

2010 Summer Recipes from:

Sally's Kitchen

*Tasty Ways to Enjoy the
Summer Harvest*



Sally McNeill, RD, LDN, Extension Agent - NC Cooperative Extension - Union County Center
3230-D Presson Rd., Monroe, NC 28112 - 704-283-3732 - sally_mcneill@ncsu.edu - <http://www.union.ces.ncsu.edu>

2010 Summer Recipes from:
Sally's Kitchen
Table of Contents

Southwestern Corn Sauté.....	Week 1
Doubly Good (and Easy) Tomato Salad.....	Week 2
Chicken with Red Wine and Peaches.....	Week 3
Spinach with Pine Nuts and Raisins.....	Week 4
Watermelon Salad.....	Week 5
Wonton Cups of Roasted Vegetables.....	Week 6
Eggplant Salad.....	Week 7
Stuffed Tomatoes and Rice.....	Week 8
Sea Salad.....	Week 9
Acorn Squash with Sliced Apples.....	Week 10
Southern Corn Pudding.....	Week 11
Sweet and Sour Cabbage.....	Week 12

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 1

Southwestern Corn Sauté

Ingredients

- ♦ 4 Tablespoons butter (2 oz.), softened to room temperature
- ♦ 1 clove garlic, minced
- ♦ 1 medium onion, chopped
- ♦ 12 cherry or grape tomatoes, halved
- ♦ 2/3 cup half & half
- ♦ 1 teaspoon ground cumin or dried oregano
- ♦ 1 Tablespoon high quality chili powder (chipotle chili powder is preferred)
- ♦ 4 cups fresh corn kernels (or 4 cups frozen corn kernels, thawed)



Garnish

- ♦ 1/4 cup cilantro leaves, roughly chopped
- ♦ 1/2 cup crisp bacon crumbles (optional)

Preparation

1. Blanch 4-6 ears of corn for 4 minutes. Cool promptly, drain and cut kernels from cob. Measure 4 cups.
2. Melt the butter in a 10 or 12-inch skillet over medium-low heat. Add the minced garlic and chopped onion, and sauté about 5 minutes.
3. Add tomatoes, cream, cumin or oregano, and chili powder, simmer 3 minutes.
4. Add the corn and simmer another 3 to 5 minutes. Salt and pepper to taste.
5. Garnish with cilantro and bacon (optional).

Serving Suggestion

This makes a great side dish with grilled salmon, shrimp, pork tenderloin, or anything that stand up to a little spice

Source: So Easy to Preserve: Freezing 2005. National Center for Home Food Processing and Preservation and the Cooperative Extension Service, University of Georgia, Athens.

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 2

Doubly Good (and Easy) Tomato Salad

Ingredients

- ♦ 2 pounds large red beefsteak or heirloom tomatoes
- ♦ 1 cup halved mixed yellow, red and green cherry tomatoes or small pear tomatoes
- ♦ $\frac{1}{2}$ - $\frac{3}{4}$ cup thinly sliced sweet white onion (optional)
- ♦ $\frac{1}{2}$ teaspoon freshly ground black pepper
- ♦ $\frac{1}{4}$ teaspoon salt
- ♦ 1 tablespoon olive oil
- ♦ 1 tablespoon balsamic vinegar
- ♦ $\frac{1}{2}$ cup loosely packed torn fresh basil (or small whole basil leaves)



Preparation

1. Rinse the large tomatoes and core them. Cut into thick slices and arrange on a large platter.
2. Scatter the halved cherry or pear tomatoes and the onion slices over the thick tomato slices. Sprinkle with salt and pepper.
3. In a cup, mix the oil and balsamic vinegar with a fork. Drizzle over the salad and sprinkle the basil over all.
4. Cover with a sheet of waxed paper and let stand for 30 minutes before serving.

Yield

6 servings

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 3

Chicken with Red Wine and Peaches

Ingredients

- ♦ 4 boneless, skinless chicken breast halves
- ♦ $\frac{1}{2}$ teaspoon freshly ground black pepper
- ♦ $\frac{1}{4}$ teaspoon salt
- ♦ 3 tablespoons flour
- ♦ 1 tablespoon olive oil
- ♦ 3 shallots, thinly sliced
- ♦ $\frac{1}{2}$ cup dry red wine or chicken stock
- ♦ 2 firm ripe peaches, sliced
- ♦ $\frac{1}{2}$ cup loosely packed fresh basil, sliced into thin shreds



Directions

1. Flatten the chicken breasts to an even thickness. Season with the pepper and salt. Coat with flour shaking off excess.
2. Heat a large nonstick skillet over medium heat. Add 2 teaspoons of the olive oil.
3. Add chicken breasts and cook for approximately 12 minutes, turning once. To check the doneness insert a food thermometer into the thickest portion and be sure it registers a minimum of 160 degrees F and the juices run clear. Remove the chicken to a plate.
4. Add the remaining oil and the shallots to the skillet. Cook stirring frequently, for 2-3 minutes or until the shallots are softened.
5. Add the wine or broth and stir to scrape up any brown bits on the bottom of the pan.
6. Increase the heat to medium-high and add the peaches. Cook for 2 minutes, stirring frequently, until the wine reduces slightly.
7. Return the chicken and any juices on the plate to the skillet. Cook for 1 to 2 minutes, stirring frequently, or until the chicken is hot. Stir in the basil.

