

# Knowledge @ Noon

## *“Savoring End of Summer Veggies”*



*Wednesday, August 19, 2015*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District*

*Master Food Volunteers*

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## **How to Select Fresh, Ripe Produce**

Most of us know the feeling of buying fruits or vegetables only to find out that they're either already spoiled on the inside or so under-ripe that they need to be left out for days before eating. Thankfully it's easy to pick fresh produce, as long as you remember a few basic tips.

Every fruit and vegetable has its own clues to its freshness, but you don't need to remember a laundry list of specifics in order to walk away with something ripe and tasty. If you're standing in the produce section trying to decide if something is safe to buy, here are a few things to know.

The most important thing to remember when inspecting produce is to use your senses. Ask yourself how the item smells, how it feels, and whether it looks appealing, or at least like the other items in the store. Here are the basics.

### **Fruits and Melons**

Before you start squeezing every fruit you see in the store to determine if it's ripe, pick it up and turn it over in your hands. The surface should be largely smooth and even, with a firm-but not rock hard-surface. If you feel pits and dents under the surface, the flesh of the fruit has probably been damaged by shipping, or is slowly rotting. The flesh should be firm, but give a little. If your plums, berries, or nectarines are rock hard, they're not ripe. Citrus fruits that are too firm are likely dry on the inside. Also, pay attention to weight: heaviness can indicate how juicy a fruit or melon is, especially with oranges, lemons, watermelon, and cantaloupe.

Give the fruit a good whiff. There's no need to hold it directly up to your nose, but you should pick up a light aroma from it. A strong aroma can indicate over-ripeness, and if the fruit smells a bit sour or stinky, you're probably holding an apple or bag of grapes that's past its prime. A light, sweet smell is a good indicator that your fruit is fresh and ripe. Smell is particularly important when it comes to melons and pineapple, which can smell very strongly when past their prime, so the lighter and sweeter the better. Tree-ripened fruit should have even coloration across the surface, and avoid anything with dark marks and spots, or citrus fruits with white streaks or colors on the surface. Melons don't give too many visual or color cues, but look for the obvious: bruises, dents, and other pockmarks. Don't dismiss a vine-ripened melon because of a little scarring on one side. As long as it's not tender or thinner than the rest of the rind, it's likely only the place where the melon rested on the ground while ripening.

### **Vegetables and Leafy Greens**

Some of the same rules for fruit apply to vegetables. Pay attention to the surface of the vegetable and make sure it's consistent, evenly colored, and firm all the way around. With most vegetables like cucumbers, peppers, onions, and potatoes, you want them to be as firm as possible. Even the gentle give you look for in fruit can indicate over-ripeness vegetables. Softness in specific areas is generally an indicator of slow rotting or bruising, even if you don't see anything obvious that would indicate spoilage.

With leafy greens like lettuce and kale, look for firm, crisp, and plump leaves that are consistently colored. Expect a little brownness and a few tears in the leaves due to shipping or handling, but they should be the exception, not the rule. The majority of the leaves should be green, smooth, and unbroken. You also want to make sure that the leaves give a good snap if you break one. Look for the same plumpness and crispness with green or string beans or peas in the pod.

Root vegetables like potatoes, garlic, and onions should be firm and tough, as well. Avoid root vegetables with cracks on the base, this means it's too dry. Most vegetables don't give you clues to their ripeness by smell the way that fruits do, but you'll know the vaguely stinky smell of slow rot or mold when you smell it. It's common sense, but steer clear if something doesn't smell right.

## Trust Your Senses

It's worth noting that most commercial farms pick fruits and vegetables long ahead of their ideal ripeness and then transport them to your local grocery store. Try to see through the regular washings and coats of wax they get, and trust your nose and sense of touch as much as you do your eyes. An apple that's shiny, evenly colored, and heavily waxed but super-soft to the touch is probably mushy and no good.

We're big fans of farmers markets, and visiting one is another great way to make sure you get produce that's fresh and in season. You also get the benefit of being able to ask the farmers responsible for growing the produce when it was harvested and how fresh it is. One benefit of going to the source is that you'll quickly learn what "just picked yesterday" really smells, looks, and feels like.

## Freezer Magic: 8 Tips for Freezing Fruits and Vegetables

Did you take advantage of a store special on produce? Or perhaps you harvested a lot of items from your garden? Or did you simply buy too much produce to use in a week? Don't worry, there's good news about the bounty that is overflowing from your refrigerator and countertops, and the answer lies in your freezer. You can actually freeze a whole bunch of different fruits and vegetables to use later!

### For Freezer Success, Follow These 8 Steps:

Freeze ripe, **high-quality** fruits and vegetables. Freezing won't magically fix any rot, lack of ripeness, or mold — it will just preserve those pesky problems.

Only freeze fruits and vegetables that you want to **cook** or which you can use while still frozen. Things that you pretty much only eat fresh (like lettuce or cucumbers, for example) don't freeze or reheat well.

Before you freeze, make your vegetables "**ready-to-eat**" by peeling and/or chopping them before they go into a freezer.

Think about how you want your fruits and vegetables to appear when you reach for them in the freezer. For example, it might be easy to just toss a banana into the freezer with the skin still intact, but when you take it out of the freezer, the fruit will be mushier and the skin will be more difficult to remove. This difficulty means that the bananas could sit in the freezer for a long time without actually being used. The same rule applies to the stems of strawberries — it is tedious to remove them from frozen fruits. Instead, remove these fussy pieces before freezing your food.

Consider the serving size. Freeze in "ready-to-eat" sizes that you and your family regularly consume. A huge block of frozen casserole is only a good idea if you want to reheat the whole thing and serve it all at once. Consider slicing large casseroles etc. into single-serving portions that can be reheated on the go.

Grated items can often be frozen without being cooked first. Consider using a food processor to make grating faster. Carrots lend themselves well to this because it is easy to add them to tomato sauces, soups, etc.

Most **fruits** can be frozen raw.

Many **vegetables** need to be "blanched" or partially cooked before they are frozen. This will ensure good quality, color, and texture. It is best to steam them quickly on the stove or give them a speedy zap in the microwave. 1-2 minutes is all that is needed (in most cases). You'll want the items to still be crisp before you freeze them — this will help keep them from being overcooked when they're heated before serving.

