

Tomato Baked Fish

Serves 4.

Ingredients:

- 1 pound very ripe tomatoes, cored, cut in half or quarters (if large)
- 2 garlic cloves, minced
- 3 Tablespoons olive oil, divided
- 2 Tablespoons lemon juice, preferably fresh
- 2 Tablespoons thinly sliced fresh basil
- Salt and pepper, to taste
- 1 pound white fish, such as cod, flounder, catfish
- ¼ cup flour

Directions:

1. In a large oven proof skillet, combine tomatoes, garlic, olive oil, and lemon juice. Cook over low heat until mixture is reduced by half, about 15 minutes. Add salt and pepper, to taste. Remove from heat.
2. Combine flour, salt and pepper.
3. Coat one side of fish with flour mixture.
4. Add about one tablespoon olive oil to a nonstick skillet.
5. Add basil to fish and stir. Add fish to skillet, floured side down.
6. Cook until floured side is browned. Add to tomato mixture, browned side up.
7. Preheat oven to 425°F. Place in oven and roast until fish flakes and tomato mixture is hot, about 10 minutes.



Feta Cheese and Herbs

Serves 4.

Ingredients:

- 1 Tablespoon olive oil
- 2 pounds zucchini, sliced diagonally
- 1 Tablespoon fresh parsley, minced
- 1 Tablespoon fresh oregano, minced
- 1 garlic clove, minced
- ½ cup feta cheese
- ¼ cup walnuts, toasted



Directions:

1. Preheat a medium skillet. Add olive oil. Heat for 1 minute. Add zucchini. Stir to coat with oil. Cook until soften, about 5 minutes. Add parsley, oregano, and garlic. Continue cooking until herbs and garlic have soften, about 1 minute.
2. Remove from heat. Add feta and walnuts. Stir to combine. Serve.

Summer Squash

Unlike winter squash, summer squash cannot be stored all season. Summer should be refrigerated and will only last seven to ten days.

The peel of summer squash is very tender and is usually consumed. They also cook quickly, in about 10 minutes, making them very convenient.



SUMMER RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
Nebraska Cooperative Development Center

Vegetable and Feta Sandwiches

Serves 4.



Ingredients:

- 2 small summer squash
- 1 medium red bell pepper
- 4 (¼-inch-thick) slices red onion
- 2 Tablespoons olive oil
- ¾ cup grape tomatoes, halved
- 3 Tablespoons light Italian salad dressing
- 1 Tablespoon chopped fresh basil
- 1 (8-ounce) loaf French bread, halved lengthwise
- ¾ cup (3 ounces) crumbled feta cheese

Directions:

1. Wash squash and bell pepper. Peel onion. Preheat a medium skillet. When oil is hot, add squash, bell pepper and onion. Sauté until vegetables are crisp-tender, about 5 minutes.
2. Place tomatoes in a medium bowl; add salad dressing and basil, tossing gently to coat. Add cooked vegetables to tomato mixture; toss well.
3. Coat cut sides of bread with cooking spray. Grill bread 1 minute on each side or until lightly toasted. Spoon vegetable mixture over bottom half of bread; sprinkle evenly with cheese. Top with remaining bread half. Press down lightly; cut cross-wise into 4 equal pieces.

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Summer Vegetable Pasta Salad

Serves 6.

Ingredients:

- 2 cups (about 8 ounces) small whole grain pasta shells
- 1 roma tomato
- ½ of a medium red bell pepper
- ½ of a medium summer squash
- ¼ of a medium red onion
- ½ of a head of broccoli
- 1 Tablespoon of olive oil
- ⅓ cup of Italian salad dressing
- Salt and pepper, to taste
- Parsley, optional



Directions:

1. Bring about 6 cups of water to a boil. Add pasta and cook for about 15 minutes.
2. Cut summer squash into thin slices. Chop onions and pepper into long, thin, strips.
3. Heat frying pan on medium; add olive oil to heat. Add onions, squash and bell peppers and cook vegetables are starting to soften, about 5 minutes.
4. Cut broccoli into small pieces. Add to pasta during the final 2 minutes of cooking.
5. Strain pasta and broccoli. Add vegetables and stir. Add dressing and stir to coat vegetables. Add salt and pepper to taste.
6. Garnish with chopped parsley, if desired.

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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.



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