

Slow-cooked Summer Squash

Serves 4

Ingredients:

2 Tablespoons unsalted butter
1 small onion, diced
½ teaspoon salt
4 cups, cubed squash
10 fresh basil leaves

Directions:

1. Over low heat, melt one tablespoon of the butter in a heavy saucepan. Add the onion. Cover with a tight-fitting lid and cook until onions are translucent and tender. If onions begin to brown, add about one tablespoon water.
2. Add the remaining butter. Once butter has melted, add the squash. Season with salt. Cover and cook, stirring often, for about 15 minutes, just until the squash is beginning to soften. Add basil and stir. Cook, covered, for another couple minutes, until the basil is wilted.



Caprese Salad

Serves 2-3

Ingredients:

2 medium tomatoes
1 package (8 ounce) fresh mozzarella cheese
Fresh basil leaves
Olive oil
Salt and pepper, to taste
Balsamic vinegar (optional)

Directions:

Slice tomatoes and cheese, about ¼-inch thick. Sprinkle the tomatoes with salt and pepper. To serve, alternate the tomato and cheese slices on a serving platter. Place a basil leaf on top of each tomato slice. Drizzle with olive oil and balsamic vinegar, if desired. Serve immediately.

Caprese salad is sometimes referred to as tomato and mozzarella salad. The original name was insalata Caprese, literally meaning, salad of Capri. This salad is normally served as an anti-pasto or at the beginning of a meal and not as a side dish. The original dish did not use balsamic vinegar. You may use it or omit it, as you prefer.



Dish features red and yellow tomatoes.

Zucchini Chocolate Chip Cookies

Makes about 2 dozen

Ingredients and directions:

1 egg, beaten
½ cup, butter, softened
½ cup brown sugar
⅓ cup honey
1 Tablespoon vanilla extract

Combine above ingredients in large bowl.

1 cup white flour
1 cup whole wheat flour
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon nutmeg



Combine in a separate, small bowl and blend into liquid mixture.

1 cup finely shredded zucchini
12 ounces chocolate chips

Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet, and flatten with the back of a spoon.

Bake at 350°F, 10 to 15 minutes.

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

Tomato Testing Party

It seems that for years, all tomatoes were red and round. They also tasted pretty much the same. With the advent of farmers' markets, we are now privy to a variety of tomatoes. Farmers grow tomatoes in various shapes, such as oblong, heart, round, and pear shaped. Thanks to farmers' markets, we now know that tomatoes come in colors other than red. We can find green, red, yellow, purple, and orange tomatoes.



Local farmers are not attempting to grow for the masses. This enables them to choose varieties better suited for local areas. Locally produced foods oftentimes have flavors that are different from that which is mass produced. Farmers' markets are a great place to pick up a variety of tomatoes. So why not hold a tomato tasting party? To get started, take a stroll through your local farmers' market. Pick up tomatoes of various colors, shapes, and sizes. Be sure to get enough of each tomato for everyone to taste.



After getting them home, store on the countertop. To serve, slice tomatoes to show their best qualities. Some may need to be sliced, cut into wedges or halves. Dress the tomatoes lightly. Sprinkle with a small amount of salt and pepper. You want to taste the tomatoes, not extra seasoning. Allow to sit at room temperature for 30 minutes. To get juices, serve with a spoon or slices of crusty bread.



Contributors include Alice Henneman, University of Nebraska–Lincoln Extension in Lancaster County

Billene Nemecek, Buy Fresh, Buy Local Nebraska, University of Nebraska–Lincoln

Garden Tomato Sauce

Yield 6 cups

Ingredients:

5 pounds of tomatoes, cored and peeled
3 Tablespoons olive oil
2 medium onions, chopped
4 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon dried oregano
2 teaspoons salt
1 teaspoon black pepper
1 to 2 teaspoons sugar, optional

Directions:

1. Peel tomatoes.
2. Coarsely chop tomatoes; set aside
3. Chop onions and set aside. Heat oil in Dutch oven over medium heat. Add onions and cook, stirring often, until translucent, about 3 to 4 minutes. Add garlic and cook, stirring, for about 1 minute. Add tomatoes, salt, pepper and sugar. Cover and bring to a boil. Reduce heat and cook until thickened to desired consistency, stirring occasionally, 1 to 1½ hours. Taste and adjust seasoning.

To make pizza sauce, transfer mixture to a blender, add 2 tablespoons tomato paste and blend until smooth.

Note: One tablespoon of fresh herbs can be used instead of dried. Add the lower amounts of salt, pepper, and sugar. Additional amounts of these ingredients can be added as desired.

CONTACT ►

Dr. Georgia Jones
Extension Food Specialist
Department of Nutrition & Health Sciences
University of Nebraska–Lincoln
Lincoln, NE 68583-0808
402/472-3225
FAX: 402/472-1587

Resources:

www.buylocalnebraska.org



SUMMERTIME COOKING

In Partnership with:

University of Nebraska–Lincoln Extension
Buy Fresh Buy Local Nebraska
Nebraska Local Foods Network
Nebraska Cooperative Development Center