Freeze your produce in **sealed bags** or containers. Bags are the preferred method because you can see what is in them and they take up less space. It is important to fold or roll items in the bags so that you reduce the amount of air in the bags. The less air, the better!

**Cook** all vegetables straight from their frozen state. Vegetables can go from the freezer to the microwave or steamer directly. Fruits can be thawed or they can go directly from the freezer to a baking/pancake mix or blender. (PS There's an exception for corn — check it out below...).

Consider **making frozen veggies into soups, stews, and chili** — it's not much more effort than blanching and then you have a ready-made dish to eat on a busy day.

## **Want to start stocking your freezer? Here's a guide to freezing common fruits and vegetables...**

**Apples** – Remove the core and cut it into wedges, slices, or diced squares. Consider making extra apples into apple sauce or apple butter.

**Apricots** – Bake or steam the apricots for best results in long-term storage

**Asparagus** – Blanch for 1-2 minutes and flash-freeze on a baking tray in the freezer for a few minutes before bagging and storing. This will keep the stalks from freezing into a single solid mass.

**Bananas** – Peel the bananas and then freeze them in bags or containers. They are great for baking into muffins or quick breads, or for blending into smoothies. Tip: if your favorite banana muffin recipe calls for 2 cups of bananas, consider freezing them in 2 cup batches. That way they are ready to bake when you are ready to whip up a masterpiece. Consider cutting under-ripe bananas into bite-sized chunks and dipping them in chocolate or nuts for a healthful, frozen treat.

**Beans** – Green beans, wax beans, and yellow beans should have their stems removed before freezing. They can be steamed for 2 minutes and then frozen in single serving sized packages for the best results.

**Berries** – Freeze berries in bags or containers. Use them in smoothies, muffins, quick breads, or pies. It is best to remove all stems from strawberries first.

**Broccoli** – Blanch for 1-2 minutes and then flash-freeze in a single layer on a baking tray in the freezer. Transfer to sealed bags or containers.

**Carrots** – Slice, blanch, freeze. You can also grate and freeze.

**Cauliflower** – Trim into florets and steam for 2 minutes. Freeze in small serving sizes in sealed bags or containers. Cooked cauliflower can be mashed just like potatoes, and you can do this before or after freezing.

**Corn** – Boil the corn on the cob for several minutes, then freeze immediately. Allow to thaw before cooking. You can also remove kernels from the cob after it is cooked, then freeze those in bags or containers. Corn is also great to make it into soup — then you can freeze the soup!

**Grapes** – Freeze grapes in small bags. They can be eaten like frozen fruit treats.

**Mushrooms** – For best results, rinse, slice, saute in oil, and freeze in sealed bags or containers.

**Peaches** – Freeze wedges for short term use. They go great in pies, cobblers, and compotes.

**Pears** – Cut into wedges or cubes. Freeze in bags. Consider making pear butter or pear sauce first and then freezing that for the long term.

**Peas** – Blanch and freeze in bags

**Peppers** – Roast under the broiler and freeze in bags. (Removing the skin is optional and up to you – we leave it on for more color and flavor).

**Potatoes** – Cut into cubes or slices. Bake or boil until almost fully cooked, (15 minutes) then freeze in bags or containers.

**Rhubarb** – Cut into chunks, freeze in bags. Rhubarb goes great in pie or cooked rhubarb compote.

**Winter squash** – Bake for an hour. Remove the skins and mash lightly. Freeze in bags or containers. Add to pies, soups, or chili.

**Tomatoes** – Bake or sauté, then freeze in bags. You can also make a wonderful tomato sauce first and then freeze it in single dinner-sized bags.

### **The “Don’t Freeze” List:**

We do not recommend freezing melon, cucumbers, lettuce or other items that have a very high water content because the end result is mush.

However, you could make a melon or cucumber soup/puree first and freeze that — texture doesn't suffer nearly as much in that situation.

## You Can Freeze Fresh Herbs:

For best results, chop the herbs and mix them with a little oil. Freeze on plastic wrap and then place frozen cubes or chunks in sealed plastic bags. Ice cube trays also make great freezing vehicles for these herbs. Consider making pesto with your frozen herbs.

Cook your homemade frozen veggies just like you would cook frozen vegetables from the store...

In a steamer on top of the stove--On a grill--Bake/Roast in the oven--Microwave

It is best to take the items (except for corn) directly from the freezer and into the microwave or steamer.

## Savoring End-of-Summer Tomatoes

The end of the hazy, lazy days of summer is fast approaching and the impending hustle and bustle of the school year is right at our heels. But, you've still got a few weeks before you need to kiss the sights, smells, sounds and tastes of summer goodbye, so take a deep breath and enjoy all the amazing tastes that the end of summer has to offer – including fresh summertime produce.

The tomato is late summers' most cherished and delicious produce pick, not to mention a nutritious and versatile choice as well. One medium tomato contains only 25 calories and provides a good source of both vitamin C and vitamin A, nutrients important for skin health and immune health. Aside from enjoying them whole with a sprinkle of sea salt and freshly ground pepper or sliced atop burgers, what else can we do with these beloved red beauties?

### Here are some ideas to showcase tomatoes ...

- **Breakfast.** Spread whole-grain toast or a bagel thin with light cream cheese. Top with a thick slice of tomato, a basil leaf, salt and pepper.
- **Colorful Side Dish.** Combine cooked and cooled quinoa, halved cherry tomatoes, diced cucumber, sliced scallions, slivered basil and reduced-fat feta cheese. Drizzle with extra virgin olive oil and rice vinegar then sprinkle with salt and pepper. Toss, chill and serve.
- **Baked.** Oil a baking dish with extra virgin olive oil. Layer sliced tomatoes with seasoned whole-wheat breadcrumbs and shredded mozzarella or cheddar cheese. Bake at 350° F until dish is heated through and bubbly, 20-25 minutes. Top with slivered fresh basil leaves.

