

Cooking with your Fresh Vegetables

By

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Grilled Herbed Vegetables

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons snipped fresh rosemary or ½ teaspoon dried rosemary, crushed; or 2 tablespoons snipped fresh basil or 1 teaspoon dried basil, crushed.
- ¼ teaspoon salt
- 4 cups mixed vegetables, such as eggplant chunks; halved small yellow squash, zucchini, or pattypan squash; green beans; red onion wedges; and/or sliced yellow, red or green sweet pepper
- Pepper to taste

Directions

In a medium mixing bowl combine the olive oil, garlic, rosemary or basil, and the salt.

Add the vegetables to oil mixture, tossing to coat. Spoon vegetable mixture onto a 24x12 inch piece of heavy foil. Bring opposite edges of foil together; seal tightly with a double fold. Fold in remaining ends to completely enclose vegetables, leaving a little space for steam to build.

Grill the vegetable packet on a grill rack directly over medium-hot coals about 20 minutes or until vegetables are tender, turning the packet over halfway through the cooking time. (Or, bake vegetable in a 350 degree oven about 25 minutes or until tender.) Season to taste with pepper. Makes 4 side dish servings.

Your notes and other great ideas:

Mexican Grilled Corn

Prep Time: 5 min Level: Serves: 4 servings
Inactive Prep Time: 0 min Easy
Cook Time: 20 min

Ingredients

- 4 ears corn
- ½ cup mayonnaise
- 1 ½ cups sour cream
- ¼ cup freshly chopped cilantro leaves
- 1 cup freshly grated Parmesan
- 1 lime, juiced
- Red chili powder, to taste
- 2 limes cut into wedges, for garnish

Directions

Remove the husks of the corn but leave the core attached at the end so you have something to hold. Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over. Mix the mayonnaise, sour cream and cilantro together. Grate the Parmesan in another bowl. While the corn is still warm, slather with mayonnaise mix. Squeeze lime juice over the corn and shower with Parmesan. Season with chili powder and serve with extra lime wedges.

Your notes and other great ideas:

Grilled Tomato Melts

Ingredients

- 3 large tomatoes (about 8 oz. each) or a variety of smaller tomatoes (about 1-1/2 lb. total)
- 4 ounces Monterey Jack cheese with jalapeno peppers or Monterey Jack cheese, shredded (1-1/2 cups).
- 1 small green, yellow, purple, or red sweet pepper, finely chopped (about ½ cup)
- ¼ cup toasted sliced almonds

Directions

Preheat oven to 350 degree F. Cut each tomato into 4 slices, about ½ inch thick. If using smaller tomatoes, halve each one. For each of 4 servings, arrange 3 tomato slices, overlapping slightly, in a foil-lined, 15x10x1 inch baking pan. (Or if using smaller tomatoes, arrange in a single layer in a foil-lined, 15x10x1 inch baking pan.) Sprinkle with shredded cheese, finely chopped pepper, and toasted almonds. Bake about 15 minutes or until cheese is bubbly. Carefully lift with large metal spatula to individual plates, allowing excess juices to drain off.

To prepare on a grill, arrange ingredients as above in a shallow disposable foil pan. In a grill with a cover arrange medium-hot coals around the edge of the grill; test for medium heat above the center of the grill. Place the pan with the tomatoes in the center of the grill rack. Grill, covered, for 12 to 15 minutes or until cheese is bubbly. Makes 4 appetizer servings.

Make Ahead Tip: Arrange tomato slices in baking pan and sprinkle with cheese, pepper, and nuts. Cover and chill up to 4 hours. Bake or grill as above.

Your notes and other great ideas:

Tomato Kabobs

Prep Time: 10 min Level: Serves:
Inactive Prep Time: 0 min Easy 6 servings
Cook Time: 5 min

Ingredients

- Good olive oil
- 2 pints cherry tomatoes
- Wooden skewers, soaked in water for 30 minutes
- Kosher salt
- Freshly ground black pepper

Directions

Heat a grill with coals. Spread them out in 1 dense layer and brush the grill with oil.

