

Home Grown Green Beans

Trim ends and cut beans in half

Cook until soft

Add butter, salt, pepper & dill

Simple but very good
Eleanor & Debo

Roasted Veggies on Fried Polenta

Polenta: 1 lb. coarse corn meal 1/2 t. salt
3-4 c. water

Bring water to a boil. Add salt. (Use a 6-8 c. nonstick pan, with lid). Slowly stir in corn meal. Cook 12-15 min. covered over medium-low stirring frequently until very thick. Spread into 8x11 pan rinsed with cold water. Cool. Chill overnight or several hours until cold. Turn out of pan. Cut into 2x3 inch pieces. Toss in flour and brown in oiled skillet over medium-high.

veggies:

2-3 peppers 1-2 onions
1-2 zucchini 1-2 Japanese eggplant
opt. fennel bulb, sweet potato, ^{mushrooms} leaf lettuce, broccoli, cauliflower

Trim veggies and cut into large pieces. Brush with olive oil and canola oil (1/2 c. each) with 1/4 t. each paprika, seasoned salt, parsley, garlic powder, onion powder, thyme, basil, + oregano. Roast (or grill) on preheated griddle 425° until lightly browned 30-40 minutes. Turn when browned - do not brown using several batches if necessary. Cut into smaller

strips and top polenta. Sprinkle with 2-3 diced tomato and cheese (feta or queso fresco are good). Even adding a fried egg on top is good. Season with olives or pesto if desired.

* Optional instead of polenta fill a Cibatta bread.

Recipe: 5 Cup SALAD

From: TONI STURTON

Makes:

1 CUP CRUSHED PINEAPPLE, DRAINED

1 CUP MANDARIN ORANGES, DRAINED

1 CUP SMALL MARSHMALLOWS

1 CUP COCONUT

1 CUP SOUR CREAM

MIX ALL INGREDIENTS AND CHILL
OVERNIGHT

HEIRLOOM TOMATO SALAD

August 3-2016

From Kathleen Bresnahan-Dewar

Ingredients:

About 1 pound assorted mini heirloom tomatoes

2 tbs extra virgin olive oil

1 tbs sherry vinegar (pricey--but worth it to buy)

1 rib of celery with leaves

1/3 cup fresh parsley

In a bowl, whisk together oil, vinegar, salt and pepper. Now in another bowl add your heirloom tomatoes cut in halves or quarters. Chop celery, celery leaves and parsley thin. Add to tomatoes. Pour the oil/vinegar dressing and toss to coat. Serve and enjoy.

**** You can also add other chopped garden veggies to suit your taste such as , onions, peppers, etc. The same with seasoning--add those to your taste and perhaps a little garlic....**

I got this recipe from a Canadian Living BBQ insert in their Summer 2016 edition.

Fresh Peach Dressing & Tomato Salad

Cooking Light, July 2016, pg 90

Serves: 8

Submitted by Carl Ruetz

Notes: Can use ripe traditional tomatoes.

Peach Dressing

3 Tbls Red wine vinegar
1 Tbls Thyme, fresh, chopped (or 1 tsp dried)
1 tsp Sugar
1 Peach, very ripe, peeled, finely chopped (about ½ cup)
6 Tbls Extra-virgin olive oil

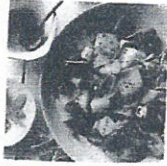
1. Combine **first 4 ingredients** in a large bowl, stirring with a whisk. Let stand 15 minutes, stirring occasionally.
2. Slowly add oil while whisking until well blended.

Tomato Salad

1 recipe Peach dressing
1 English cucumber, medium size
2 # Tomatoes, heirloom, cored, sliced 1/3 inch thick or cubed
¾ cup Red onion, thinly vertically sliced
1 tsp Kosher salt, divided
3/8 tsp Black pepper, freshly ground

1. Peel **cucumber** at ½ inch intervals, leaving some strips of peel; halve lengthwise. Remove seeds and slice into ½ inch segments.
2. In large bowl, add **cucumber, tomatoes, onion, ½ tsp salt, and pepper** along with **dressing**. Toss to combine. Let stand 3 minutes. Add remaining ½ tsp salt.
3. Place in serving bowl or platter.

Cooking Light
 August 2016
 Made by Sue Perkins



BEE-UTIFUL SUMMER SALAD

Active: 10 min. Total: 25 min.
Not all produce needs honeybees for pollination, but their sheer numbers and tenacity make bees powerhouse pollinators. If a plant is not wind-pollinated (like corn), you can probably thank honeybees for the produce. All of the ingredients below (except salt) depend on bees for pollination.

- 2 Tbsp. extra-virgin avocado oil
- 1½ Tbsp. wildflower honey
- ½ tsp. grated orange rind
- 1 Tbsp. fresh orange juice
- 1 Tbsp. fresh lime juice
- 1 tsp. whole-grain mustard
- ¼ tsp. kosher salt
- 12 oz. cubed watermelon
- 12 oz. cubed honeydew
- 1 small English cucumber, cut lengthwise into thin ribbons (about 1 cup)
- ½ cup thinly sliced red onion
- 3 Tbsp. torn mint leaves

1. Place first 7 ingredients in a large bowl; stir with a whisk. Add melons, cucumber, and onion; toss to coat. Let stand at room temperature 15 minutes. Sprinkle with mint.

