



Farmers' Market Potato Salad

1 pound small new potatoes, sliced
2 fresh ears of sweet corn, cooked, or 1 cup frozen corn, thawed
2 medium tomatoes, cut into small chunks
¼ cup fresh basil leaves, torn
¼ cup olive oil
3 tablespoons balsamic vinegar
2 tablespoons finely chopped sweet onion
½ teaspoon Dijon-style mustard
½ teaspoon sugar
½ cup crumbled feta or other soft cheese
Fresh basil leaves for garnish

1. Cook potatoes in enough boiling salted water to cover for 5 minutes or until just tender. Drain and cool. Cut corn from cob. Place potatoes, tomatoes, corn and 1/4 cup basil in large bowl.
2. In a screw-top jar combine oil, vinegar, onion, mustard, sugar, and salt and pepper to taste. Cover and shake well. Pour dressing over potato mixture.* Toss gently and sprinkle with feta cheese and basil leaves. Makes 8 to 10 servings.

*Note: If desired, cover and chill salad up to 4 hours. Let come to room temperature before serving. Sprinkle with feta cheese before serving and garnish with basil leaves.

Adapted from MidwestLiving.com

Asparagus with Fried Egg

¼ pound asparagus
Olive oil
Salt
Seasoning, as desired
¼ cup fresh bread crumbs
1 tablespoon water
1 egg

1. Cook asparagus as desired.
2. In a small bowl, combine bread crumbs and desired seasoning. Add enough oil to lightly coat bread crumbs.
3. Transfer bread crumbs to a small nonstick skillet and place over medium heat. Cook, stirring occasionally, until they begin to darken, about 2-3 minutes. Add water. Crack egg over bread crumbs. Season with salt and pepper. Cover and cook egg as desired. Place egg on top of asparagus. Serve immediately.

Nebraska Dept. of Agriculture

Simple Greens



3 cloves garlic, minced
1/8 teaspoon red pepper flakes
1 tablespoon olive oil
1 pound collard, chard, or mustard greens
¼ teaspoon pepper
¼ teaspoon salt
1 tablespoon balsamic vinegar
2 tablespoons grated parmesan cheese

1. Wash and chop, slice, or tear greens as you prefer.
2. In a skillet, sauté garlic and red pepper flakes in olive oil on medium-high heat for about 1 minute. Add greens to the pan, cover and cook until greens are slightly wilted. If needed, add a tablespoon of water or broth.
3. Toss mixture with balsamic vinegar and parmesan cheese, season with salt and pepper, and serve. Makes 6 servings.

Virginia Cooperative Extension

Carolina Kale

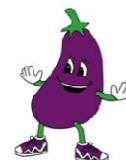


1 ½ pounds kale, collards,
chard, beet greens, or mustard greens
3 cups chopped fresh tomatoes
1 cup minced onions
1 ½ teaspoons ground cumin
2 garlic cloves, pressed or minced
1 teaspoon Tabasco or other hot pepper
sauce or ¼ teaspoon crushed red pepper

1. Wash the greens. Remove the large stems and any discolored leaves. Stack the leaves and slice them crosswise into 1/8-inch strips.
2. Combine tomatoes, onions, cumin, garlic, Tabasco, and salt in a saucepan, cover, and cook on medium heat for 5 minutes.
3. Add the greens, cover and gently simmer, stirring frequently, for 10 to 15 minutes until the greens are tender. Add salt and pepper to taste. Serve as a side dish or as a topping for rice. Makes 4 to 6 servings.

Leafy Greens Council

Garden Fresh Ratatouille



2 tablespoons olive oil
1 onion, chopped
4 garlic cloves, minced
1 small bay leaf
1 small eggplant, chopped
1 zucchini, chopped
1 bell pepper, any color
3 small tomatoes, chopped
1 tablespoon fresh oregano or 1 teaspoon dried
¼ cup shredded fresh basil leaves

1. Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened. Stir in eggplant, zucchini, pepper, tomatoes, oregano and basil.
2. Reduce heat, cover and simmer about 30 minutes, or until vegetables are cooked. Stir to prevent sticking. Serve warm or at room temperature. Makes 4 servings.

Adapted from realsimple.com

Brown Sugar-Glazed Beets

3 tablespoons dark brown sugar
2 tablespoons orange juice
1 tablespoon unsalted butter
3 cups cooked, cubed beets, 1/2- to 1-inch cubes

1. Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble.
2. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6 to 8 minutes. Serve hot or warm. Makes 6 servings.

Adapted from Eating Well

