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2017 Mountain Fresh Farmers Market Recipes



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Carrot Oatmeal Cookies

1 cup butter, softened
1 cup shortening
1-1/2 cups sugar
1-1/2 cups packed brown sugar
4 eggs
2 tsp vanilla extract
2 cups shredded carrots
4 cups quick-cooking oats
3-1/2 cups all-purpose flour
2 tsp baking soda
2 tsp salt
1 cup chopped walnuts
1 cup miniature semisweet chocolate chips (optional)

In a large mixing bowl, cream the butter, shortening and sugars. Beat in eggs and vanilla. Add carrots; mix well.

Combine the oats, flour, baking soda and salt; add to creamed mixture and mix well. Stir in walnuts and chocolate chips (if using). Cover and refrigerate for at least 4 hours.

Drop by rounded tablespoon-fulls 3 inches apart onto baking sheets coated with cooking spray or lined with parchment paper.

Bake at 375° for 10-13 minutes or until lightly browned. Cool for 2 minutes before removing to wire racks.

Yield: 6 dozen

To receive these recipes as the season progresses, sign up for our weekly email newsletter! Go to www.MountainFresh.org to learn more.

“Fancy” Scalloped Potatoes

- 4 cups thinly sliced potatoes
- 3 TBS butter
- 3 TBS flour
- 1 1/2 cups milk
- 1 tsp salt
- 1 dash cayenne pepper
- 1 cup grated sharp cheddar cheese
- 1/2 cup grated cheese, to sprinkle on top
- Paprika (if desired)

In a small sauce pan, melt butter and blend in flour.
Let sit for a minute.
Add all of cold milk, stirring with a whisk.
Season with salt and cayenne.
Cook sauce on low until smooth and boiling, stirring occasionally with a whisk.
Reduce heat and stir in cheese.
Place a half of the sliced potatoes in a lightly greased one quart casserole dish.
Pour half of cheese sauce over potatoes.
Repeat with second layer of potatoes and cheese sauce.
Sprinkle the remaining cheese on top.
Top with some paprika for color.
Bake uncovered for about 1 hour at 350°F.

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Easy Strawberry Pie

1-crust pie pastry
1 pkg (3 oz) cook-and-serve vanilla pudding mix
1 1/2 cups water
1 tsp lemon juice
1 pkg (3 oz) strawberry gelatin mix-can use sugar-free
1/2 cup boiling water
4 cups fresh strawberries, washed, stemmed and sliced
3 oz cream cheese, room temperature
2 cups whipped topping, divided
1 tsp vanilla extract
8 fresh strawberries, washed

Place pastry in a 9 in pie pan. Trim to 1/2 in beyond plate & flute edges. Line unpricked pastry with butter-sprayed (on side against pastry) aluminum foil and weight down with pie-weights. Bake at 450F for 8 minutes. Remove weights & foil and bake additional 5-7 minutes or until shell is lightly browned. Cook on wire rack.

Combine pudding mix, water and lemon juice in a small saucepan. Cook & stir over medium heat till mixture comes to a boil. Cook & stir and additional 1-2 minutes till mixture thickens. Remove from heat and set aside. Dissolve gelatin mix in boiling water using a large bowl. Gradually stir in pudding mixture. Cover & refrigerate for 30 min or until mixture is thickened.

Fold in strawberries and transfer to cooled crust. Beat cream cheese, 1/2 cup of whipped topping and vanilla till smooth. Fold in remaining whipped topping. Pipe topping around the edge of pie. Garnish with whole strawberries.

Cinnamon-Roasted Butternut Squash

1 large butternut squash, peeled, seeded & cut into 1" cubes (about 3 pounds or 8 cups, cubed)
2 TBS olive oil
2 TBS brown sugar
1/2 tsp ground cinnamon
1 tsp kosher salt
Dash cayenne, optional

Heat oven to 425 degrees F.

Line two large baking sheets with aluminum foil.

Toss squash cubes with olive oil, brown sugar, cinnamon, salt and the cayenne until well coated. Tumble coated squash onto baking sheets and spread into one layer. Try not to crowd them too much or else they will not brown.