**Zucchini and Summer Squash Ribbons** Time: 20 minutes Serves: 4 as a side dish

### Ingredients

2 small zucchini	2 Tablespoons balsamic vinaigrette
1 small summer squash	½ cup shaved parmesan, plus more for garnish
1 Tablespoon extra-virgin olive oil	½ cup slivered basil, plus more for garnish
1 cup halved grape tomatoes	Salt and Pepper

### Directions

Using a mandolin or sharp knife, thinly slice the zucchini and summer squash into ribbons. Heat olive oil in a sauté pan over medium-high heat. Add the zucchini and summer squash ribbons. Sauté for 5 minutes, just until slightly wilted and warm. Remove from heat. Halve the tomatoes and add to ribbons. Add balsamic vinaigrette. Toss. Add basil and parmesan. Toss. Garnish with additional basil and cheese. Serve.

Enjoy these last moments and tastes of summer! **Jennifer Shea** Corporate Dietitian, Shoppers

## Zucchini Pasta

Figure on one medium large zucchini per person. If you have a mandolin this will be perfect for the job, and you can hook up the julienne attachment for perfectly formed noodles. If you're like most people, you probably don't have a mandolin, and you can either use a vegetable peeler or a knife. The peeler method will give you long flat noodles, and if using a knife, just cut the zucchini into thin slices, stack up, and cut again lengthwise into thin strips. Boil some salted water, and add the noodles to the water to cook for about 1 minute. Take out and immediately blanch in cold water, or cold running water, to prevent over cooking (The hot sauce will heat up the noodles sufficiently)

That's it!

Toss with your favorite tomato sauce, with a garden basil pesto, with a creamy Alfredo sauce, whatever you wish. The noodles are very low calorie, and can be very refreshing on a sultry summer evening. You could alternatively serve these as a side dish, boiled as above, and then briefly sautéed with melted butter and parmesan or other hard Italian cheese (freshly grated!!!) and salt to taste. Or try these noodles for a variation on your favorite pasta salad...perfect for a BBQ. Or you could even join the latest food craze and serve these without first boiling them and join the raw food movement (salt the noodles for about 20 minutes, and rinse too soften them). Perfect for diets, perfect for gluten intolerant people, perfect for low carbers...and perfect for anyone who just has too much zucchini!

*Recipe submitted by Beverly Burke, MFV*

## Pesto Sauce with Zucchini Pasta

1 lb. Veggetti™ made zucchini noodles	¼ cup pine nuts
¾ cup fresh basil leaves	1 clove garlic, peeled
1 Tablespoon grated Parmesan cheese	¼ cup olive oil
Salt and pepper to taste	

Prepare zucchini noodles either by boiling or sautéing until al dente. Place basil leaves, pine nuts, peeled garlic clove, and grated Parmesan cheese into food processor and blend together. Slowly pour the olive oil in while still mixing. Stir in salt and pepper. Serve over hot or cold zucchini pasta.

*Recipe submitted by Beverly Burke, MFV*

## Cheese Stuffed Tomatoes

4 medium tomatoes	2 Tablespoons chives
2 cups grated Swiss cheese	3 Tablespoons grated onion
½ cup light cream	½ teaspoon marjoram leaves
2 egg yolks, beaten	1 teaspoon dried mustard
1 ½ teaspoon salt	1/3 cup seasoned bread crumbs
2 Tablespoons butter	

Halve tomatoes crosswise. Scoop out pulp leaving shells intact and chop pulp coarsely. Combine pulp with remaining ingredients except butter and bread crumbs. Spoon into tomato shells that have been placed in a greased 7 x 11 inch pan. Toss bread crumbs with butter and sprinkle over tomato cheese mixture. Bake uncovered at 350° for 25 minutes. May be prepared early in the day and refrigerated until baking time.

*Recipe submitted by Beverly Burke, MFV*

## Crispy Baked Zucchini Fries

¼ cup flour	Kosher Salt
2 eggs	Pepper
2 cups Panko breadcrumbs	½ teaspoon garlic powder
1 lb zucchini, cut into 4-5-inch sticks (1-2 zucchinis, depending on their size)	¼ teaspoon cayenne pepper

Preheat the oven to 425 degrees and line a baking sheet with parchment paper, then spray with nonstick cooking spray or brush lightly with oil.

In a gallon-sized Ziploc bag, add the flour and a big pinch of salt. Add the zucchini and toss well to coat.

In a shallow dish or pie plate, whisk the eggs.

In a second shallow dish, combine the panko, garlic powder, cayenne, salt, and pepper.

Working a few zucchini sticks at a time, Remove from the flour, shaking off the excess, then roll in the egg, followed by the panko. Arrange in a single layer on the baking sheet.

Sprinkle the zucchini lightly with salt and garlic powder, then bake 18-20 minutes, or until browned and crispy. Serve immediately.

To reheat leftovers, cook in a 375 degree oven 5-7 minutes, or until heated through.

*Recipe submitted by Beverly Burke, MFV*

## Pasta with Spinach and Tomatoes

1 Tablespoon olive oil	½ teaspoon dried oregano
1 cup chopped onion	8 oz. whole grain spaghetti or linguine
6 garlic cloves, finely chopped	½ teaspoon salt
1 (14.5-oz) can unsalted petite diced tomatoes, undrained	10 oz. fresh spinach
1 ½ cups unsalted chicken stock (such as Swanson)	1 oz (1/4 c) Parmesan cheese, grated

Heat a Dutch oven or large saucepan over medium-high heat. Add oil; swirl to coat. Add onion and garlic to pan; sauté 3 minutes or until onion starts to brown. Add tomatoes, stock, oregano, and pasta, in that order. Bring to a boil. Stir to submerge noodles in liquid. Cover, reduce heat to medium-low, and cook 7 minutes or until pasta is almost done. Uncover; stir in salt. Add spinach in batches, stirring until spinach wilts. Remove from heat; let stand 5 minutes. Sprinkle with cheese.

