

Tomato Salad with Tomato Vinaigrette

1/2 large ripe tomato, cut into 1/4" dice
1/4 teaspoon sugar
1 1/2 teaspoons finely minced shallots
1/4 teaspoon minced garlic
1 1/2 tablespoons red wine vinegar
1 1/2 tablespoons tomato juice
2 tablespoons olive oil
Salt and pepper

3 ripe tomatoes, cut into 1/4" slices
1 ball fresh mozzarella cheese, cut into 1/4" slices
12 fresh basil leaves, sliced
Mini croutons
Shaved parmesan cheese

For dressing: In a medium bowl, stir together diced tomato, sugar, shallot, garlic, vinegar and tomato juice. While stirring, add olive oil in a steady stream. Season to taste with salt and pepper.

For salad: Layer tomato slices with mozzarella slices, sprinkling each layer with a little salt, pepper and basil. Spoon dressing over the top. Sprinkle with a few croutons and parmesan cheese.

Homemade Mini Croutons:

Cut a loaf of French bread into 1/4 inch cubes. Melt a little butter and add an equal amount of olive oil. Toss with bread cubes and sprinkle with kosher salt, black pepper and garlic powder. Spread in a single layer on a cookie sheet and bake at 400 degrees just until lightly browned. Let cool.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



August 2012
Warm Season Veggies

Summer Corn Soup

- 4 slices bacon, chopped
- 1/2 onion, chopped
- 2 stalks celery, chopped
- 1 carrot, chopped
- 5 ears corn, husked and silks removed
- 2 cups reduced sodium chicken broth
- 1/8 teaspoon cayenne pepper
- 1 tablespoon dried parsley (or 3 tablespoons fresh)
- 1/2 teaspoon salt
- 2 cups milk, divided
- 2 tablespoons flour
- Salt and pepper to taste

In a Dutch oven, sauté the bacon until crisp. Remove to a paper towel, reserving 2 tablespoons drippings in the pan. Add onion, celery and carrot to pan and sauté until tender, about 5-7 minutes. Add the chicken broth, cayenne, parsley and salt. Cut the corn kernels from the cobs, you should have about 4 cups. Add 2 cups of the kernels to the pan. Place the remaining 2 cups of kernels in a blender with 1 1/2 cups of the milk and puree. Add to pan. Bring to a boil, reduce heat and simmer for about 20 minutes. Whisk together remaining 1/2 cup milk and flour. Add to mixture and bring to a boil until thickened slightly. Adjust seasoning with salt and pepper. Serve topped with bacon.

Ratatouille

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 large onion, coarsely chopped
- 8 medium tomatoes, peeled and diced (or two 14 1/2 oz. cans)
- 1 small eggplant (about 1 lb.), peeled and cut into 1" pieces
- 1/4 teaspoon salt
- 1 green bell pepper, cut into 1" pieces
- 1 red bell pepper, cut into 1" pieces
- 1 yellow bell pepper, cut into 1" pieces
- 1/2 pound zucchini, cut into 1/2" slices
- 1/2 pound yellow summer squash, cut into 1/2" slices
- 2 tablespoons sliced fresh basil
- Salt and pepper to taste

Sauté onion and garlic in hot oil in a large skillet over medium heat, 5-7 minutes or just until onion is tender. Stir in tomatoes, eggplant and salt and sauté 6-8 minutes or just until eggplant begins to soften. Stir in bell peppers, zucchini and squash. Cover and cook, stirring occasionally 10-12 minutes more or until vegetables are tender. Stir in basil. Add a pinch or two more of salt to taste and freshly ground pepper and cook, uncovered 3-5 minutes to reduce liquid.