

Eggplant and Red Pepper Salad

Yields 4 servings



Ingredients:

1 medium eggplant (about 1¼ pounds)
1 medium red bell pepper
¼ cup finely chopped red onion
1 Tablespoon capers
2 Tablespoons chopped fresh leaf parsley
2 Tablespoons fresh lemon juice
1 Tablespoon extra-virgin olive oil
¼ teaspoon salt
¼ teaspoon crushed red pepper flakes
¼ teaspoon black pepper
2 garlic cloves, minced

Directions:

1. Preheat broiler.
2. Pierce eggplant several times with a fork.
3. Cut bell pepper in half lengthwise. Discard seeds and inner membranes.
4. Place eggplant and pepper halves on a foil lined baking sheet and place under broiler. Turn eggplant often to cook evenly.
5. When peppers are blackened, about 10 to 15 minutes, remove and place in a bowl and seal plastic wrap.
6. Continue to broil eggplant about another 15 minutes or until skin has blackened.
7. When peppers are cool enough to handle, remove skins and chop. Peel and chop eggplant.
8. Combine all ingredients. Serve immediately.

Corn and Bean Succotash

Yields 4 servings

Ingredients:

3 slices bacon, chopped
½ onion, chopped
1 clove garlic, minced
½ jalapeño pepper, finely chopped
1 cup lima beans
1 cup corn
2 cups okra, sliced
½ pint cherry tomatoes
1 Tablespoon cider vinegar

Directions:

1. Cook bacon in large skillet on medium heat.
2. Remove bacon and set aside. Add onion and garlic. Cook until onions are translucent.
3. Remove seeds from jalapeño and chop.
4. Add jalapeño, lima beans, corn, okra, and tomatoes. Continue to cook 15 minutes.
5. Add bacon and vinegar. Stir to combine.



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SUMMER RECIPES

In Partnership with:

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Tomato Jam

Yields 4 servings

Ingredients:

2½ cups peeled, seeded, and chopped tomatoes
or 1 can (14 ounce) diced tomatoes
⅓ cup rice wine vinegar
2 Tablespoons sugar
1 Tablespoon light corn syrup
1 Tablespoon honey
2 teaspoons minced garlic
⅛ teaspoon crushed red pepper flakes

Directions:

1. Combine all ingredients in a small saucepan and bring to a boil.
2. Reduce heat to a simmer and cook, stirring occasionally until most of the liquid has evaporated, about 20 minutes.
3. Remove pan from heat and allow to cool to room temperature before serving.

Notes:

For a more acidic and pronounced flavor use red wine vinegar. For less acid and a sweeter taste, use rice wine vinegar.



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Corn Chowder

Yields 4 servings

Ingredients:

2 slices bacon
3 green onions, thinly sliced
2 teaspoons fresh thyme leaves or
1 teaspoon dried thyme
¼ teaspoon salt
¼ teaspoon black pepper
4 cups whole milk
2 russet potatoes, peeled and diced small
2 cups corn kernels, fresh or frozen

Directions:

1. Fry bacon in a large saucepan over medium heat until brown, but not crisp.
2. Remove bacon and add green onion, thyme, salt, and pepper. Cook for 5 minutes.
3. Add milk and potatoes. Simmer gently until potatoes are almost tender, about 15 minutes.
4. Add corn and cook 5 minutes more.
5. Serve hot.



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Succotash Secrets



Succotash is a dish customarily consisting of corn and lima beans in a cream sauce. Often other ingredients are incorporated into the recipe to add flavor or color- typically vegetables are added but sometimes meats are used as well. Commonly added ingredients are tomatoes, okra, potatoes, or squash.

History:

Succotash was originally taught to Europeans by Native Americans. While the dish is recognized by its use of lima beans, this vegetable is actually native to South America meaning that the Native Americans would have used other beans. It is also likely that, depending on availability, a variety of seeds, nuts, and squash were used in the Native American variation.

Nutrition:

The produce used in succotash is typically a good source of fiber, vitamin C, and manganese as well as a variety of other nutrients depending on what else is incorporated into the recipe. Corn and beans represent a protein complementation resulting in a complete protein source with a full amino acid profile.