Loosely thread 4 or 5 cherry tomatoes onto skewers, threading them through the stem of the tomato. Rub the tomatoes with olive oil and sprinkle with salt and pepper.

Place the tomato skewers on the grill and cook for approximately 5 minutes, turning once.

Your notes and other great ideas:

Veggie Kabobs with Herb and Garlic Marinade

Ingredients

- 1 cup eggplant chunks
- 1 cup red, yellow or green bell pepper chunks
- 1 cup pineapple chunks
- 1 cup red onion chunks
- 1 cup white button mushrooms
- 1 cup zucchini or yellow squash chunks
- 1 cup cherry tomatoes
- Marinade, recipe follows
- Wooden skewers, soaked in water for 30 minutes

Directions

Place the vegetables in a shallow dish or container. Pour marinade over vegetables. Cover and refrigerate for 2 hours.

Preheat an outdoor grill to medium heat.

Remove vegetables from the marinade, reserving marinade. Thread vegetable onto skewers, alternating colors. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved marinade and turning occasionally.

Marinade

- ½ cup olive oil
- ½ cup lemon or lime juice
- ¼ cup water
- ¼ cup Dijon mustard
- 2 tablespoons maple syrup
- 2 tablespoons minced garlic
- 2 tablespoons chopped fresh basil leaves
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

Whisk together all ingredients in a small bowl. The marinade can be prepared in advance or held covered in the refrigerator for up to 7 days.

Grilled Eggplant Teriyaki

Prep Time: 20 min Level: Serves:
Inactive Prep Time: 30 min Easy 4 to 6 servings
Cook Time: 15 min

Ingredients

- 2 medium eggplants
- Kosher salt
- Marinade, recipe follows
- Sesame seeds, for garnish

Directions

Preheat an outdoor grill to medium heat.

Slice eggplant into ½ inch thick slices. Sprinkle with salt and let stand in a colander set over a bowl or the sink for 20 minutes. Rinse briefly and pat dry.

Pour marinade over eggplant and let stand for at least 10 minutes or up to overnight in the refrigerator. Remove from marinade, reserving leftover marinade. Place eggplant on grill, cook until eggplant is cooked through and lightly browned on all sides, about 10 to 15 minutes. Remove from grill. Serve with reserved marinade and sprinkle with sesame seeds.

Marinade

- ¼ cup soy sauce
- 3 tablespoons light brown sugar
- 2 tablespoons olive oil
- 2 tablespoons rice vinegar or white wine vinegar
- 1 teaspoon dark sesame oil
- 1 teaspoon grated fresh ginger
- 3 cloves garlic, minced

Whisk together all ingredients in a small bowl. Let stand for 10 minutes.

Your notes and other great ideas:

Vegetable Wrap with Chili Mayonnaise

Ingredients for the Chili Mayonnaise

- ½ cup mayonnaise
- ½ cup Asian chili sauce (hot – also optional)
- 1 tablespoon fresh lemon juice
- 1 tablespoon fish sauce (optional)
- 2 cloves garlic, minced
- 1 tablespoon brown sugar

Directions

In a small bowl, mix together the mayonnaise, chili sauce, lemon juice, fish sauce, garlic and brown sugar.

Ingredients for the Vegetable Wraps

- ½ red bell pepper, seeded, cored and cut into thin slices
- ½ yellow bell pepper, seeded, cored and cut into thin slices
- 1 large carrot, shredded
- ¼ cup chopped fresh mint leaves
- ¼ cup chopped fresh basil leaves
- 3 – 12” round tortillas
- 2 cups shredded green cabbage
- 1 small red onion cut into thin slices
- 1 yellow squash matchstick cut
- 1 zucchini matchstick cut

Directions

In a medium mixing bowl, mix together the red bell pepper, yellow bell pepper, cabbage, carrot, squash, zucchini, onions, mint and basil. Add the Chili Mayonnaise and toss well. Spoon some of the vegetable mixture on top of the tortilla. Repeat with the remaining ingredients

Your notes and other great ideas:

Fresh Tomato Salsa

Prep Time: 15 min Level: Serves:
Inactive Prep Time: 0 min Easy about 2 ½ cups
Cook Time: 0 min

Ingredients

- 4 pounds vine-ripened red and/or orange tomatoes (about 5 medium)
- ½ medium onion (preferably white)
- 1 cup fresh cilantro sprigs
- 4 fresh serrano or jalapeno chiles, seeded and chopped.
- 2 teaspoons minced garlic
- 2 teaspoons sugar
- 3 tablespoons fresh lime juice
- Kosher salt and freshly ground black pepper

Directions

Quarter and seed tomatoes. Dice the tomatoes and transfer to a bowl. Finely chop enough onion to measure ½ cup and chop cilantro. Stir chiles, onion, cilantro, and garlic into tomatoes with sugar and lime juice and season with salt and pepper.

Your notes and other great ideas:

Fresh Tomato Bruschetta

Ingredients

- 6 tomatoes (plump), diced
- 3 cloves minced garlic
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- ¼ cup fresh basil, chopped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups mozzarella cheese (cubed)
- 1 loaf French Baguette (sliced)

Directions

In a large bowl, combine tomatoes, garlic, olive oil, vinegar, basil, salt and pepper. Allow mixture to set for ten minutes. Add cheese cubes and re-mix. Cut baguette into ¾ inch slices. Divide the tomato mixture evenly over the baguette slices.

Serve Hot or Cold. Follow preparation instructions, take topped baguettes and broil for five minutes or until cheese is melted.

Your notes and other great ideas:

Red Wine Vinegar Cucumber Marinade

Ingredients

- 2 cups Red Wine Vinegar
- ½ cup vegetable or olive oil
- 2 teaspoons garlic (minced or whole)
- 1 teaspoon salt
- 1 teaspoon coarse pepper
- 3 cucumbers (sliced ¼ inch thick)
- 1 red onion (Julienne)

Directions

In a medium mixing bowl, mix together the vinegar, oil, garlic, salt and pepper. Add the sliced cucumbers and Julienne red onions, toss to cover all vegetables. For best results, let marinate for 24 hours in refrigerator.

Your notes and other great ideas:

Roasted Red Pepper with Basil Oil

Prep Time:	13 min	Level:	Serves:
Inactive Prep Time:	30 min	Easy	4 servings
Cook Time:	20 min		

Ingredients

- 4 large red bell peppers, seeded and cut in ½ lengthwise
- 2 tablespoons olive oil, plus 1 ½ cups
- Kosher salt
- Freshly ground black pepper
- 3 cups basil leaves, plus 8 basil leaves for garnish
- 1 clove garlic, chopped
- 1/3 cup pine nuts

Directions

Preheat the oven to 500 degrees F.

Pour 2 tablespoons of olive oil on a baking sheet and place the pepper, cut side up on the oil. Turn the peppers over, season them with salt and pepper, and roast in the oven for 20 minutes. Place the warm peppers in a bowl, and cover with plastic wrap. Set aside to cool for at least 30 minutes.

For the basil oil, put the basil, 1 ½ cups olive oil, pine nuts, and the garlic in the bowl of a food processor fitted with a steel blade. Pulse 6 to 8 times until the basil is finely chopped.

When the peppers are cool, remove and discard the skins. Slice the peppers and arrange them on a plate. Pour the basil oil over the peppers, and garnish with the basil leaves.

Your notes and other great ideas:

Spicy Tomato Salsa

Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	0 min	Easy	2 cups
Cook Time:	0 min		

Ingredients

- 4 medium tomatoes, halved
- ½ cup fresh cilantro leaves
- 1 garlic clove, crushed
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice
- ½ teaspoon red pepper flakes
- Kosher salt and freshly ground black pepper

Serving suggestion: tortilla chips

Directions

Put the tomatoes, cilantro, garlic, olive oil, orange juice, and red pepper flakes in a food processor. Pulse until the ingredients are combined but still chunky. Season with salt and pepper, to taste. Transfer to a small bowl and serve with tortilla chips.

Your notes and other great ideas:
