

## Green Beans and Red Onion with Warm Mustard Vinaigrette

Serves 6.

### Ingredients:

- 1½ pounds green beans, trimmed
- 1 cup vertically sliced red onion
- 3 Tablespoons red wine vinegar
- 2 Tablespoons Dijon mustard
- 1 Tablespoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Cook green beans in boiling water for 6 minutes or until crisp-tender, and drain. Combine the green beans and onion in a large bowl.
2. In a small saucepan combine vinegar, Dijon mustard, olive oil, salt, and black pepper. Cook over medium heat until mixture is heated, whisking constantly. Drizzle vinaigrette over bean mixture; toss well to coat.



### Contributors:

Alice Henneman, University of Nebraska-Lincoln Extension in Lancaster County

Billene Nemec, Buy Fresh, Buy Local Nebraska, University of Nebraska-Lincoln

## Plum Tarts with Honey and Black Pepper

Serves 6

### Ingredients:

- 1 sheet frozen puff pastry (half of 17.3-ounce package)
- 1 pound red plums, apricots, or peaches, pitted, cut into ½-inch slices
- 2 Tablespoons sugar
- Freshly ground black pepper
- 1 Tablespoon honey
- Flaky or kosher salt



### Directions:

1. Thaw puff pastry according to package directions.
2. Preheat oven to 425°F. Cut pastry into six 4" squares, place on a parchment-lined baking sheet, and prick all over with a fork, leaving a ½" border. Top with plums. Sprinkle with sugar, season with a few grinds of pepper.
3. Bake tarts, rotating pan halfway through, until edges of pastry are puffed and golden brown, 25-30 minutes. Drizzle with honey and sprinkle with salt while still hot.

### Contact:

Dr. Georgia Jones  
Extension Food Specialist  
Department of Nutrition & Health Sciences  
University of Nebraska-Lincoln  
Phone: Lincoln, NE 68583-0808  
(402) 472-3225  
Email: [gjones2@unl.edu](mailto:gjones2@unl.edu)  
Resource: [www.buylocalnebraska.org](http://www.buylocalnebraska.org)



## SUMMER RECIPES

### In Partnership with:

University of Nebraska-Lincoln Extension

Buy Fresh Buy Local Nebraska

Nebraska Local Foods Network

Nebraska Cooperative Development Center

## Warm Tomato Vinaigrette

Serves 4.

### Ingredients:

- ½ cup seeded diced tomato
- Salt to taste, about ½ teaspoon
- ¼ cup sliced shallot
- 4 Tablespoons extra virgin olive oil, divided
- 1 teaspoon minced garlic
- 2 Tablespoons sherry or red wine vinegar
- 1 Tablespoon Dijon mustard

### Directions:

1. Sauté shallot in one tablespoon olive oil over medium high heat until translucent. Add garlic and continue to cook for a minute or so.
2. Add the tomato and any liquid to the shallots. Cook stirring for a minute or so to heat the tomato and reduce the liquid. Add vinegar and mustard and stir to combine.
3. Whisk in the remaining oil until incorporated. Remove the pan from heat. Taste for seasoning, add salt or vinegar as needed. Spoon over chicken, fish or vegetables.



## Tomato Salad with a Shallot Vinaigrette

Serves 6-8.

### Ingredients:

- 3 Tablespoons minced shallots
- 3 Tablespoons red wine vinegar
- ½ teaspoon kosher salt plus more
- ½ teaspoon sugar
- 4 Tablespoons extra-virgin olive oil
- 5 large ripe beefsteak type tomatoes, cut into ½-inch slices
- 2 Tablespoons capers, rinsed
- Freshly ground black pepper
- 10 fresh medium basil leaves, torn into approximately ½-inch pieces.

### Directions:

1. Combine shallots, vinegar, ½ teaspoon salt, and sugar in a small bowl. Gradually whisk in oil to blend. Set vinaigrette aside.
2. Arrange tomatoes on a large platter. Sprinkle capers over; season with salt and pepper. Scatter basil on top. Whisk vinaigrette again; drizzle over salad. Serve immediately.



## Stone Fruits

Stone fruit or drupes, contain a hard pit covering a central seed or kernel. The family of stone fruits includes cherries, plums, apricots, nectarines, and peaches.

There are two types of stone fruit. Clingstone has flesh that clings tightly to the pit, making it difficult to cut away cleanly. Freestone fruit has flesh that separates easily from the pit.

When choosing stone fruits, select ones that have the color, if not the softness. These fruits can be softened at home at room temperature.

Although stone fruits are quite often eaten out of hand or used in various desserts, they work well in savory dishes. Try using them in salsas and chutneys. Use them with grilled meats, such as chicken, fish and pork.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture