

Vegetable Stuffed Eggplant

Yields 2 servings.



Ingredients

- 1 small eggplant
- 1 cup corn kernels
- 1 small onion, chopped
- 1 small tomato, chopped
- 2 garlic cloves, minced
- Olive or vegetable oil
- 2 Tablespoons minced parsley
- ½ teaspoon salt
- 1 teaspoon fresh oregano
- ¼ teaspoon black pepper
- ½ cup water
- ½ cup shredded mozzarella cheese

Directions

1. Cut eggplant in half lengthwise; remove pulp, leaving a ¼ inch shell.
2. Cut eggplant pulp into ½-inch cubes.
3. Sauté eggplant, corn, onion, tomato, and garlic. Cook until vegetables are tender.
4. Stir in seasonings.
5. Spoon mixture into reserve shells.
6. Place in 9X13-inch baking dish.
7. Pour water into baking pan.
8. Cover and bake at 350°F for 30 minutes.
9. Sprinkle with cheese and bake 5 minutes.

Cucumber Salad

Yields 2 servings.

Ingredients

- 1 cucumber, thinly sliced
- ¼ cup low fat ranch dressing
- 1 teaspoon, dried dill or 1 Tablespoon fresh dill
- 1 hard cooked egg, diced

Directions

1. Combine cucumber, ranch dressing, and dill.
2. Sprinkle egg over top.



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SUMMER RECIPES

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Easy Peach Cobbler

Yields 10 servings.

Ingredients

¼ cup unsalted butter
¾ cup all-purpose flour
1¾ cup sugar, divided
2¼ teaspoons baking powder
1 cup milk
4 cups fresh peach slices
1 Tablespoon lemon juice
Ground cinnamon (optional)

Directions

1. Melt butter in a 9x9 baking dish.
2. Combine flour, ¾ cup sugar, and baking powder.
3. Add milk and stir until combined.
4. Pour batter over butter (do not stir).
5. Combine and bring 1 cup sugar, peaches, and lemon juice to a boil over medium heat; stirring constantly.
6. Pour peaches over batter (do not stir).
7. Bake at 375°F for 40-45 minutes.



Eggplant with Ricotta Cheese and Tomatoes

Yields 2 servings.



Ingredients

4 to 6 eggplant slices
Olive oil
1/3 cup ricotta cheese
2 Tablespoons Parmesan cheese
1 Tablespoon fresh basil
About ½ cup cherry tomatoes, quartered
Salt, to taste

Directions

1. Sprinkle eggplant slices with salt and allow to sit until water accumulates on the surface. Rinse and pat dry.
2. Brush eggplants with olive oil. Cook in a nonstick skillet until tender. Set aside.
3. In a small bowl, combine ricotta and parmesan. Add basil. Stir and set aside.
4. Sprinkle tomatoes with salt. Set aside.
5. Top each eggplant slice with cheese mixture. Top with tomatoes. Broil until cheese is hot.

Bell Peppers

Bell peppers are native to the Americas and Mexico. They can be a variety of colors including green, yellow, red, orange, brown, and purple.

These vegetables are a good source of thiamin, niacin, folate, magnesium and copper. They are also considered a very good source of fiber, vitamins A, C, K, and B6, potassium, and manganese. Some nutrition content varies by the color of the pepper- red peppers have more vitamin C than green ones.

These peppers can be eaten raw or cooked. The stems, seeds, and inner membranes are always removed before eating. Cooked or raw peppers can be easily added to a variety of dishes such as sandwiches, stews, salads, casseroles, and pasta dishes. They can also be eaten raw for a healthier snack option. Stuffed pepper dishes have been used in a variety of countries including Mexico, India, Spain, and the United States. Different cultures tend to use varying spices and ingredients that are mixed with rice and a meat in the pepper stuffing.

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