

Egg-Topped Summer Hash

Serves 4.

Ingredients:

- 2 to 3 small Yukon Gold potatoes
- 2 medium zucchini about 8 ounces, total
- 2 medium summer squash, about 8 ounces, total
- 1 bell pepper, red, yellow or orange
- 2 Tablespoons olive oil
- 1 cup chopped onion
- 2 Tablespoons fresh sage, chopped or 1 teaspoon dried sage
- 1 teaspoon kosher salt
- ½ teaspoon black pepper, preferably freshly ground
- 1 Tablespoon butter
- 4 eggs



Directions:

1. Wash potatoes. Fill a medium size saucepan half full with water; add potatoes. Cook until potatoes can be easily pierced with a fork. Cool. Cut into 1-inch dice. Set aside.
2. Wash zucchini and summer squash. Remove the ends. Cut into 1-inch dice. Wash pepper and remove seeds. Chop and add to squash. Set aside.
3. Heat oil in a large skillet. Add onion and cook until translucent, about 5 minutes. Add squash and pepper. Cook vegetables until they have started to soften, about 5 minutes.

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- Add potatoes, sage, salt and black pepper. Cook until all the vegetables are soft.
4. Melt the butter in another skillet. Add eggs and cook until whites are set (opaque) and yolks have started to thicken. If desired, flip egg and cook until yolk is completely cooked.
 5. Top each serving of hash with an egg.

Green Beans with Lemon and Brown Butter

Serves 4.

Ingredients:

- 1 pound green beans
- 2 Tablespoons butter
- 1 Tablespoon fresh lemon juice
- ¼ cup pecans, toasted
- ¼ teaspoon salt



Directions:

1. Wash green beans and trim the ends.
2. Fill a medium size saucepan half full with water; bring to a boil and add green beans.
3. Browning the butter. Add the butter to a small skillet and heat over medium heat. Stir the butter with a wooden spoon as it starts to foam and sputter. Remove the butter from the heat as soon as it starts to turn a golden brown and smells, nutty, about 1 minute.
4. Add lemon juice, pecans, and salt. Stir to mix ingredients. Spoon mixture over green beans. Stir to coat beans.



SUMMER RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
Nebraska Local Foods Network
Nebraska Cooperative Development Center

Summer Bean Salad

Serves 2 to 3.



Ingredients:

- 1 can (15 ounces) white beans, such as, Great Northern
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice, preferably fresh
- 3 Tablespoons chopped fresh herbs, such as basil, parsley, cilantro or mint
- 1 medium tomato, chopped, about 1 cup

Directions:

1. Rinse and drain the beans. Roughly mash beans, if desired.
2. In a medium bowl combine beans and the remaining ingredients. Stir to combine.

Note: If desired, start with $\frac{3}{4}$ cup dried beans. Cook according to package directions.

2016 – International Year of the Pulse

The United Nations declared 2016 to be the International Year of the Pulse. The goal is to heighten public awareness of the nutritional benefits of pulses (beans, peas, and lentils) as part of a sustainable food production system aimed at improving food security and nutrition.



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Cherry Tomato Sauce

Makes about 1½ cups, enough for about 6 servings.

Use this sauce as a topping on fish, chicken, or an omelet.

Ingredients:

- 1 pint cherry tomatoes
- 2 Tablespoons olive oil, divided
- 1 shallot, finely chopped
- 1 Tablespoon red wine vinegar
- Salt and black pepper, to taste
- 2 Tablespoons chopped fresh chives



Directions:

1. Cut half of cherry tomatoes in half.
2. Heat 1 tablespoon of oil in a medium saucepan. Add shallot and cook, stirring often, until softened, about 4 minutes.
3. Add all tomatoes. Cook, stirring occasionally, until tomatoes start to release juices, about 5 minutes.
4. Add vinegar and remaining tablespoon of oil. Season with salt and pepper. Serve warm or at room temperature. Add chives just before serving.

Note: This sauce can be made 2 days in advance and refrigerated. Bring to room temperature and stir in chives.

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Seasonal and Simple

Seasonal and Simple is a new app from the Nebraska Extension, in collaboration with the University of Missouri-Extension. Seasonal and Simple is a guide to help you select, store and prepare fresh fruits and vegetables. Recipes use simple preparations and seasonings, so you can taste the goodness of a fruit or vegetable at the peak of its flavor. Nutrients and associated health benefits are listed with each fruit or vegetable.

Use this guide to choose fruits and vegetables in season and get all the benefits — food that tastes good, is good for you and is reasonably priced

The app is available for Android and Apple systems.



Available on the App Store

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