



## RECIPE FOR RACHEL RAY!

### **Tracy Tomchik Nyszczot's RECIPE:** **Tracyro Garden Turkey Burger**

I don't know about you, but when I think of summer grilling, I think burger! This healthy spin on an old favorite is for those *Grilling MacGyver's* out there! Basically, I incorporate any fruit or veggie in my fridge or gardens, into this simple recipe. Enjoy every food group and color of the rainbow to create one nutritious burger!

**Rainbow in My Plate** is an activity that I enjoy doing with the Youth Staff, in the GrowLab Programs and with children at food events – even the Camden teens working in the Garden get a kick out of this activity! This hands-on culinary game can be done with any complex or simple recipe, and helps teach the importance of a balanced meal! In addition to being mindful of including all parts of the USDA Food Pyramid, it is important to consume a variety of nutrients found in each type (or color) of fruit/vegetable. An easy and fun way is to play the RAINBOW in MY PLATE Game when preparing each meal to ensure you have each color of the rainbow on your plate. This can be done with a salad, any meal and even a burger, like the recipe below!



As a member of the Camden City Garden Club, Tracy has created Tracyro's Gardens at home, realizing that growing your own food is easy, fun, healthy and inexpensive!

#### **Tracyro Garden Turkey Burger - RECIPE INGREDIENTS**

- ½ cup shredded carrots, 10 raisins, ½ cup corn, ¼ cup diced apples, 1/2 pepper diced ¼ cup diced onion, 2/3 clove minced garlic, 2 tsp finely chopped parsley. Feel free to substitute any of your favorite veggies cleaned and chopped.
- 2 pounds ground turkey
- 2 tablespoons seasoned bread crumbs
- 1-1/3 egg whites, lightly beaten
- 2 tablespoons and 2 teaspoons chopped fresh parsley
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon garlic mixed seasoning

#### **Garden Harvesting & Health Tips for Your Ingredients:**

- **Onions** Sprout Health! They are at their sweetest when first harvested and eaten right from the summer farm or garden – they lose flavor when dried and stored in supermarkets. **Garlic** and **onions** both contain a variety of natural chemicals that have are capable of fighting infections and healing the human body
- **Pepper** Power! These gorgeous multi-colored vegetable should be picked as soon as they ripen, they may continue to ripen after being picked. Sweeter peppers like bell peppers, gypsy peppers, roasting peppers, pimentos, and other varieties, provide vitamin C, vitamin E, and six carotenoids. Cayenne **pepper** is one of the most powerful herbs.
- **Tomatoes** are the poster vegetable, the *cause célèbre*, of seasonal and local eating (plum and roma best for this recipe). We in Camden fans of the tomato that is specially engineered by our neighboring sponsor, the Campbell Soup Company. It is best to pick your tomatoes, as you use them, letting them ripen on the vine and plucking when they are a bright red color with plump, firm skin. Tomatoes are high in Vitamin A, Vitamin C, Calcium, Potassium and high in Lycopene to help prevent heart disease and cancer.

~ recipe continues....

RECIPE BY TRACY TOMCHIK ~ 215-219-4803

Recipes/Bios compiled by Tracy Tomchik. Please contact for additional information/photos. 215-219-4803 ppbytt@gmail.com ■



Tracyro Garden Turkey Burgers can be pan-fried or grilled! Here is a photo of this delicious meal!

### Recipe Directions

1. In a large bowl, mix ground turkey, seasoned bread crumbs, egg whites, parsley, garlic, salt, pepper and add your own **GARDEN FRESH PRODUCE**.
2. From mix, form 12 patties.
3. Cook the patties in a skillet over medium heat, turn once, until cooked through.
4. Add some more **GARDEN FRESH PRODUCE**, like tomatoes, lettuce, etc.. If you are cutting carbs, enjoy the patty by itself. Or eat burger on whole grain bread/bun OR eat the patty plain. For extra flavor and dairy, add melted cheese or ranch dressing. A crusty or cheese bread, like asiago makes a great pairing too!
5. Serve burgers as an appetizer in mini-portions (1/3 – 1/2 of full patty portion), add a cucumber, tomato on brioche and you have an adorable, healthy favorite to serve to your guests – especially good for little hands!

## 2nd RECIPE FOR RACHEL RAY!

### Tracy's SIDE DISH RECIPE:

#### Camden Garden Crisps

Makes a great side dish for a burger – to replace your typical side of fries!

