

Green Pepper and Tomato Salad

Ingredients

2 green bell peppers, seeded and cut into 1 1/2-inch dice
 3 vine-ripe tomatoes, seeded and diced
 1 small onion, chopped
 1 large clove garlic, finely chopped
 1/2 cup flat-leaf parsley leaves, coarsely chopped
 1/2 lemon, juiced (1 tablespoon)
 1 tablespoon red wine vinegar
 3 tablespoons extra-virgin olive oil
 Coarse salt and black pepper
 1 teaspoon ground cumin, 1/2 a palm full

Directions

Combine peppers, tomatoes, onions, garlic, parsley in a bowl with your fingertips. Squeeze the juice of the lemon with the lemon half sitting upright. This will help prevent the seeds from falling into the bowl. The lemon juice will spill down over the sides of the lemon and the seeds will remain with the fruit. Squeeze the juice evenly over the salad. If the lemon is under-ripe, microwave it for 10 seconds before you cut into it. Next, sprinkle a tablespoon of vinegar over the salad -- just eyeball it. Drizzle the extra-virgin olive oil over the salad, add the salt, pepper and cumin. Toss again. Taste to adjust seasonings and serve.

Rachel Ray

SUMMER SQUASH PECAN SAUTE'

10 sm. yellow squash, diced
 1/2 c. chopped pecans
 1/4 lb. butter
 1/2 c. chopped onions
 1/2 c. chopped celery
 1/2 c. diced bell pepper
 1/4 c. diced garlic
 1/4 c. diced smoked ham
 1/4 c. diced tomato
 Salt & cayenne pepper
 1/4 c. seasoned Italian bread crumbs
 1/4 c. grated Parmesan

In a 10" heavy bottom sauté pan, melt butter over medium high heat. Sauté pecans until golden brown, using a slotted spoon, remove and set aside. Into the sauté pan add diced squash, onions, celery, pepper, garlic and ham. Sauté 5 to 10 minutes or until squash is tender. Add tomato and season to taste with salt and cayenne pepper. Cook until tomato is heated. Remove from heat and stir in bread crumbs, cheese and pecans. Serve immediately.

Roasted Eggplant, Zucchini, and Chickpea Wraps

Ingredients

1 tablespoon balsamic vinegar
 1 1/2 teaspoons fresh lemon juice
 3 tablespoons extra-virgin olive oil
 1 tablespoon coarsely chopped fresh thyme leaves
 1 tablespoon coarsely chopped fresh oregano leaves
 Vegetable oil cooking spray
 1 large eggplant, cut into 1-inch cubes
 1 medium zucchini, cut into 1-inch cubes
 1 small onion, peeled, root end left intact, halved lengthwise, cut into 8 wedges
 1 cup drained canned chickpeas, rinsed
 6 ounces cherry tomatoes (about 11 tomatoes), halved (quartered if large)
 1/2 teaspoon coarse salt
 Freshly ground pepper
 4 ounces fresh part-skim mozzarella, thinly sliced
 4 whole-wheat lavash pieces or whole-wheat wraps (2 ounces and 8 inches each)

Directions

Preheat oven to 400 degrees. Whisk vinegar, lemon juice, 1 tablespoon oil, and 1 teaspoon each thyme and oregano in a small bowl; set vinaigrette aside. Lightly coat a large rimmed baking sheet with cooking spray. Toss eggplant, zucchini, onion, and remaining 2 teaspoons each thyme and oregano in a large bowl. Spread in a single layer on prepared baking sheet. Drizzle with remaining 2 tablespoons oil. Roast, tossing occasionally, until golden, 30 to 35 minutes. Let cool slightly. Transfer vegetable mixture to a large bowl. Add chickpeas, tomatoes, and salt; season with pepper. Drizzle with vinaigrette; toss to coat. Arrange mozzarella in center of lavash pieces or wraps. Top each with 1 1/4 cups vegetable salad. Roll up, and cut in half.

Martha Stewart Living



THE PRODUCE BOX

Here's a wonderful recipe that I used for the eggplants that came in my produce box. My husband RAVED about these sandwiches! The recipe is from Bobby Flay of the Food Network. I attached some pictures of me grilling the eggplant and assembling the sammies. Thanks! Kim S, Apex Member

Grilled Eggplant & Fresh Mozzarella on Ciabatta with Roasted Red Peppers, Garlic Mayonnaise, Fresh Basil & Arugula

Ingredients

1/2 cup prepared mayonnaise
4 cloves garlic, smashed to a paste
Salt and freshly ground black pepper
1 medium eggplant, sliced crosswise (I used 3 baby eggplants)
Canola oil
2 red bell peppers
1 loaf ciabatta, sliced lengthwise in 1/2 (I used ciabatta rolls)
1/2 pound fresh mozzarella, thinly sliced
Fresh basil leaves
Baby arugula

Directions

Combine the mayonnaise and garlic in a small bowl and season with salt and pepper, to taste. Refrigerate for at least 30 minutes before serving.

Heat a grill to high.

Brush the eggplant on both sides with oil and season with salt and pepper, to taste. Grill until golden brown on both sides and just cooked through, about 4 minutes per side. Brush the peppers with oil and season with salt and pepper, to taste. Grill until charred on all sides, remove, place in a bowl, cover and let steam for 10 minutes. Remove the skin and the seeds.

Put bread on the grill, cut side down, and grill for 30 seconds to warm through and crisp slightly. Spread the bread with the mayonnaise mixture and top the bottom half with eggplant, peppers, cheese, basil and arugula. Cover with the top of the bread and serve.



Ratatouille

Ingredients:

2 tablespoons olive oil
2 cloves garlic, crushed and minced
1 large onion, quartered and thinly sliced
1 small eggplant, cubed
2 green bell peppers, coarsely chopped
4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
3 to 4 small zucchini, cut into 1/4-inch slices
1 teaspoon dried leaf basil
1/2 teaspoon dried leaf oregano
1/4 teaspoon dried leaf thyme
2 tablespoons chopped fresh parsley

Preparation:

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Timer Saver Tip! Make your favorite stuffing for peppers (recipe on our Facebook site); core and stuff raw green peppers with cooked stuffing mix. Pack into freezer containers. When needed, add ¼ inch water and peppers to pan; cover with foil. Bake at 350, for 30-45 minutes. Yum!

Fruit Box Fruit Kabobs with Coconut Dip

Ingredients

1 cantaloupe, cut into 1-inch chunks
Blueberries
Blackberries

COCONUT DIP:

1-1/2 cups fat-free vanilla yogurt
4-1/2 teaspoons flaked coconut
4-1/2 teaspoons reduced-sugar orange marmalade

Directions

Divide fruit into 12 portions and thread onto wooden skewers. Combine dip ingredients in a small bowl; serve with the kabobs.