



Bean & Tomato Salad with Honey Vinaigrette

- 2 15-ounce cans white beans, rinsed
- 1 teaspoon salt, divided
- 1/2 cup minced red onion
- 1/4 cup cider vinegar
- 4 teaspoons honey
- 1 teaspoon peanut or canola oil
- 1/2 teaspoon black pepper, or to taste
- 8 ounces green beans, trimmed and cut into 2-inch pieces
- 1 pint cherry or grape tomatoes, halved or quartered
- 1/2 cup fresh basil leaves, thinly sliced
- 1 pound tomatoes, sliced

1. Combine the beans, the remaining 1/2 teaspoon salt, onion, vinegar, honey, oil and pepper in a large bowl. Stir, cover and refrigerate to marinate for at least 1 hour or overnight.
2. Cook green beans in a large pot of boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. Pat dry and add to the marinated beans. Stir in cherry (or grape) tomatoes and basil. Season with pepper.
3. To serve, arrange tomato slices around the edge of a serving platter or shallow salad bowl and spoon the bean salad into the center.

eatingwell.com

Roasted Corn with Basil-Shallot Vinaigrette

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

1. Preheat oven to 450°F.
2. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes.
3. Combine basil, shallot, vinegar, salt and pepper in a medium bowl.
4. Add the corn; toss to coat. Serve warm or cold.

eatingwell.com

Dill Potato Salad

- 6 cups water
- 6 cups potatoes, in 1-inch cubes
- 8 oz. light sour cream
- 2 teaspoons fresh dill, minced
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 2 tablespoons brown mustard

1. In a saucepan, bring the water to a full boil and add cubed potatoes. Cook over high heat until tender, 15-18 minutes.
2. Drain and rinse in cold water.
3. In a large bowl, stir together sour cream, dill, parsley, pepper, salt, and mustard. Add potatoes and toss until evenly coated.
4. Cover and refrigerate 2 hours.

www.farmfresh.org

Lentils with Carrots

3 cups water
3 cups finely diced carrots
1 cup dried lentils 2 cloves
minced garlic
¼ cup minced fresh onion
½ teaspoon salt
1 bay leaf
1 tablespoon butter
1 tablespoon lemon juice
black pepper, to taste

1. Combine water, carrots, lentils, garlic, onion, salt, and bay leaf in a saucepan. Bring to a boil, reduce heat, and simmer 25 minutes.
2. Drain water off. Discard bay leaf.
3. Stir in butter, lemon juice, and black pepper.

www.farmfresh.org

Sautéed Radishes & Sugar Snap Peas with Dill

1 tablespoon butter
1 tablespoon olive oil
1/2 cup thinly sliced shallots
12 ounces sugar snap peas, trimmed, strings removed
2 cups thinly sliced radishes (about 1 large bunch)
1/4 cup orange juice
1 teaspoon dill seeds
1 tablespoon chopped fresh dill

1. To remove strings from fresh peas, just snap off the stem end and pull string lengthwise down each pod.
2. Melt butter with oil in large non-stick skillet over medium heat. Add shallots and sauté until golden, about 5 minutes. Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes.
3. Add orange juice and dill seeds; stir 1 minute. Season with salt and pepper. Stir in chopped dill. Transfer to bowl; serve.

oldcheneyroadfarmersmarket.com

Zucchini Fritters

1 pound zucchini (about 2 medium) ¼ teaspoon black pepper
1 tablespoon fresh lemon zest 2 large eggs, lightly beaten
10 sprigs fresh parsley, finely chopped ½ cup all-purpose flour
1 clove garlic, peeled and minced 2 tablespoons olive oil
1 teaspoon salt Fresh lemon wedges (optional)

1. Grate zucchini in a medium bowl. Add lemon zest, parsley, garlic, salt, pepper, and eggs. Mix well to combine. Slowly add flour, stirring until smooth.
2. Heat 2 tablespoons oil in a non-stick skillet over medium heat. Carefully drop 2 tablespoons zucchini mixture in the pan. Repeat, spacing fritters a few inches apart.
3. Cook fritters until golden brown on both sides, about 2-3 minutes each side. Continue until mixture is gone. Serve with fresh lemon wedges if desired.

www.farmfresh.org

