

## Green Beans Gremolata

Serves 4 to 6.

### Ingredients:

1 pound green beans  
1 teaspoon kosher salt  
2 cloves garlic, minced  
Zest of one lemon  
3 Tablespoons minced parsley  
3 Tablespoons freshly grated Parmesan cheese  
2 Tablespoons toasted walnuts, finely chopped  
2 Tablespoons olive oil  
Kosher salt and freshly ground black pepper



### Directions:

1. Bring a saucepan of water to a boil. Add one teaspoon kosher salt.
2. Wash green beans and remove stem end. Add green beans and blanch until crisp tender, about 3 to 4 minutes. Drain green beans and cover with cold water to stop the cooking process. Drain again. (Green beans can be made one day ahead and refrigerated until ready to use.)
3. To make the gremolata, combine garlic, lemon zest, parsley, cheese, and walnuts. Set aside.
4. To finish dish, heat olive oil in a large skillet. Add green beans to pan and cook beans, turning frequently, about 2 minutes. Make sure all beans are coated with oil and heated through.
5. Remove from heat. Add gremolata and toss well. Add salt and pepper to taste.

*Note:* Gremolata is a mixture of citrus zest, garlic, parmesan cheese and herbs. It can also be used on summer squash.

## Cucumber Salad

Serves 2 to 4.

### Ingredients:

2 small cucumbers  
¼ of a small red onion  
1 teaspoon Dijon mustard  
2 Tablespoons apple cider vinegar  
1 Tablespoon extra virgin olive oil  
Salt and pepper, to taste

### Directions:

1. Thinly slice cucumbers and red onions. Combine cucumbers and onions in a small bowl. Add salt, about ½ teaspoon. Toss to coat. Allow to sit for about 30 minutes. Drain, rinse and squeeze dry.
2. In a small bowl combine mustard, vinegar, and, olive oil. Add mixture to cucumbers and onion. Season with salt and pepper, to taste.



### Contact:

Dr. Georgia Jones  
Extension Food Specialist  
Department of Nutrition & Health Sciences  
Phone: (402) 472-3225  
Email: [gjones2@unl.edu](mailto:gjones2@unl.edu)

Resource: [www.buylocalnebraska.org](http://www.buylocalnebraska.org)

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# SUMMER RECIPES

**In Partnership with:**

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Nebraska Local Foods Network  
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## Zucchini Salad

Serves 4.

### Ingredients:

- 2 medium zucchini, about 1½ pounds
- ½ small red onion, thinly sliced
- 1 Tablespoon minced parsley
- 1 teaspoon Dijon mustard
- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons white wine vinegar or Fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper

### Directions:

1. Preheat oven to 400°F.
2. Wash zucchini, trim and discard the ends. Cut crosswise into ¼-inch slices. Arrange slices in a single layer on a large sheet pan.
3. Place in oven and bake for 5 to 7 minutes. Turn slices over and bake for another 3 to 5 minutes. Zucchini should be slightly soft.
4. In a large bowl combine onion, parsley, Dijon mustard, olive oil, vinegar or lemon juice, salt and pepper.
5. Add warm zucchini to dressing. Stir to combine. Serve warm or at room temperature.



## Honey-Roasted Cherry Tomatoes

Serves 4.



### Ingredients:

- 1 pound cherry tomatoes
- 2 garlic cloves
- 1 Tablespoon honey
- 2 Tablespoons olive oil
- Salt and pepper, to taste
- 1 Tablespoon parsley, minced, optional

### Directions:

1. Preheat oven to 400°F. Spray a 9-inch square baking dish with cooking spray.
2. Cut tomatoes in half and place in baking dish, cut side up. Tomatoes should fit together tightly.
3. Peel and mince the garlic. Place garlic, honey, and olive oil in a small bowl. Add salt and pepper. Stir to combine.
4. Spoon mixture over tomatoes. Roast for about 30 minutes, until tomatoes are bubbly.

Kosher salt has a larger grain size than common table salt. Like table salt, it is also sodium chloride. If using regular salt, use slightly less than Kosher salt.

## Cucumbers

Once upon a time, it seemed that there was only one type of cucumber. But then came along farmers markets and ethnic grocery stores. Visit either place and you will see a variety of cucumbers.

### English or Hot House

These are very long with a thin, dark green skin. They contain very few seeds. They are often sold wrapped in plastic. They also tend to have a very mild flavor and are best eaten raw.

### American Slicing

These are the most common cucumbers. When found in grocery stores, they tend to be waxed to help them retain moisture. Seeds can be rather large. This is why some recipes call for removal of the seeds.

### Kirby

These are usually short and bumpy. They have a very crunchy texture and are flavorful enough for pickling. You may see them sold as “pickling cucumbers”.

### Persian

These are similar to English cucumbers. They tend to have a mild flavor and thin skins. They are great for salads and they are crunchy enough to be used for stir-frying.

### Lemon

These are yellow, round and resemble a lemon. They tend to be slightly sweet, have thin skins and very seeds.

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