SERVES 6 (serving size: ½ cups)
CALORIES 104; **FAT** 4.9g (sat 0.6g, mono 3.3g, poly 0.7g); **PROTEIN** 1g; **CARB** 16g; **FIBER** 1g; **SUGARS** 13g (est. added sugars 4g); **CHOL** 0mg; **IRON** 0mg; **SODIUM** 112mg; **CALC** 16mg

FRESH CORN CAKES WITH SUMMER SALSA



This speedy vegetarian entrée (shown on page 35) is absolutely bursting with peak-season produce. Side suggestion: an herby white bean and arugula salad.

- 4 oz. white whole-wheat flour (about ¾ cup)
- ½ cup plain yellow cornmeal
- 2 tsp. baking powder
- ¾ tsp. kosher salt, divided
- ½ tsp. freshly ground black pepper, divided
- 1 cup light sour cream
- 2 large eggs
- 2 Tbsp. olive oil, divided
- 1¼ cups fresh corn kernels (about 2 ears)
- 2 Tbsp. minced jalapeño
- ½ cup diced yellow squash
- ¼ cup chopped green onions
- ¼ cup chopped fresh basil
- 1½ tsp. white wine vinegar
- 1 medium tomato, chopped

1. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, cornmeal, baking powder, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl.

2. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined.

3. Heat a large nonstick griddle over medium-high heat.

4. Divide corn mixture into 8 equal portions (about ½ cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side.

5. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

SERVES 4 (serving size: 2 corn cakes and about ¼ cup salsa)
CALORIES 362; **FAT** 15.9g (sat 6g, mono 6.2g, poly 1.7g); **PROTEIN** 14g; **CARB** 42g; **FIBER** 5g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 93mg; **IRON** 3mg; **SODIUM** 465mg; **CALC** 157mg

Clementine Quinoa Salad

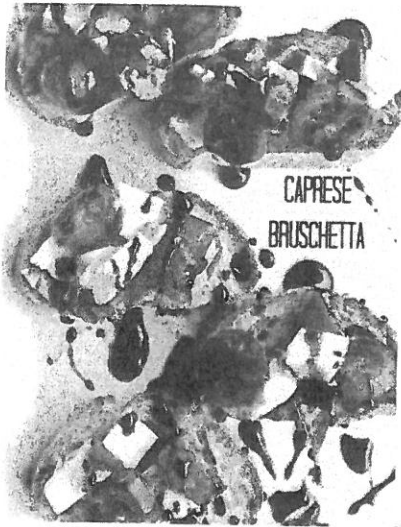
1 cup quinoa
1 cup water
1 cup orange juice
1 Tbsp. sugar
1 orange or 2 clementines
1 Tbsp. butter
 $\frac{3}{4}$ cup fresh or frozen corn
1 can black beans , rinsed
Chopped cilantro, to taste
4 ounces goat cheese, crumbled

Combine OJ, water and quinoa. Bring to a boil, cover, and simmer for 15 minutes. Remove from heat. Uncover and fluff with fork.

Zest the orange or clementine. Peel and section the fruit.

Melt butter and sautee corn until golden brown. Transfer to a bowl. Stir in half of the orange zest. Gently stir in quinoa to the bowl of corn. Stir in beans, oranges, cilantro and goat cheese. Garnish with remaining zest.

Peggy Fuller



Serves 6-8

Serene

CAPRESE BRUSCHETTA

Caprese Bruschetta. Flavorful tomatoes, basil, and fresh mozzarella with a balsamic reduction drizzle.

5 min
Prep Time

10 min
Cook Time

15 min
Total Time

Ingredients

- 8 ounces of balsamic vinegar
- 8 ounces of fresh mozzarella
- 2 tablespoons fresh chopped basil
- 2 cups cherry tomatoes
- 1 french baguette loaf

Instructions

1. Pour the balsamic vinegar into a small saucepan, and heat over low to medium heat until it comes to a slow boil. Allow to simmer for about 8-10 minutes. The vinegar will thicken while it cooks. Once the amount that is in the pan reduces by about half, turn the heat off. Pour the vinegar into a bowl to allow to cool. As the vinegar cools it will thicken more and become a glaze.
2. Chop the fresh mozzarella.
3. Cut the tomatoes in half or thirds to desired size.
4. Roll the basil to chop into fine strips. Combine the mozzarella, tomatoes, and basil together and gently stir to mix.
5. Slice the baguette into desired slice size. You can toast the baguette if desired, or serve untoasted. To toast preheat the oven to 400 degrees. Cover a cookie sheet with foil. Lay the slices down on the foil and cover with butter or olive oil. Bake for 8-10 minutes until golden brown.
6. Serve with the bruschetta on top of the baguette and a balsamic glaze drizzle on top.

<http://houseofyumm.com/caprese-bruschetta/>