Other options: Use fresh grape tomatoes instead, and add fresh herbs. Swap out spaghetti for any short pasta shape, such as elbow macaroni, rotini, or shells. Try adding chopped skinless, boneless chicken thighs, ground beef, or ground turkey for a heartier dish. *Recipe from ALL YOU magazine.*

## End of Summer Chicken Skillet Serves 3-4

3-4 boneless skinless chicken breasts	2 slices of bacon, chopped
½ red onion, chopped	1 zucchini, chopped
1 bell pepper, chopped	10 small Yukon gold potatoes, quartered
3 garlic cloves, minced	2 ears of grilled corn, cut off the cob
Salt & pepper	

Preheat oven to 375 degrees. Tenderize meat (by pounding it with a tenderizer or skillet) and pat completely dry with a paper towel. Set aside. Chop potatoes and vegetables (except for garlic) and add to a bowl. Season with salt and pepper and toss to coat. Heat a cast iron (or oven safe) skillet on medium heat. Once hot, add chopped bacon and cook until almost crispy and fat is rendered. Remove from the skillet with a slotted spoon and let drain on a paper towel. Add vegetables and potatoes to skillet and cook for 5 minutes, tossing occasionally. Add garlic and cook for another minute. Remove veggies and potatoes from skillet. Season chicken liberally with salt and pepper and add to skillet. Cook until golden on each side, about 3-4 minutes per side. [Note: if the skillet is drying up feel free to add 1-2 teaspoons of olive oil if needed].

Add veggies, potatoes and bacon back in to the skillet on top of the chicken. Add corn, then place in the oven uncovered and cook for 20 minutes.

## Mexican Sweet Corn

1/4 cup mayonnaise  
1/4 cup sour cream or Mexican crema  
1/2 cup finely crumbled cotija or feta cheese,  
plus more for serving  
1/2 teaspoon ancho or guajillo chili powder,  
plus more for serving

1 medium clove garlic, finely minced ( about 1 teaspoon)  
1/4 cup finely chopped cilantro leaves and tender stems  
4 ears shucked corn  
1 lime, cut into wedges

Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.

While coals heat, combine mayonnaise, sour cream, cheese, chili powder, garlic, and cilantro in a large bowl. Stir until homogenous and set aside. When grill is hot, place corn directly over hot side of grill and cook, rotating occasionally, until cooked through and charred in spots on all sides, about 8 minutes total. Transfer corn to bowl with cheese mixture and use a large spoon to evenly coat corn on all sides with mixture. Sprinkle with extra cheese and chili powder and serve immediately with lime wedges.

## Italian Chicken and Vegetable Skillet (serves 6)

2 tablespoons olive oil  
1 1/4 pounds chicken tenders  
OR boneless skinless chicken breasts cut into strips  
2 teaspoons Italian seasoning  
2 teaspoons seasoned salt\*  
1 cup grape tomatoes

1 cup green beans cut into 2 inch pieces  
OR 1 cup asparagus pieces  
1 cup sliced yellow or zucchini squash  
1 cup bell pepper strips  
1/2 cup sliced onion

Heat oil in large nonstick skillet on medium–high heat. Add chicken, cook and stir 5 to 6 minutes until golden brown.

Stir in all vegetables except tomatoes, and seasonings. Cook and stir 5 minutes or until vegetables are tender-crisp. Add tomatoes; cook and stir 1 to 2 minutes until tomatoes are slightly softened and chicken is cooked.

Nutrition Information: Calories: 171, Sodium: 564 mg, Fat: 7 gram, Carbohydrates: 4 gram Protein: 23 gram, Fiber: 2 gram NOTE: To reduce sodium use less seasoned salt or other salt free seasoning.

## Eggplant Croquettes

2 medium eggplants, peeled and cubed  
1 cup shredded sharp Cheddar cheese  
1 cup Italian seasoned bread crumbs  
2 Tablespoons chopped onion  
1 clove garlic, minced

1 teaspoon salt  
1/2 teaspoon ground black pepper  
2 eggs, beaten  
2 Tablespoons dried parsley  
1/2 cup oil for frying

1. Place eggplant in a microwave safe bowl and microwave on medium-high 3 minutes. Turn eggplant over and microwave another 2 minutes. The eggplant should be tender, cook another 2 minutes if the eggplants are not tender. Drain any liquid from the eggplants and mash.

2. Combine cheese, bread crumbs, eggs, parsley, onion, garlic and salt with the mashed eggplant. Mix well.

3. Shape the eggplant mixture into patties. Heat oil in a large skillet. Drop eggplant patties one at a time into skillet. Fry each side of the patties until golden brown, approximately 5 minutes on each side. Patties can be frozen before frying and cooked later.

**Nutrition:** Servings Per Recipe: 6, Calories: 266, Total Fat: 14.4g, Cholesterol: 95mg, Sodium: 911mg, Total Carbs: 23.6g, Dietary Fiber: 6.4g, Protein: 12.4g

## **Summer Chowder** A summer garden in a bowl.

1 medium zucchini	1 Tablespoon basil
4 stalks celery	1 Tablespoon oregano
1 red onion	2 teaspoons salt
1 green pepper	1 teaspoon ground marjoram
5 carrots	1 teaspoon black pepper
2 large tomatoes	2 teaspoons chicken bouillon
1 can (16 oz) corn	1 can evaporated milk
½ cup butter	1 can chicken broth
⅓ cup flour	

### **INSTRUCTIONS**

Dice vegetables.

In a large soup pot, melt the butter. Add veggies and cook them for about 15 minutes, stirring veggies and coating them in the butter.

In a small bowl, mix the flour, herbs, and spices.

Sprinkle flour mixture on top, then add the rest of the ingredients and simmer until vegetables reach desired tenderness (at least 15 minutes).

☆Serve with a little bit of parsley on top. You could also add Parmesan cheese as a garnish. Or just let those beautiful vegetables speak for themselves.

## **Easy Cold Cucumber Soup**

2 large cucumbers, peeled, seeded, and diced	1 clove garlic
1 1/3 cups sour cream	½ cup chopped fresh mint
1 1/3 cups plain or Greek yogurt	½ cup chopped fresh dill
2 cups vegetable broth	

Combine cucumber, sour cream, yogurt, broth and garlic in a bowl; blend together using an immersion blender until smooth. Blend in mint and dill. Refrigerate for at least an hour.

