

Watermelon and Arugula Salad

2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
1 tablespoon Dijon style mustard
1 tablespoon brown sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup olive oil
12 (1/2" thick) slices seedless watermelon (about 3"x4"), rind removed

Salt
Black pepper
1 bag baby arugula
4 ounces crumbled blue cheese
1 cup toasted pecans

In a medium bowl, whisk together the vinegars, mustard, sugar, salt and pepper. Slowly drizzle in the oil while whisking. Refrigerate until ready to assemble. Place a slice of watermelon on each serving plate. Sprinkle with a little salt and pepper. In a large bowl toss the arugula with just enough of the balsamic dressing to coat. Sprinkle over the watermelon and top with blue cheese and pecans. Drizzle with a little more dressing and serve immediately.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



August 2013
Heat of the Summer

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>
Seasonal Eating Market Blog:

<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Gazpacho

1 clove garlic, minced
1/2 red onion, chopped
1 large cucumber, peeled, seeded and chopped
1 zucchini, peeled, seeded and chopped
1/2 red bell pepper, chopped
5 tomatoes, seeded and chopped
4 cups tomato juice
1/4 cup olive oil
1 tablespoon balsamic vinegar
1 tablespoon Worcestershire sauce
Juice of 1 lime
6 dashes hot pepper sauce
2 teaspoons sugar
1/4 teaspoon black pepper
Salt to taste
Sour cream
Sliced avocado
Cilantro
Cooked shrimp, optional

In the bowl of a food processor, combine the garlic with half the onion, half the cucumber, half the zucchini, half the red bell pepper and half the tomatoes. Add about 1 cup of the tomato juice and pulse until the vegetables are finely chopped. Pour into a large bowl and add remaining tomato juice, olive oil, balsamic vinegar, Worcestershire, lime juice, hot pepper sauce, sugar and pepper. Divide the remaining chopped vegetables in half. Add half to the bowl with the tomato juice and stir to combine everything well. Season with salt. Cover and chill along with the bowl of remaining vegetables overnight to allow the flavors to mingle. When ready to serve, pour soup into flat bowls and garnish with remaining vegetable mixture, sour cream, avocado, cilantro and a couple of shrimp (if using). Serve with crusty bread (crostini).

Crostini

1 long thin baguette French bread
1/4 cup olive oil
2 tablespoons butter, melted
1 teaspoon black pepper
Kosher salt

Slice the bread on a slight angle into 1/4 inch thick slices and place on a baking pan in a single layer. Mix together the olive oil, butter and pepper in a small bowl. Brush one side of each piece of bread with the butter mixture and sprinkle with the salt. Toast in the oven at 400 degrees for 10-15 minutes, until golden brown and crunchy. Let cool completely, then serve or store in an airtight container up to 1 week.

Green Beans with Cherries and Bacon

6 slices bacon
1 (12-ounce) bag haricot verts or green beans
Salt
Black pepper
1/2 cup dried cherries
2 ounces goat cheese
1/4 cup toasted, slivered almonds

In a large skillet, cook the bacon until crisp and remove and crumble. Drain off all but about 2-3 tablespoons of the drippings. Place the green beans in a microwave bowl with a little water, cover and cook just until crisp tender. Drain and pour beans into pan with bacon drippings. Cook, stirring until tender. Season with salt and pepper. Pour into serving dish and top with dried cherries, crumbled goat cheese, almonds and reserved bacon.