#### INGREDIENTS –

Play the **RAINBOW IN YOUR PLATE GAME** again when preparing this dish! Some suggestions below:

- Summer's seasonal bell peppers, squash, zucchini, eggplant, and potatoes– slice in long strips, similar to fries.
- Large tomatoes sliced in disks

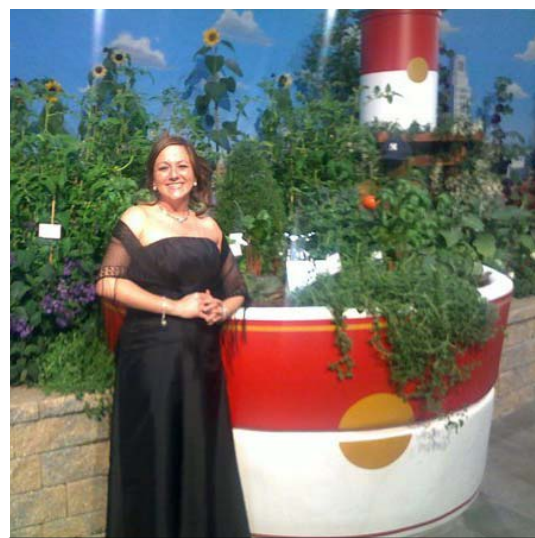
#### Garden Harvesting & Health Tips for Your Ingredients:

- **Summer varieties of squash and zucchini** are best harvested when they are immature. Watch out - they grow fast! Summer squash or zucchini allowed to grow until large and gourd-like isn't as tasty. Like most richly colored produce, squash contains carotene properties, that exert a protective effect against many cancers.
- **Eggplant** is a nutritious summer crop. Choose a male eggplant (less seeds and less bitter). Tip: a brown circle is male; long brown mark (like a slash) is female. Eggplant is an excellent source of **dietary fiber**, tons of vitamins, and is a potent antioxidant and free-radical scavenger.
- **Tomatoes** are the poster vegetable, the *cause célèbre*, of seasonal and local eating (plum and roma best for this recipe). We in Camden fans of the tomato that is specially engineered by our neighboring sponsor, the Campbell Soup Company. It is best to pick your tomatoes, as you use them, letting them ripen on the vine and plucking when they are a bright red color with plump, firm skin. Tomatoes are high in Vitamin A, Vitamin C, Calcium, Potassium and high in Lycopene to help prevent heart disease and cancer.

#### RECIPE DIRECTIONS

- Marinade in lite-Italian dressing
- Sprinkle breadcrumbs and blue cheese crumbles
- Put grill on medium heat
- Place vegetable pieces perpendicular to the grill lines.
- Brown for about 2-3 minutes on each side, until the desired crispness.
- Plate and serve warm with salt and garlic pepper.
- Have salad dressing handy for dipping sauces.

~ text/photo for bio below...



Tracy loves being a part of projects that inspire families to nourish themselves! At the Philadelphia International Flower Show, the Camden Children's Garden with sponsor Campbell Soup Company, presented "SOUP & SALAD: From Camden to the World", demonstrating creative ways to container garden and make correlation between the garden and your plate!

# Tracy Tomchik Nyszczot

Public Relations, Fundraising, Events Consultant, PPbyTT & Camden Children's Garden

## Why do you deserve to be part of the grill competition?



Tracy Tomchik loves to share the benefits of eating and growing your own healthy food at events like the Green Village on Jack Johnson's World Tour. PHOTO: Valerie Frick, Mike Devlin, R0ckstar Jack Johnson, and Tracy Tomchik.

Motivated with the amazing transformation that I have witnessed in my 7 years doing public relations/events for the Camden Children's Garden, it's my dream to inspire the nation with **A GROUND TO GRILL-OFF**.

I am a native Philadelphia girl, living in and around the city my whole life. It would be incredible to share the fellowship of a community growing and grilling healthy foods with my hometown and Rachel Ray!

The Garden has taught me about the health benefits, financial savings and environmental influences of eating locally grown foods. I've loved sharing this knowledge with events I have assisted in, like FARM AID Food Events, Jack Johnson's World Tour, at the Philadelphia International Flower Show, at the Ground to Grill Food Events, and my nutrition and wellness events, planned through my consulting company, PPbyTT.

As a member of the Camden City Garden Club (CCGC), I pay \$25/year to take home flats of seasonal starter plants, compost, mulch, fencing tools and advice! Suddenly, being "a gardener didn't seem so difficult!

When living in Philadelphia, we container gardened; but had no land to plant a lot of crops; however, my husband and I recently bought a home with lots of land. With the CCGC's help, we now have 3 vegetable gardens and tons of other plant life.

I supplement produce I don't grow and satisfy my loca-vore appetite, while paying incredible prices at the Children's Garden Farm Stand and by supporting PA Farmer's Markets. My husband and I are the *MacGyver's* of the fridge and garden, grilling it all up for those we love.

### SOME MORE ABOUT TRACY'S OTHER HEALTHY CONNECTIONS!

In addition, to my work in Camden, I have my own consulting company PPbyTT, where I focus on promoting health and wellness, (especially for women and children, and impoverished areas), assisting non-profits. Through PPbyTT, I have been able to take on former employers like the Camden Children's Garden and Drexel University, where I coordinated events for the medical and healthcare community.

I was very excited to hear about WPVI-TV's partnering with the Rachel Ray Show, especially since 6ABC is my favorite, in addition, I started my career interning in the Public Affairs department.

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**DID YOU KNOW:** According to the USDA, "For every \$100 you spent on a vegetable garden, will yield you \$1200-\$2200 of produce."