

**2013**

**Cooking with your Fresh Vegetables**

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- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tsp. snipped fresh rosemary
- 2 tablespoons snipped fresh basil
- ¼ tsp. salt
- ¼ tsp. black pepper
- 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

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

Add the vegetables to oil mixture, tossing to coat. Spoon vegetable mixture onto a 24 x 12 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 heat 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 more salt and pepper. Makes 4 side dish servings.

## Grilled Corn with Mexican Aioli

### Aioli Ingredients

- ½ cup mayonnaise
- ½ cup sour cream
- ¼ cup freshly chopped cilantro leaves
- ¾ cup freshly grated Parmesan cheese
- 1 lime, juiced
- ¼ tsp. red chili powder

### Grilled Corn Ingredients

- 4 ears corn
- 2 limes cut into wedges, for garnish
- ¼ cup freshly grated Parmesan cheese for sprinkling

### Grilled Corn Directions

Remove the husks of the corn but leave the core attached at the end so you have something to hold. (Or soak ears in cold water for 5 min., take out let drain for 2 min.) Grill the corn on a hot grill or cast iron griddle pan until slightly charred. Turn it so it gets cooked evenly all over.

### Aioli Directions:

Mix the mayonnaise, sour cream, cilantro, lime juice, Parmesan cheese and chili powder. While the corn is still warm, slather with aioli. Squeeze lime juice over the corn and shower with Parmesan cheese. Serve with extra lime wedges.

## Chocolate Zucchini Cake

### Ingredients:

- 1 stick margarine (softened)
- 2 ½ cup flour
- ½ cup oil
- ½ tsp. salt
- 1 ¾ cup sugar
- 1 tsp. baking soda
- 2 eggs
- ½ tsp. cinnamon
- 1 tsp. vanilla
- 4 tablespoons cocoa
- ½ cup butter milk (or ½ cup milk with 1 tsp. vinegar)
- 2 cup raw grated zucchini
- ½ cup chocolate chips
- ½ cup nuts

### Directions:

Cream sugar, oil, and margarine. Add eggs and vanilla.

Beat well and add milk. Sift dry ingredients and blend into creamed mixture. Stir in zucchini and pour into greased and floured 9 x 13 pan. Sprinkle on chocolate chips and nuts. Bake at 325° for 45 min.

## Country Fried Green Tomatoes

### Ingredients

- 4 medium green tomatoes
- ½ cup of buttermilk
- ½ cup of all-purpose flour
- 2 each eggs, beaten
- ¾ cup bread crumbs or corn meal (breading)
- ¼ cup cooking oil
- ¼ tsp. salt
- ¼ tsp. pepper

### Directions

1. Cut unpeeled tomatoes into ½ inch thick slices and sprinkle both sides with salt and pepper.
2. Set up 4 bowls next to each other, one each with buttermilk, flour, beaten egg and breading.
3. Dip the tomato slices into buttermilk, then into the flour, then in the beaten eggs and then into the breading.
4. Heat oil in a skillet to medium heat; fry half of the slices at a time, cooking for 8-10 min. on each side or until golden brown.
5. Place tomatoes on a paper plate or drain shelf.
6. Season with salt and pepper to taste, or use your favorite dipping sauce.

### Cook's Notes:

Be careful of HOT oil; reduce heat if oil begins splattering out of the skillet. Fried green tomatoes are a favorite recipe of the south.

Growing your own tomatoes is the best way to get green tomatoes, since grocery stores typically only carry ripe tomatoes. You may also find green tomatoes at your local farmers market.

## Veggie Kabobs with Herb and Garlic Marinade

### Ingredients

- 1 cup eggplant chunks
- 1 cup red, yellow or green bell pepper chunks
- 1 cup fresh 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.

### Ideas for Dressing:

#### 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 tsp. salt
- ½ tsp. 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.

## Tomato Kabobs

### Ingredients

- 3 tablespoons good olive oil or herb oil
- 2 pints cherry tomatoes
- Wooden skewers, soaked in water for 30 minutes
- ¼ tsp. salt
- ¼ tsp. black pepper

### Directions

Heat grill to medium-high. Season 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.

## Grilled Tomato Melts

### Ingredients

- 3 large tomatoes (about 8 oz. each) or a variety of smaller tomatoes (about 1 ½ lbs. total)
- 4 ounces Monterey jack cheese with jalapeno peppers or Monterey jack cheese, shredded (about 1 ½ 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 degrees 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, 15 x 10 x 1 inch baking pan. (Or if using smaller tomatoes, arrange in a single layer in a foil-lined, 15 x 10 x 1 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.

## Roasted Red Pepper Pesto

### Ingredients

- 2 large red bell peppers, roasted and peeled
- 3 garlic cloves
- 1 cup extra-virgin olive oil
- 1 cup basil leaves, packed
- ½ cup grated Parmesan cheese
- 1 tablespoon pine nuts
- Black pepper (to taste)
- Salt (if needed)

### Directions

Roast or grill the red bell peppers until the skins are charred, then using tongs, transfer them to a covered container such as a small pan with a lid or even a plastic Ziploc bag to let them rest. Peel them when cool.

