Home Brown Green Beans

Trim ends and cut beans in half.

Cook until soft.

Add butter, salt, pepper and dill.

Simple but very good.

Sincerely, Erna & Debo.
Roasted Veggies on Fried Polenta

Polenta: 1 1/2 cups corn meal 1/2 t. salt
3 1/2 c. water
Bring water to a boil. Add salt. Use a 8x8 or nonstick pan with lid. Slowly stir in corn meal. Cook 12-15 min. covered over medium-low stirring frequently until very thick. Spread into 8x8 pan rinsed with cold water. Cool Chilling overnight or several hours until cold. Turn out 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, leaf lettuce, broccoli, kale, squash, potato, mushrooms

Trim veggies and cut into large pieces. Brush with olive oil and canola oil (1/2c. each) with 1/4 t. each paprika, seasoned salt, parsley, garlic powder, onion powder, thyme, basil, and 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 julienned 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 Ciabatta bread.
Recipe: **5 Cup Salad**

From: **Tom Stanton**

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 over night.
HEIRLOOM TOMATO SALAD

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
⅓ 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

Submitted by Carl Ruetz

Serves: 8

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

1. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 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 1/4 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 1/4 teaspoon salt, and remaining 1/4 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 1/4 cup salsa)
CALORIES 360, FAT 15g (sat 6g, mono 6g, poly 2g), PROTEIN 14g, CARB 42g, FIBER 5g, SUGARS 9g, CHOL 30mg, 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
¾ 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 sauté 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
CAPRESE BRUSCHETTA

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

Serves 6-8

Prep Time: 5 min  
Cook Time: 10 min  
Total Time: 15 min

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/