

Garden Bean Salad

Serves 4.

Ingredients:

1 red onion, diced, about 1/3 cup
1/4 cup apple cider vinegar
2 teaspoons sugar
1/4 teaspoon salt
1 teaspoon Dijon mustard
2 Tablespoons extra virgin olive oil
1 can (15 ounce) white beans, such as Great Northern, navy or cannellini, drained and rinsed
12 ounces green and/or wax beans, trimmed and halved
3 Tablespoons parsley, minced
Freshly ground pepper, to taste



Directions:

1. In a small bowl combine, onion, vinegar, sugar, mustard, and salt. Stir to combine. Add olive oil and stir. Add drained white beans and stir.
2. Bring a pan of lightly salted water to a boil. Add the green beans and cook until crisp-tender, about 5 minutes. Drain the beans and put into cold water to stop the cooking process. Drain again and pat dry. Add to the salad. Toss to coat. Refrigerate for at least one hour before serving.
3. Stir in parsley. Taste and adjust seasoning as desired.

Summer Sauté

Serves 4 to 6.

Ingredients:

2 Tablespoons olive oil
1 medium onion, chopped
2 garlic cloves, minced
1 teaspoon fresh thyme
3 Tablespoons oregano, minced
2 medium summer squash, coarsely chopped
1 large globe or 3 Japanese eggplant, coarsely chopped
2 cups chopped tomatoes, peeled and
Salt and pepper, to taste
1/4 teaspoon red pepper flakes, optional

Directions:

1. Heat the oil in a Dutch oven or large skillet. Add onion and cook until translucent. Add garlic and cook for one additional minute.
2. Add thyme, oregano, and summer squash, cover with a tight-fitting lid and cook for a couple of minutes.
3. Add eggplant and tomatoes and cook until eggplants are beginning to soften, about 5 minutes.
4. Add salt and pepper, to taste. Add red pepper flakes if desired.



SUMMER RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
Nebraska Cooperative Development Center

Honey Facts

Honey is the only sweetener derived from an animal source. Bees, using nectar from flowering plants, produce honey.

Although there is no official definition for raw honey, the National Honey Board defines raw honey as “honey that exists in the beehive or as obtained by extraction, settling or straining with added heat”.

Honey comes in many colors and flavors, referred to as varieties. Flowers visited by bees determine the variety. Some varieties are light and sweet, while others are dark and bold.

If your honey becomes crystallized (solid), don't fear. Simply place the honey jar in warm water and stir until it returns to a fluid stage. Also, you can consume honey in its crystallized stage. Just scoop out and use as desired.

When substituting honey for sugar in recipes, begin by substituting honey for up to half of the sugar.

It is recommended that infants under the age of one not consume honey. This is due to the possibilities of honey containing *C. botulinum* spores. Unlike adults, infants do not have a fully developed immune system and may be susceptible to infant botulism.



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Honey Mustard Dressing

Makes about 1/3 cup, enough for about 4 servings.

Ingredients:

Juice of one lemon
1 Tablespoon honey
1 teaspoon whole-grain mustard
1 Tablespoon Dijon mustard
3 Tablespoon extra virgin olive oil
Salt and black pepper, to taste

Directions:

Combine all ingredients in a small jar with a tight-fitting lid. Shake until well combined.

Note: You may need to adjust the olive oil, depending on the amount of juice in the lemon. Dressing can be kept in the refrigerator for one week. Bring to room temperature before using.



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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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