bottom of the pan.
4. Cook each crêpe until the underside is golden brown, about 1-2 minutes, then flip. Cook until the other side is golden brown, about 1 minute.
5. Set aside cooked crêpe and repeat the process until all the batter has been cooked. Keep warm until serving.

### Plating

Place dessert of choice\*\*\* on a plate and top with remaining fresh sliced strawberries (if using crêpes, roll or fold around the sliced berries). Drizzle 1-2 tbsp of strawberry coulis onto dessert.

Serve with a healthy dollop of cinnamon maple whipped cream



# Three Sisters Inspired Succotash with Fiddleheads



Joe Robbins



4 servings



Northeastern U.S.

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## INGREDIENTS

- **2 Tbsp Oil, Vegetable**
- **1 cup Butternut squash, fresh**, peeled, medium diced\*
- **¼ cup Carrots, fresh or frozen (thawed)**, medium diced
- **1 15.5 oz can Corn, Low-sodium**, drained\*\*
- 1 cup blanched Fiddleheads, dried or fresh, *foraged*\*\*\*
- **¼ cup Apple juice, 100% Unsweetened** (omit if using fresh fiddleheads)
- ½ cup Jalapeño, *fresh or canned*, finely diced, *optional*
- **2 Tbsp Butter, salted**
- Honey, to taste, *optional*
- Salt to taste
- Black pepper to taste

## DIRECTIONS

1. Heat oil in a large frying pan over medium heat.
2. When oil is hot and starts to shimmer, add squash and carrots. Season with salt and pepper. Cook, stirring occasionally, until browned on all sides and cooked through.
3. Mix in fiddleheads and corn, and stir to incorporate. If using dried fiddleheads, add apple juice and let simmer for one minute.
4. Add butter, honey, and jalapeño (if using). Stir until the butter has melted and the honey and jalapeños are fully mixed in. Continue to cook the mixture until most of the liquid is gone from the pan (to your preference).

## Plating

Serve hot.

## NOTES

\*Use any fresh winter or summer squash for this recipe

\*\*Use 1¼ cups fresh or frozen (thawed) corn in place of canned corn as desired.

\*\*\*Use 1 cup of **Beans, Green, Low-Sodium, Canned** (or fresh, or frozen, thawed), or any desired type of bean, if fiddleheads are unavailable.