In a food processor, mix the garlic, peppers, basil, pine nuts, cheese and black pepper into a paste. Gradually blend in olive oil; adjust seasoning. Add salt only if needed, since the cheese will add saltiness.

## Grilled Eggplant Teriyaki

### Eggplant Ingredients

- 2 medium eggplants (peeled)
- Marinade (recipe follows)
- Sesame seeds, for garnish

### Directions

Preheat an outdoor grill to medium-high heat.

Slice eggplant into ½ inch thick slices. 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 Ingredients

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

### Directions

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

## 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 tsp. salt
- ¼ tsp. 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.

## Red Wine Vinegar Cucumber Marinade

### Ingredients

- 2 cups red wine vinegar
- ½ cup vegetable, olive oil or herb oil
- 2 tsp. garlic (minced or whole)
- 1 tsp. salt
- 1 tsp. black 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 julienned red onions, toss to cover all vegetables. For best results, let marinate for 24 hours in refrigerator.

## Grilled Asparagus with Lemon and Garlic

### Ingredients:

- 16 oz. asparagus (about 1 bunch)
- 3 tablespoons olive oil or herb oil
- 2 garlic cloves, finely minced
- 1 tsp. grated lemon zest
- ¼ tsp. paprika
- ¼ tsp. salt
- ¼ tsp. black pepper
- Wooden skewers, soaked in water for 30 minutes

### Directions

Heat grill to medium-high. Trim asparagus. In a small bowl, combine oil, garlic, zest, paprika and stir with a fork. Layer asparagus side by side and pierce onto wooden skewers and form a raft. Place asparagus on the grill and brush with oil mixture. Cook to desired tenderness and season with salt and pepper.

## Fresh Tomato Salsa

### Ingredients

- 4 pounds vine-ripened red tomatoes (about 5 medium)
- 1 medium onion
- 1 cup fresh cilantro sprigs, chopped
- 1 fresh Serrano or jalapeno chili, seeded and chopped.  
(Optional)
- 2 tsp. minced garlic
- 2 tsp. sugar
- 3 tablespoons lime juice (or 2 limes if fresh)
- ¼ tsp. salt
- ¼ tsp. black pepper

### Directions

Dice the tomatoes and onion and transfer to a bowl. Stir chili, cilantro, and garlic into tomatoes and onion with sugar and lime juice and season with salt and pepper. Let stand for flavors to combine.



## Grilled Brussels Sprouts

### Ingredients:

- 1 lb. Brussels sprouts (as uniform in size as possible)
- 2 tablespoons olive oil or herb oil
- 1 tablespoon minced garlic
- 1 tsp. Dijon mustard
- 1 tsp. paprika
- 1 tsp. salt
- ¼ tsp. black pepper
- Wooden skewers, soaked in water for 30 minutes

### Directions

Heat grill to medium high. Cut off the stem ends of the sprouts and remove any yellowing outer leaves. Place the sprouts into a large microwave safe mixing bowl. Heat in microwave on high for 3 minutes. Add the oil, garlic, mustard, paprika, salt and pepper and toss to combine. Allow the sprouts to cool until you can handle them. Loosely thread 4 to 5 sprouts onto wooden skewers. Place the skewers onto the grill. Cover and cook for 5 minutes. Then turn the skewers over and continue to cook for another 5 minutes.

**Cook's Note:** Serve as is, or for additional flavor, remove sprouts from the skewers and return them to the original mixing bowl and toss with any of the remaining oil and garlic mixture before serving.

**Cook's Note:** In order to facilitate even cooking, it is important that the sprouts be as uniform in shape as possible.

## Grilled Portobello Mushrooms with Fresh Tomato Bruschetta

### Mushroom Ingredients:

- 3 tablespoons olive oil or herb oil
- 4 large Portobello mushrooms, stemmed
- 2 cloves garlic, minced
- 4 tablespoons shredded mozzarella cheese
- ¼ tsp. salt
- ¼ tsp. black pepper

### Directions

Heat grill to medium high. Drizzle 3 tablespoons of oil over mushrooms. Season the mushrooms with salt and pepper. Grill until mushrooms are heated through and tender, about 5 minutes per side. Take fresh tomato bruschetta stuffing, set aside. Place one hot grilled mushroom, gilled side up, sprinkle with more salt and pepper. Spoon the fresh tomato bruschetta mix and shredded cheese (1 tablespoon per mushroom) on top of the mushroom. Drizzle with extra olive oil to finish. Heat until cheese has melted (about 3-5 minutes). Serve hot or cold.

**Cook's Note:** You can substitute any number of fillings for the bruschetta.

### Filling Suggestions:

- Artichoke dip
- Spinach dip
- Humus
- Caramelized onions
- Salsa