*Recipe submitted by Viola Lee, MFV*

## **Edamame and Bacon Succotash**

4 slices bacon	3 scallions, thinly sliced
4 cups fresh corn kernels (from about 4 ears)	3 Tablespoons olive oil
1 ½ cups frozen shelled edamame	Kosher salt and pepper
2 roasted red peppers cut into ¼ inch pieces	¾ cup fresh basil, roughly chopped

Bring a large pot of water to a boil. Cook the bacon and transfer to a paper towel-lined plate and break into pieces.

Drop the corn and edamame into the boiling water and cook for 2 minutes; drain and run under cold water to cool.

In a large bowl, combine the corn edamame, roasted peppers, scallions, oil, salt and pepper. Fold in the basil and bacon just before serving. *Recipe submitted by Viola Lee, MFV*

## Tomato-Onion Green Beans

2 Tablespoons Olive oil	3 Tablespoon tomato paste
1 large Onion, finely chopped	½ teaspoon Salt
1 pound fresh Green Beans, trimmed	2 Tablespoons minced fresh Parsley

In a large skillet, heat oil over medium-high heat. Add onions, cook until tender and lightly browned, stirring occasionally. Meanwhile, place green beans in large pan, cover with water and bring to a boil. Cook, covered, 5-7 minutes or until tender crisp. Drain, add to onion. Stir in tomato paste and salt, heat through. Sprinkle with parsley.

Makes 6 servings.

(I tried 2 cans of drained & rinsed green beans. Added green beans and salt to onion. It was good and could be used in the winter as a side dish. Both kinds of green beans were good. Jerri Hefling, MFV)

**Nutriton Information** Per serving: 81 cal, 5 g fat, (1 g sat. fat), 0 chol., 208 mg sodium, 9 gm carb., 3 g fiber, 2 g pro. Diabetic Exchanges: 1 veg., 1 fat

*Recipe from Quick Cooking Annual Recipes 2015*

**Green Bean Salad with Feta and Walnuts** Serves 6 30 minutes or less

### Salad

1 lb. green beans, trimmed (4 cups)	1 cup crumbled feta cheese
½ small head romaine lettuce, halved and thinly sliced (2 cups)	½ cup halved cherry tomatoes
1 small red onion, halved and sliced (1 cup)	¼ cup chopped walnuts

### Dressing

1 teaspoon dried oregano	1 Tablespoon olive oil
2 teaspoon red wine vinegar	1 Tablespoon vegetable oil
1 clove garlic, minced (1 tsp.)	

1. To make Salad: Cook green beans in large pot of boiling salted water 4 minutes.

Drain, rinse under cold water, and drain again. Pat dry.

2. To make Dressing: Rub oregano between fingers to crumble and release aromatic oils, and place in small bowl.

Whisk in vinegar and garlic. Whisk in olive oil and vegetable oil, and season with salt and pepper, if desired.

3. Toss green beans, lettuce, and onion together with Dressing in large bowl. Fold in feta, tomatoes, and walnuts.

Per 1-cup Serving 173 cal; 6 g prot; 13 g total fat (5 g sat fat); 9 g carb; 22 mg chop; 236 mg sod; 3 g fiber; 5 g sugars

## Peach, Tomato and Basil Salad

1 Tablespoon white balsamic vinegar	2 Tablespoon extra-virgin olive oil
1 lb. peaches, pitted, each cut into 8 wedges	½ cup lightly packed basil leaves, torn
1 lb. tomatoes, cored, sliced horizontally ¼ inch thick	

In a small bowl, whisk together vinegar and olive oil. Arrange peach wedges and tomato slices on a platter; drizzle dressing on top. Scatter with basil. Season with salt and pepper; serve immediately.

Serves 6 Nutritional Analysis per serving: 86 cal., 5 g. fat (1 g sat fat), 0 mg chol, 2 g. fiber, 2 g. protein, 11 g. carb, 198 mg sodium

## **Farmers' Market Salad** Serves: 8 | Serving Size: 1 cup

8 cups dark green salad mix, rinsed and dried	1 sliced cucumber
1 heirloom or beefsteak tomato, sliced	½ cup cherry tomatoes
1 grated carrot	1 teaspoon olive oil
1 grated red beet	2 teaspoons red wine vinegar
1 sliced golden beet	Drizzle of balsamic vinegar glaze

### *Directions:*

Combine all ingredients in a large mixing bowl and toss gently. Serve, preferably family-style.

*Nutrition Information:* Serves 8. Each serving contains 33 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 27 mg sodium, 6 g carbohydrate, 2 g dietary fiber, 3 g sugar, and 1 g protein.

Each serving also has 113% DV vitamin A, 13% DV vitamin C, 2% DV calcium, and 5% DV iron.

*Chef's Tips:* Experiment with fresh and dried herbs and grated cheeses to add more flavor and variety to your salad.

Feel free to replace some of the vegetables in this ingredient list with the ones you have on hand. Play around with what's fresh in your area. Make this salad your very own!

If you slice beets thinly enough, then you don't need to cook them before tossing them into a salad. I recommend using a mandolin to get everything super thin. Recipe from *Communicating Food for Health*

## **Green Bean Salad**

2 lbs. Green beans, trimmed	1 teaspoon Srirach or other hot sauce
Kosher salt	1 Tablespoon peanut oil
½ red onion, thinly sliced	1 pint cherry tomatoes, halved
1 Tablespoon rice vinegar	½ cup cilantro, chopped
2 Tablespoon soy sauce	¼ cup peanuts, chopped plus more for garnish
1 teaspoon honey	

Bring a large pot of water to a boil. Add the green beans and 1 tsp salt and cook until tender, 2 to 3 minutes. Immediately transfer to a bowl of ice water to cool. Drain.

Meanwhile, in a small bowl, combine the onion and vinegar. Let stand for 5 minutes, turning occasionally.