Yield

4 servings

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 4

Spinach with Pine Nuts and Raisins

Yield: 2 generous half-cup servings

Ingredients

- ♦ 2 tablespoons vegetable broth or water
- ♦ 3/4th to 1 pound baby spinach leaves *
- ♦ Pinch of salt
- ♦ 2 teaspoons olive oil
- ♦ ½ teaspoon minced or crushed garlic
- ♦ 2 tablespoons pine nuts, lightly toasted
- ♦ 2 tablespoons raisins
- ♦ Freshly ground black pepper



Directions

1. Place the broth or water and spinach in a medium-size microwave safe bowl and microwave on high for one minute OR put in a pot and cook over medium-high heat for one minute.
2. Remove from the heat, and stir in the salt, olive oil, and/or garlic. Serve hot, warm or at room temperature, topped with pine nuts, raisins, and a grind or two of fresh black pepper.

*You can also make this with a 10 ounce package of frozen, defrosted spinach. Squeeze out some of the water after the frozen spinach has thawed.

Source: Eat, Drink and Weigh Less by Mollie Katzen and Walter Willett, MD

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 5

Watermelon Salad

Ingredients

- ♦ 2 cups cubed watermelon
- ♦ $\frac{1}{2}$ cup sliced celery
- ♦ $\frac{1}{2}$ cup seedless red grape halves
- ♦ $\frac{1}{4}$ cup nonfat coleslaw dressing
- ♦ 2 tablespoons toasted almonds

Directions

1. Stir together watermelon, celery and grapes in a bowl.
2. Just before serving pour coleslaw dressing over fruit and stir until coated.
3. Sprinkle with almonds.

Yield

6 half-cup servings



2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 6

Wonton Cups of Roasted Vegetables

Ingredients

- ♦ Vegetable cooking spray
- ♦ 12 wonton wrappers or skins
- ♦ 2 carrots
- ♦ 2 red potatoes
- ♦ 1 green pepper
- ♦ 1 small eggplant
- ♦ 1 onion
- ♦ $\frac{1}{2}$ cup olive oil
- ♦ 1 teaspoon dried basil*
- ♦ 1 teaspoon dried oregano*
- ♦ $\frac{1}{4}$ teaspoon salt
- ♦ $\frac{1}{2}$ cup reduced-fat shredded mozzarella cheese
- ♦ 1 tablespoons dried parsley*



Directions

1. Preheat the oven to 350 degrees F.
2. Spray a 12-cup muffin tin with cooking spray.
3. Carefully press a wonton skin to line the inside of each muffin cup.
4. Bake the wonton cups for 10 minutes or until golden brown.
5. Remove from oven and allow to cool for 10 minutes.
6. Raise the temperature of the oven to 375 degrees F.
7. Wash and dry the carrots, peel. Cut into $\frac{1}{4}$ inch slices and put into a large bowl.
8. Wash and dry the potatoes. Cut into $\frac{1}{2}$ inch slices and add to bowl with carrots.
9. Wash and dry the peppers and cut in half. Discard the seeds and cut into strips that are about $\frac{1}{2}$ inch wide. Cut each strip into 1-inch long pieces. Add to bowl.
10. Wash and peel the eggplant. Cut into 1 inch slices and then into 1 inch cubes. Add to bowl with other vegetables.
11. Add the olive oil, basil, oregano, and salt to the bowl of vegetables. Mix well with a wooden spoon.
12. Spray a cookie sheet with vegetable spray and, turn the vegetable mixture onto the sheet.
13. Roast the vegetables for 1 hour. Allow vegetables to cool for 10 minutes.
14. Preheat the broiler. Fill the wonton cups with the vegetable mixture. Sprinkle lightly with cheese and parsley. Place 2 inches apart on a cookie sheet that has been lightly sprayed with cooking spray.
15. Place the cookie sheet under the broiler until the cheese is melted and begins to bubble, about 1 minute. Be careful not to let the cheese brown.
16. Serve the vegetable cups as a lunch, hearty snack, or as a dinner side dish.

