



Sustainable Farm Tours
Cooking Classes
Food Science Workshops

2006 Locations

Learn Great Foods Kitchens

1549 Glendale Avenue
Bay View (Petoskey), Michigan 49770
*in the Terrace Inn, by the campus
of the Bay View Association*

203 East Seminary
Mount Carroll, Illinois 61053
*in Hathaway Hall, on the campus
of the Campbell Center for
Historic Preservation Studies*

Farm Kitchens and Alfresco Dining

Sweeter Song Farm
4955 South Schomberg Road
Cedar, Michigan 49621

CSA Learning Center
at Angelic Organics
1547 Rockton Road
Caledonia, Illinois 61011

Learn Great Foods

203 East Seminary
Box 182
Mount Carroll, Illinois 61053

For Reservations or More Information

Call toll-free (866) 240-1650
or visit our website
www.learngreatfoods.com

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RECIPE:

Sautéed Tomato Halves

INGREDIENTS:

2 Ripe tomatoes
½ Pint heavy cream
¼ C. Grated parmesan cheese
4 leaves fresh basil chopped
¼ C. seasoned bread crumbs
Olive oil

INSTRUCTIONS:

Slice the tomatoes in half side-to-side (not top- to-bottom).

Set top half aside. Dip the sliced area of the bottom half in the bread crumbs.

Heat a sauté pan until hot. Add the olive oil. Just before the oil begins smoking, add the tomatoes breaded side down. Cook a couple of minutes or until the edges begin to brown.

Add the cream and cheese. Continue cooking until the sauce is thick.*
Add the basil.

Remove the tomatoes and place cooked side up. **

Pour the reduced sauce over the tomatoes.

Eat!

YIELD:

Serves 2-4.

*From Ken Willoughby, University of Michigan Biological Station, Pellston, Michigan
Cooking for Learn Great Foods*

MAKE IT A MEAL!

* Add poultry or fish tenders (1" thick, 4" long) pieces to cream and cheese sauce and cook until sauce is thick and poultry/fish is cooked.

** Add quinoa to top or use as base for tomato and sauce.