In a large bowl, whisk the soy sauce, honey, hot sauce, and peanut oil. Add the green beans and toss to coat, then toss with the tomatoes, onion, cilantro, and peanuts. *Recipe submitted by Viola Lee, MFV*

## **Healthy Southwestern Chopped Salad**

Large head of romaine	2 cups corn, fresh or frozen (thawed)
1 can black beans, rinsed and drained	5 green onions
1 large orange pepper	Optional - avocado
1 pint cherry tomatoes	

### **Dressing**

1 cup loosely packed cilantro	¼ cup olive oil
½ avocado or ½ cup Greek yogurt	1 ½ Tablespoons White wine vinegar
1 Tablespoon Fresh lime juice	1/8 teaspoon salt
1-2 garlic cloves	

Make the dressing: puree all ingredients in a food processor or blender. Taste and adjust ingredients if necessary. Finely chop the romaine, bell pepper, and green onions. Place all in a bowl and stir to combine. Toss with desired dressing. *Recipe submitted by Viola Lee, MFV*

## **Gazpacho** Serves: 6-8 servings

*The flavors of the gazpacho will develop the longer it sits, so allowing it to chill for a few hours before serving will really intensify the flavors of this terrific soup.*

- |  |  |
|--|--|
| 1 hothouse cucumber, halved lengthwise and seeded,<br>but not peeled | 3 cups tomato juice                    |
| 2 red bell peppers, cored and seeded                                 | ¼ cup white wine vinegar               |
| 4 plum tomatoes  | ¼ cup extra virgin olive oil           |
| 1 small red onion  | ½ teaspoon kosher salt                 |
| 3 garlic cloves, minced very fine                                    | 1 teaspoon freshly ground black pepper |
| OR pushed through a garlic press                                     | Sour cream, for garnish (optional)     |

Cut the cucumber, peppers, tomatoes and onion into 1-inch cubes.

In a food processor, pulse the cucumber until coarsely chopped. (Do not over-process – you want some texture from the vegetables in your finished gazpacho.) Pour the chopped cucumber into a very large bowl.

Repeat this process for each vegetable – separately chopping the peppers until coarse, then the tomatoes, then the onion – and pour each processed vegetable into the same large bowl.

Add the garlic, tomato juice, vinegar, olive oil, salt and pepper. Mix well.

Take about 3 cups of the mixture and pour it back into the food processor. Process until pureed. Pour the pureed mixture back into the bowl and mix again. Note: This step is optional – you can leave your gazpacho chunky if you like. We prefer ours slightly more pureed – but not completely processed.

Chill in the refrigerator for a few hours before serving.

When ready to serve, spoon into a soup bowl and add a dollop of sour cream for garnish (optional).

## **Cornbread Salad**

- |  |  |
|--|--|
| 1 (7.5 ounce) package corn bread/muffin mix      | 10 slices bacon                                  |
| 1 (4 ounce) can chopped green chilies, undrained | 2 (15.5 oz) cans pinto beans, drained and rinsed |
| 1/8 teaspoon ground cumin                        | 1 (10 oz) can whole kernel corn, drained         |
| 1/8 teaspoon dried oregano                       | 3 medium tomatoes, chopped                       |
| 1 pinch rubbed sage                              | 1 cup chopped green pepper                       |
| 1 cup mayonnaise                                 | 1 cup chopped green onion                        |
| 1 cup sour cream                                 | 2 cups shredded Cheddar cheese                   |
| 1 (1 ounce) package dry Ranch-style dressing mix |  |

### **DIRECTIONS:**

1. Preheat the oven to 400 degrees F (200 degrees C). Prepare the cornbread mix according to package directions, stirring green chilies, cumin, oregano and sage into the finished batter. Spread into a greased 8 inch square pan.
2. Bake for 20 to 25 minutes in the preheated oven, or until the top springs back when lightly pressed. Set aside to cool completely.
3. In a small bowl, stir together the mayonnaise, sour cream, and Ranch dressing mix. Set aside. Wrap bacon in paper towels, and cook in the microwave until crisp, about 45 seconds per slice. Crumble, and set aside.
4. Crumble half of the cornbread into the bottom of a 9x13 inch baking dish. Pour half of the beans over the crumbled bread, half of the mayonnaise mixture, half of the corn, tomatoes, peppers, green onion, bacon and cheese. Repeat the layers ending with cheese on top. The dish will be very full. Cover and refrigerate for 2 hours before serving.

Nutrition Information Servings Per Recipe: 12

Calories: 460 Amount Per Serving Total Fat: 30.7g, Cholesterol: 44mg, Sodium: 1256mg

Total Carbs: 33.3g, Dietary Fiber: 4.9g, Protein: 14.5g *Printed from Allrecipes.com 9/18/2013*

## Tomato Basil Pasta

2 medium fresh tomatoes	¼ cup olive oil
1 cup fresh basil leaves cut up	¼ cup Italian salad dressing
3 cloves garlic	Pasta noodles
½ Tablespoon salt (can use less)	Parmesan cheese

Cut tomatoes into bite size pieces and add the cut up basil leaves. In a separate bowl squeeze the garlic cloves into a minced mush. Mash the garlic with the salt. Add the tomato basil mixture to the garlic mixture and stir in the olive oil and salad dressing. Mix well and let set at room temperature for at least 30 minutes.

Cook pasta noodles (any kind), drain and put on plate. Spoon mixture over top of noodles. Sprinkle with parmesan cheese.

You can also grill a chicken breast or shrimp, cut up and put over pasta before spooning on the mixture.

Serves 2 *Recipe submitted by Debi Doering, MFB*

## Harvest Vegetable Bake

2-3 Tablespoons olive oil	1 small yellow summer squash, sliced
3 cloves garlic, minced	1 cup sliced fresh mushrooms
2 small eggplants cut into ½ inch cubes	½ cup grated Parmesan cheese
2 teaspoons chili powder, divided	2 large tomatoes, chopped
½ teaspoon salt	2 cups shredded mozzarella cheese
2 small zucchini squash, sliced	

Preheat oven to 350 degrees. Heat olive oil in large skillet. Add garlic and eggplant and cook until soft. Add 1 teaspoon of the chili powder and salt. Spread eggplant in bottom of 9 x 13 inch pan. Layer zucchini, summer squash, and mushrooms on top of eggplant sprinkling Parmesan cheese between layers. Top with tomatoes and then with mozzarella cheese which has been mixed with remaining chili powder. Bake for 35 to 40 minutes, until bubbly and brown. Cover with foil during cooking if is over browning. Makes 9 to 10 servings. Recipe submitted by Royce Collins, MFV.

Nutrition 9 servings per casserole: Calories 100, Fat 7 grams, cholesterol 15 mg, sodium 270 mg, Carb 8 grams.

## BLT Dip

1 pound bacon	1 cup sour cream
2 medium tomatoes	1 cup mayonnaise

Mix together

Toast a loaf of bread and cut into small rectangles for dipping.

*Recipe submitted by Debi Doering, MFV*

## Jalapeno Poppers

1 – 8 oz. pkg. cream cheese	1 lb. bacon – cut the strips in half so they are half as long as a normal strip of bacon
12 fresh jalapenos	

Slice jalapenos in half long ways and clean out seeds. Stuff jalapenos with softened cream cheese. Bake the bacon on a baking sheet in the oven at 350 for 15 minutes (you want it partially cooked but still pliable). Wrap each jalapeno with bacon. Put a toothpick through the bacon and the jalapeno to hold the bacon in place. Grill on a hot grill for about 10 to 12 minutes on each side or until the bacon is crisp. Grill the cheese side first as the cheese will start dripping out. You can also bake these in the oven at 375 until the bacon is crisp – about 20 minutes.

*Recipe submitted by Debi Doering, MFV*

## Creamy Dill Cucumbers

1 cup fat-free milk	1/8 teaspoon celery seed
1/2 cup reduced-fat mayonnaise	1/8 teaspoon pepper
1/2 cup reduced-fat sour cream	2 large cucumbers, peeled and sliced
1 envelope ranch salad dressing mix	2/3 cup sliced red onion, separated into rings
2 tablespoons dill weed	

### Directions

1. In a small bowl, combine the milk, mayonnaise, sour cream, dressing mix, dill, celery seed and pepper. Stir in the cucumbers and onion. Serve with a slotted spoon. Yield:8 servings.

Nutritional Facts: One serving (3/4 cup) equals 108 calories, 6 g fat (2 g saturated fat), 11 mg cholesterol, 435 mg sodium, 9 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 2 vegetable, 1 fat.

## Potato Skins

White potatoes	Salt and pepper
Egg white	Sour cream
Parmesan cheese	

Wedge potatoes (you should get about 8 wedges per potato). Dip in slightly beaten egg white and then roll in parmesan cheese. Sprinkle with salt and pepper. Bake @ 425 for 30 to 35 minutes. Serve with sour cream for dipping. *Recipe submitted by Debi Doering, MFV*

## Veggie Dip

1 cup mayonnaise	1 teaspoon parmesan cheese
8 oz. sour cream	1 small package shredded mozzarella cheese
1 teaspoon garlic	1 teaspoon parsley flakes

Mix together and chill until ready to serve. Cut up your favorite vegetables and get ready to dip!  
*Recipe submitted by Debi Doering, MFV*

## Pickled Peaches

2 pounds ripe clingstone peaches	Whole cloves
1 pound brown sugar	1/4 oz. stick cinnamon broken into 1/2 inch lengths
1 cup vinegar	(place in a tied cloth bag)

Dip peaches in hot water then cold water. Remove skin and pierce each with a clove. Boil sugar, vinegar and cinnamon bag for 5 minutes. Add fruit and cook in syrup until tender. Cool and let stand in refrigerator overnight. In morning, drain syrup, scald syrup and pour over peaches again, let cool and return to refrigerator. Repeat for three mornings. Retain spices until desired flavor is reached. Pack peaches and syrup in sterilized jars. Seal using hot pack method or in pressure canner. *Recipe submitted by Debi Doering, MFV*

## Asparagus Wraps

Asparagus	Brown Sugar
Bacon	

Precook bacon by baking it on a baking sheet at 375 for 15 minutes (you want it pliable for wrapping). Wrap a bundle of 5 or 6 asparagus spears in bacon and secure with a toothpick. Place on baking sheet and sprinkle with brown sugar. Broil until bacon is crisp. *Recipe submitted by Debi Doering, MFV*

## Green Bean Bundles

1 lb. fresh green beans  
6 to 8 slices of bacon  
Brown sugar

Parboil green beans 4 minutes. Remove from boiling water and place in ice bath and let cool. Drain. Gather beans in bundles and tie bacon in the middle of bundle to hold bundle together or you can wrap the bacon around the bundle and secure with toothpicks. Sprinkle 2 T brown sugar on each bundle and bake at 350 for 30 to 45 minutes until bacon is crisp.

Serves 6 to 8 people per pound of green beans and you can prepare a day before and then bake before serving.  
*Recipe submitted by Debi Doering, MFV*

## Quick Grated Beets

4 medium sized beets  
1 Tablespoon butter or olive oil  
1 to 3 Tablespoons fresh lemon juice (to taste)  
3 to 6 Tablespoons water or vegetable stock  
 $\frac{1}{2}$  teaspoon salt  
Freshly ground black pepper to taste  
Chopped fresh dill or parsley

Wash, peel and coarsely grate beets. Heat butter or oil in a medium-sized skillet over medium low heat. Add beets, and stir to coat well. Sprinkle with lemon juice, cover, and cook for approximately 10 minutes. Stir occasionally and add water or stock as needed to prevent scorching. Cook until just tender. Season with salt and pepper. Sprinkle with dill or parsley. Serve immediately. Serves 4  
Nutrition: Per serving: 48 calories, <1g protein, 3.2 g. total fat, 4 g. carbohydrates, 267 mg sodium.  
*Recipe from Simple Seasonal Meals, KSU Publication.*

## Peach and Blueberry Cobbler

3 Tablespoons unsalted butter  
3 tablespoons canola oil  
1 cup whole-wheat flour  
1  $\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup reduced -fat milk  
 $\frac{1}{2}$  cup sugar  
1 teaspoon vanilla  
3 firm ripe peaches, (approx. 1 lb) pitted and sliced into eights,  
OR 3  $\frac{1}{2}$  cups thawed frozen peaches  
2 cups (1 pint) fresh or frozen blueberries

Preheat oven to 350 degrees.  
Place butter and oil in a 12-inch cast-iron skillet or a 9 x 13 inch baking pan.  
Heat in the oven until melted, 5 to 7 minutes.  
Combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.  
Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon the peaches and blueberries evenly over the batter.  
Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.  
Makes 10 servings. **Nutrition:** Per serving: 182 calories; 8grams fat; 11 mg. Cholesterol; 26 grams carbohydrates; 3 grams protein; 3 grams fiber. *Recipe is from Eating Well . com*

## Apple Goody

6 medium apples  
3 Tablespoons flour

1 cup sugar

### **Topping:**

1 ½ cup old fashioned oats  
¾ cup flour  
¾ cup butter – melted

1 ½ cups brown sugar  
¼ teaspoon salt  
¾ cup white sugar

Peel and slice apples. Stir in 3 T flour and 1 C granulated sugar. Place in 9 X 12 baking dish. Mix topping ingredients together and sprinkle over the top. Bake 40 minutes at 350.