* If using fresh herbs, use 2-3 times the amount specified for the dried herb.

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 7

Eggplant Salad

Yield: 6-8 servings

Ingredients

- ♦ 1/3 cup vegetable oil
- ♦ 1 tablespoon lemon juice
- ♦ ½ teaspoon dried oregano leaves
- ♦ 2 cloves garlic, minced
- ♦ 1 medium eggplant (approx. 1 pound) peeled and cut into ½ inch cubes
- ♦ 1 medium onion, thinly sliced and separated into rings
- ♦ 1 medium zucchini, halved lengthwise and thinly sliced
- ♦ 1 cup sliced fresh mushrooms
- ♦ 1 medium tomato, peeled, seeded and chopped
- ♦ ¼ teaspoon salt
- ♦ Grated Parmesan cheese (optional)

Directions

1. Combine vegetable oil, lemon juice, oregano and garlic in a large skillet. Cook over moderate heat, stirring occasionally, until garlic is lightly browned.
2. Add eggplant and onion. Stir to coat. Cook, stirring occasionally, about 10 minutes, or until eggplant is tender. Remove from heat.
3. Transfer to medium serving bowl. Stir in zucchini, mushrooms, tomato and salt. Cover and refrigerate at least 8 hours or overnight. Stir before serving.
4. Sprinkle with Parmesan cheese, if desired.



2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 8

Stuffed Tomatoes and Rice

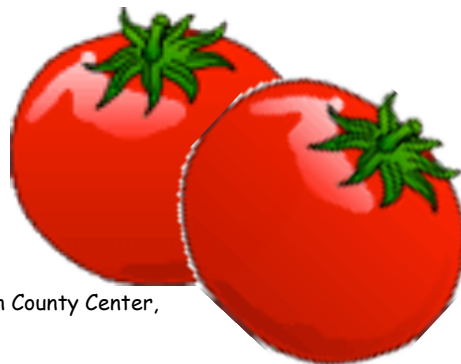
Yield: 6-8 servings

Ingredients

- ♦ 6-8 medium tomatoes
- ♦ 2 tablespoons vegetable oil
- ♦ 1/3 cup chopped celery
- ♦ 2 tablespoons chopped onion
- ♦ 2 cups cooked brown rice
- ♦ 1/4 cup grated Parmesan cheese
- ♦ 1 tablespoon fresh parsley, chopped
- ♦ 1 teaspoon dried basil leaves (or 1 tablespoon fresh basil, chopped)
- ♦ 1/8 teaspoon pepper
- ♦ 1/8 teaspoon garlic powder

Directions

1. Cut a thin slice off the top of each tomato and set tops aside.
2. Scoop out center of the tomatoes. Chop pulp and set aside. Place shells upside down on paper towels to drain.
3. Preheat oven to 350 degrees.
4. Heat vegetable oil in a saucepan. Add onion and celery. Sauté over moderate heat until celery is tender. Remove from heat.
5. Add reserved tomato pulp, cooked rice, Parmesan cheese, parsley, basil, pepper and garlic powder. Mix well.
6. Fill tomato shells with rice mixture. Replace tops of tomatoes, if desired.
7. Place tomatoes in a lightly oiled pie pan or baking dish. Cover with foil and bake at 350 degrees for 30-45 minutes, or until tomatoes are tender.



2010 Summer Recipes from:

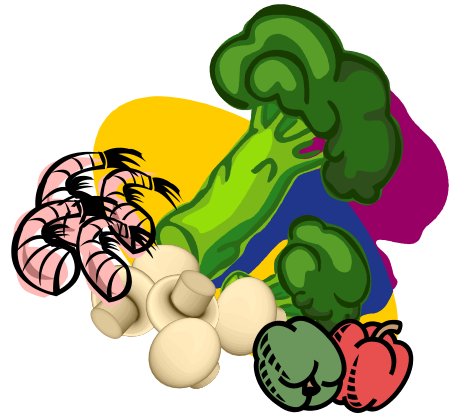
SALLY'S KITCHEN WEEK 9

Sea Salad

Yield: 4 servings

Ingredients

- ♦ 2 cups fresh broccoli flowerets
- ♦ 4 ounces snow peas, ends and strings removed
- ♦ 8 ounces shell-shaped pasta
- ♦ 2 cups sliced celery
- ♦ 2 cups fresh mushrooms
- ♦ $\frac{1}{2}$ cup sliced red bell pepper
- ♦ 8 ounces cooked, shelled shrimp
- ♦ Lemon-Mustard Dressing (see recipe)



Directions

1. Blanch broccoli and snow peas by putting them into boiling water for 3 minutes. Drain and rinse under cold water to stop cooking. Drain well.
2. Cook pasta according to package directions; drain.
3. In large bowl, combine vegetables, pasta and shrimp; toss with Lemon-Mustard Dressing.
4. Refrigerate, covered, for at least 2 hours before serving.

