

## Spaghetti with Fresh Tomato Basil Sauce

2 tablespoons olive oil  
2 cloves garlic, minced  
1 small onion, chopped  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/4 teaspoon crushed red pepper flakes  
2 medium sized red tomatoes, chopped  
2 tablespoons white wine  
1/2 cup chicken broth  
2 teaspoons fresh thyme leaves  
20 white or yellow cherry tomatoes, halved  
Cooked spaghetti noodles  
1/4 cup chiffonade of fresh basil leaves  
Grated parmesan cheese

In a large skillet, heat olive oil. Add garlic, onion, salt, pepper and crushed red pepper flakes. Sauté for a couple of minutes until soft and translucent but not brown. Add tomatoes, wine, chicken broth and thyme. Cook over medium high heat until juices are reduced. Sprinkle cherry tomatoes with a pinch of salt and add to pan. Cook for a minute and then add drained spaghetti noodles. Add basil and cook for a few minutes until everything is hot and coated with the sauce. Adjust seasoning with salt and pepper. Remove to serving dish and sprinkle with Parmesan cheese.

Seasonal  
Eating

UT Extension

Cooking Demonstration

New Ideas to  
Use Seasonal Fruits and Vegetables



**August 2014**  
**Savoring Summer**

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

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

## Summer Vegetable Tian

### Bread Crumb Mixture:

3/4 cup fresh bread crumbs  
2 tablespoons grated Parmesan cheese  
1/2 teaspoon chopped fresh thyme  
2 teaspoons olive oil

In a medium bowl, combine bread crumbs, cheese, thyme and olive oil. Set aside.

### Tomatoes and Zucchini:

2 teaspoons balsamic vinegar  
2 teaspoons honey  
2 tablespoons olive oil  
1/4 teaspoon kosher salt  
2 teaspoons chopped fresh thyme, divided  
1 1/2 small zucchini, thinly sliced (about 1/8" - 1/4" thick)  
4-5 medium tomatoes, thinly sliced (about 1/4" thick)

In a small bowl whisk together the vinegar, honey, olive oil and salt. Place the zucchini slices in one bowl and the tomatoes in another bowl. Sprinkle each with 1 teaspoon of the thyme, a pinch of salt and 1/2 of the vinegar mixture. Toss and set aside.

### Onion and Pepper Mixture:

1 tablespoon olive oil  
1 medium onion, thinly sliced  
1/2 large bell pepper, thinly sliced  
1/4 teaspoon kosher salt  
2 teaspoons minced garlic

In a medium skillet, heat 1 tablespoon of the olive oil and add the onion, bell pepper and salt. Cook until softened and the onions are browned, about 10-12 minutes. Add the garlic and cook just until fragrant, about 30 seconds.

### Assembly:

3 tablespoons finely chopped oil packed, sun dried tomatoes  
1/2 teaspoon chopped fresh thyme  
2 tablespoons grated Parmesan cheese  
2 tablespoons olive oil

Spray a shallow baking dish with vegetable spray and spread the onions and peppers into an even layer. Top with the sun dried tomatoes and thyme.

Starting at one end of the dish, shingle a layer of tomato slices down the center. Place a zucchini line down each side of the tomatoes and then repeat another line of tomatoes on each side, continuing until all the zucchini and tomatoes are used and the pan is filled. Pour any juices left in the zucchini bowl over the vegetables. Sprinkle with Parmesan cheese and drizzle with olive oil. Top with breadcrumb mixture. Bake at 375 degrees until well browned and the juices have bubbled and reduced, about 50-65 minutes. Let cool at least 10 minutes before serving.

## Tomato, Cucumber and Watermelon Salad

1/4 cup red wine vinegar  
1 1/2 teaspoons salt, divided  
1/4 teaspoon black pepper  
2 tablespoons sugar  
1/2 cup olive oil  
3 cups chopped watermelon  
3 cups chopped tomato  
3 cups chopped cucumber  
1/2 cup chopped red onion  
1/4 cup chopped basil  
3/4 cup crumbled feta cheese

In a large bowl, whisk together vinegar, 3/4 teaspoon salt, pepper, sugar and oil. Add watermelon, tomatoes, cucumbers and red onion. Toss to coat and let stand 15 minutes. Add remaining 3/4 teaspoon salt and basil and stir to mix. Place in serving bowls and top with feta.