

Heat oil in a large skillet with a lid, over medium heat. Add crushed red pepper, onion and garlic and cook, stirring often, until the onion is soft but not browned, about 6 minutes. Add tomatoes, zucchini, bell peppers, okra, paprika, thyme, salt and pepper. Cover and simmer, stirring occasionally, for 15 minutes. Add rice. Stir to coat well with the vegetable mixture. Add broth and bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, 25-30 minutes. Sprinkle with parsley to garnish for serving.

## Summer Corn Bread

- 2 tablespoons chopped onion
- 1 small jalapeño pepper, seeded and minced
- 4 tablespoons vegetable oil, divided
- 1 cup flour
- 1 cup cornmeal
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1 cup fresh or frozen (thawed) corn kernels
- 1/3 cup shredded medium Cheddar cheese
- 1/4 cup salsa
- 2 tablespoons minced chives

In a small skillet sauté the onion and jalapeno in 1 tablespoon oil until tender. Set aside to cool. In a large bowl, combine flour, cornmeal, sugar, baking powder and salt. In another bowl, whisk the eggs, milk and remaining 3 tablespoons oil. Stir in the corn, cheese, salsa, chives and reserved onion. Stir into the dry ingredients just until combined. Transfer to a greased 9 inch square baking pan. Bake at 425 degrees for 20-25 minutes or until a toothpick inserted near the center comes out clean and top is lightly browned. Serve warm.

## Seasonal Eating



## Cooking Demonstration

New Ideas to  
Use Seasonal Fruits and Vegetables



## August Sweet Corn, Peppers, Okra

## Roasted Pork Loin with Corn and Lime Sauté

2 teaspoons chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1 teaspoon dried oregano  
1/2 teaspoon kosher salt  
2 dashes cayenne pepper  
Few grinds black pepper  
2 tablespoons lime juice  
2 teaspoons olive oil  
1 boneless pork loin roast

2 tablespoons butter, divided  
1 tablespoon olive oil  
1 1/2 cups diced onion  
1 teaspoon kosher salt, divided  
2 cups (heaping, 4 ears) corn kernels  
1/2 teaspoon chili powder  
1 teaspoon lime zest  
Black pepper  
1/4 lime  
3 tablespoons chopped fresh cilantro

In a small bowl combine chili powder, garlic powder, cumin, oregano, salt, cayenne, black pepper, lime juice and olive oil. Rub chili mixture over the outside of the roast. Place fat side up in a 9"x13" pan or roasting pan with a rack in the bottom. Add about 1" of water. Place in a 300 degree oven for about 1 1/2 - 2 hours until a thermometer reads 155 degrees. Let stand for 10 minutes before slicing.

During the last half hour of the meat cooking, melt 1 tablespoon of the butter with the olive oil in a medium sauté pan over medium low heat. Add the onion and 1/2 teaspoon of the salt, cover and cook, stirring occasionally until translucent, about 5 minutes. Uncover, turn up the heat to medium and sauté, stirring frequently until lightly browned, 4-5 minutes more.

Add the remaining tablespoon of butter, corn and remaining 1/2 teaspoon of salt. Cook, stirring frequently and scraping the bottom of the pan with a wooden spoon, until the corn is tender but still slightly toothy to the bite, 4-5 minutes. (It will begin to intensify in color, glisten and be somewhat shrunken in size.)

Add the chili powder and cook, stirring, for 1 minute. Stir in the lime zest and remove the pan from the heat. Let the corn sauté sit undisturbed for 2 minutes.

Stir again, scraping up the browned bits from the bottom of the pan. Season with a few generous grinds of pepper and a good squeeze of the lime. Stir in the cilantro. Let sit for another couple of minutes if you have time. Stir and season with more salt, pepper or lime juice.

Slice Pork Loin and spoon Corn Sauté over the top.

## Basque Vegetable Rice

2 tablespoons extra virgin olive oil  
1/4 teaspoon crushed red pepper  
1 medium onion, quartered and thinly sliced  
2 cloves garlic, minced  
2 large ripe tomatoes, seeded and diced  
1 medium zucchini, diced  
1 red bell pepper, diced  
1 green bell pepper, diced  
1 cup thinly sliced fresh okra  
1 teaspoon paprika  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 1/4 cups short grained white rice (Valencia or Arborio)  
3 cups chicken broth  
2 tablespoons minced fresh flat leaf parsley