Lemon-Mustard Dressing:

Combine $\frac{1}{2}$ cup olive or vegetable oil, 3 tablespoons lemon juice, 1 tablespoon wine vinegar, 2 teaspoons Dijon mustard, 1 teaspoon pepper and salt to taste. Blend well.

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 10

Acorn Squash with Sliced Apples

Yield: 6 servings

Ingredients

- ♦ 3 fresh acorn squash
- ♦ Salt to taste
- ♦ 2-3 fresh tart apples *
- ♦ Butter or margarine
- ♦ 6 tablespoons brown sugar
- ♦ Nutmeg to taste



Directions

1. Cut the squash in half and remove the seeds. Place the squash, cut side down, in a shallow, greased baking dish. Add $\frac{1}{2}$ cup hot water, then cover.
2. Bake in a preheated 350 degree oven for 10 minutes. Remove from oven.
3. Turn the squash, cut side up, and sprinkle with salt.
4. Peel and core the apples, then cut into wedges. Fill the squash cavities with the apples and dot generously with butter or margarine.
5. Sprinkle each squash half with 1 tablespoon of brown sugar, then with nutmeg. Pour $\frac{1}{2}$ cup boiling water into the baking dish and bake for 30 minutes longer, or until the squash and apples are tender.

* Tart apple varieties include: Granny Smith, Jonathan, Winesap and Stayman.

2010 Summer Recipes from:

SALLY'S KITCHEN WEEK 11

Southern Corn Pudding

Yield: 6 servings

Ingredients

- ♦ 2 cups fresh corn, cut from the cob
- ♦ 2 teaspoons sugar
- ♦ 1-1 $\frac{1}{2}$ teaspoons salt
- ♦ 1/8 teaspoon pepper
- ♦ 3 eggs, lightly beaten
- ♦ 2 tablespoons butter or margarine
- ♦ 2 cups milk (may use low fat or skim milk if desired)



Directions

1. Combine the corn, sugar, salt and pepper in a bowl. Add the eggs and mix well.
2. Place the butter and milk in a saucepan and heat until the butter is melted. Blend with the corn mixture.
3. Turn into a greased 1-quart casserole, and then place the casserole in a pan of hot water.
4. Bake in a preheated 350 degree oven for 1 hour or until the knife inserted in the center comes out clean. Garnish with fresh parsley.

2010 Summer Recipes from:

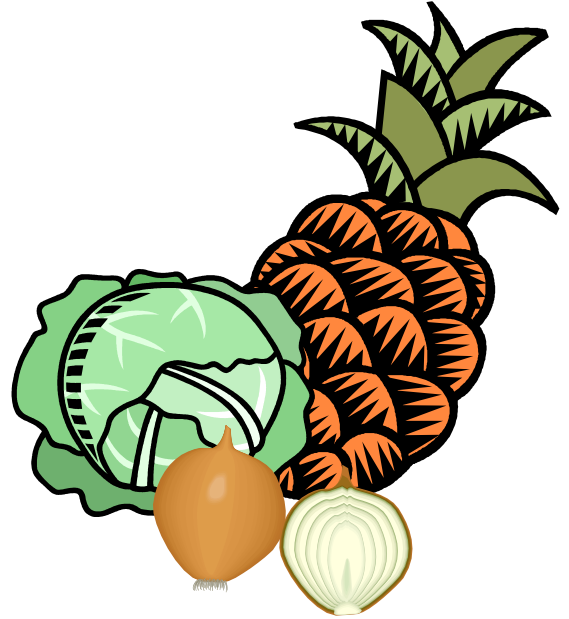
SALLY'S KITCHEN WEEK 12

Sweet and Sour Cabbage

Yield: 4 servings

Ingredients

- ♦ 1 can (11 ounces) Mandarin orange segments
- ♦ 6 cups shredded cabbage
- ♦ 1 medium onion, chopped
- ♦ 1 clove garlic, pressed
- ♦ 1 tablespoon vegetable oil
- ♦ $\frac{1}{4}$ cup white wine vinegar
- ♦ 1 teaspoon caraway seeds
- ♦ $\frac{1}{2}$ teaspoon salt (optional)
- ♦ 1 cup fresh pineapple chunks



Directions

1. Drain oranges, reserving 1/3 cup syrup.
2. In a large skillet, sauté cabbage, onion and garlic in oil until onion is soft.
3. Stir in the reserved syrup, vinegar, caraway seeds and salt.
4. Stir in the pineapple and oranges. Cover and cook 5 minutes longer.