*Recipe submitted by Debi Doering, MFV*

## Cheesecake Stuffed Peaches

6 peaches, halved and pitted  
¼ cup butter melted  
3 Tablespoon cinnamon and sugar  
(Mix 3 T. granulated sugar with 1 tsp. ground cinnamon)

4 oz. cream cheese, softened  
¼ cup sugar  
1 egg yolk  
1 ½ teaspoons vanilla

Preheat oven to 350. Line a 15 X 10 X 1 in baking pan with parchment paper; set aside. Trim a very thick slice from the round side of each peach half so the halves will stand flat on the baking pan. Dip peach halves in melted butter to coat. Arrange peach halves, cut sides up in prepared pan. Sprinkle cut sides of peaches with cinnamon and sugar and set aside.

In a medium mixing bowl beat cream cheese with a mixer on medium speed until smooth. Add sugar, egg yolk and vanilla. Beat until combined. Spoon cream cheese mixture into peach centers.

Bake uncovered about 30 minutes or until lightly browned and softened. Serve warm or at room temperature.

Makes 6 serving. *Recipe submitted by Debi Doering, MFV*

## Topless Apple Cream Pie

This crust makes 1 single pie crust

1 1/3 cups flour  
1/3 cup vegetable oil

1 teaspoon salt (very important)  
3 Tablespoons milk

Fold together thoroughly. Roll flat with a rolling pin between 2 sheets of waxed paper. Remove top wax paper and flip into a pie plate (don't forget to foil the edges before baking so it doesn't burn).

### **The Filling**

Place in mixing bowl;

5 or 6 medium apples peeled and thinly sliced  
3 Tablespoons flour  
1 cup sugar

Cinnamon to taste  
2 Tablespoons butter  
1 cup heavy whipping cream

Cut apples into large mixing bowl and stir in flour, sugar and cinnamon. Put in unbaked pie crust and dot with butter. Drizzle the heavy whipping cream over the top. Bake 350 for about an hour.

Watch closely. When the apples are soft and the crust is golden brown it is done.

*Recipe submitted by Debi Doering, MFV*

## Strawberry Pie

1 cup sugar	3 Tablespoons flour
1 quart fresh strawberries	1 (9 inch) pie shell
1 small package strawberry Jell-o	Cool Whip
1 cup water	

Bake pie shell and cool. Stir sugar, flour and water over medium heat until thick. Remove from heat and add Jell-o, mix thoroughly and cool. Once cooled stir in strawberries and spoon into pie shell. Refrigerate until serving. Serve with cool whip on top. *Recipe submitted by Debi Doering, MFV*

## Pecan Pie

1 cup brown sugar packed	½ cup melted butte
¼ cup granulated sugar	2 eggs, beaten
2 Tablespoons flour, heaping	2 Tablespoon milk
1 teaspoon vanilla	1 cup pecan halves

Using a mixer, mix all ingredients together except the pecan halves and pour into unbaked pie shell. Sprinkle pecan halves over the top. Bake 275 for 40 to 50 minutes.

*Recipe submitted by Debi Doering, MFV*

## Cinnamon-Apple Panini Serves 4 (serving size 2 triangles)

With a touch of sweet spice, cream cheese richness, and tart apple crunch, these melt-sweet sandwich triangles are sure to earn garage-A ratings. Serve as an after-school snack for the kids or treat yourself to a quick-fix dessert.

2 ounces 1/3-less-fat cream cheese, softened  
1 teaspoon honey  
1/8 teaspoon ground cinnamon  
4 (1-ounce) slices 100% whole-wheat cinnamon-raisn bread  
12 thin slices Granny Smith apple  
Cooking spray  
½ teaspoon water  
2 individually wrapped caramels

Combine the first 3 ingredients, stirring until smooth. Spread about 1 tablespoon cream cheese mixture over 1 side of each bread slice. Top each of 2 bread slices with 6 apple slices and remaining 2 bread slices, cream cheese side down. Lightly coat sandwiches with cooking spray.

Heat a grill pan over medium heat; add sandwiches to pan. Cook 2 minutes on each side. Cut each into 4 triangles.

Combine water and unwrapped caramels in a microwave-safe bowl. Microwave at HIGH for 30 seconds or until caramels melt, stirring after 15 seconds. Drizzle sandwiches with caramel.

Calories 150; Fat 4.3g (sat.1.8g,mono 0.8g, poly 0.9g); Protein 4.5g; Carb 23g; Fiber 3g; Chol 11mg; Calc 46mg

## **Fruit Crisp**

5 cups sliced, peeled cooking apples, pears, peaches, or apricots

2 to 4 tablespoons white sugar

$\frac{3}{4}$  cup rolled oats

$\frac{1}{2}$  cup packed brown sugar

$\frac{1}{4}$  cup all-purpose flour

$\frac{1}{4}$  teaspoon ground nutmeg, ginger, or cinnamon

$\frac{1}{4}$  cup butter or margarine

Mix the sliced fruit with the sugar and place in a 2-quart square baking dish.

For topping, in a medium bowl combine the oats, brown sugar, flour, and spices. Cut in the butter until the mixture resembles coarse crumbs. Sprinkle topping over fruit.

Bake in a 375 oven for 30 to 35 minutes or until fruit is tender and topping is golden. If desired, serve with ice cream or whipped topping.