Bake squash, turning once and rotating pans once, until edges are lightly browned and centers are tender; 40 to 45 minutes. (Since ovens can often run hotter than selected temperature, check the squash every so often to make sure they are not roasting quicker than expected).

How to Cut Butternut Squash into Cubes:

Cut off the stem and bottom ends of the squash so both ends are flat. Slice the squash in half across the middle, just where the thinner end begins to widen. Use a heavy-duty peeler to peel away the skin. If you notice green streaks remaining on the squash as you peel, peel any green until only orange flesh remains. Cut the larger end in half and spoon out the seeds. Cut each piece into 1-inch-thick sticks then slice into 1-inch cubes.

Easy Pumpkin Pie

2 cups prepared pumpkin or a 15 oz can pumpkin
1 can evaporated milk or 1 1/2 cups half n half
1 cup sugar
2 eggs
1 tsp cinnamon
1/2 tsp salt
1/2 tsp ginger
1/4 tsp ground cloves
1 crust for 9 in pie

Preheat oven to 400 F.

Prepare pie crust and place in 9" pie plate. Prick bottom of uncooked crust with a fork.

Combine all ingredients in a large bowl and mix thoroughly with a whisk. Pour into pie shell and cover edges with foil.

Bake at 400 for 15 minutes. Lower heat to 350. Remove foil from crust edges and continue to bake at 350 for 45 minutes or until knife in center comes out clean.

Remove from oven and cool. Serve with whipped cream if desired.

Refrigerate leftovers.

Herb Cheese Spread

4 oz Goat cheese
4 oz Cream cheese
1/2 cup Greek yogurt
2 tsp Worcestershire sauce
4 TBS Mixed fresh herbs (e.g., thyme, chives, oregano, sage, basil)
Sage leaves

Soften both cheeses. Mix with yogurt, Worcestershire sauce, and mixed herbs. Can be thinned with milk and/or shaped into a log.

Sauté sage leaves in olive oil until crisp and drain on paper towel. When ready to serve, sprinkle sage over spread and serve with veggies, crackers, or bread.

Makes about 1 1/2 cups.

Recipe courtesy Maggi Coene—Fawn Valley Farm

Fresh Fruit & Spring Greens Salad

4 cups spinach or salad greens, washed and dried
1 cup strawberries, washed and sliced, or orange segments
1/4 cup nuts, chopped
2 Tablespoons lemon juice
2 Tablespoons vegetable oil
1 Tablespoon honey
Salt and black pepper to taste

In a large bowl, mix spinach or greens, fruit, and nuts.
Set aside.

In a small bowl, mix oil, lemon juice, and honey to make dressing.

Pour the dressing on top of the salad and mix.

Season with salt and pepper to taste.

Makes: 5 servings
Serving size: 1 cup

Garlic & Butter Roasted Mushrooms

1 lb. (16 oz) Baby Bella mushrooms
2 tablespoons capers, rinsed and chopped
3 large garlic cloves, minced
2 tablespoons vegetable oil
3 tablespoons unsalted butter, cut into pieces
2 teaspoons fresh lemon juice
1 cup chopped flat-leaf parsley
Salt & Pepper to taste

Preheat the oven to 450 degrees F.

Clean the mushroom with a wet paper towel and put them into a baking dish, halving them if they are a bit large.

Sprinkle the capers, garlic cloves, salt & pepper, and vegetable oil over and toss it all together. Dot the butter over the top.

Roast for 15-20 minutes, stirring occasionally.

Immediately after removing from the oven, squeeze over the lemon juice and sprinkle the parsley. Serve hot.

Halloween Skull Veggie Platter

- 1 head cauliflower
- 1 large cucumber, cut into sticks
- 2-3 carrots, cut into sticks
- 1 cup broccoli florets
- 5-6 cherry tomatoes
- red, green & yellow bell pepper slices
- 1 bunch kale
- a few arugula leaves
- 1 bunch of chives, left tall
- 1 cup ranch dressing
- 1 cup blue cheese dressing



Using the cauliflower as the base for the skull, arrange in the center of the platter shaping the forehead, eye sockets, nose and chin from the whole cauliflower; save some florets to add to the outer rim.

Cut some of the core of the cauliflower to shape the teeth and insert where the mouth should be.

Use the cherry tomatoes as eyes and part of the collar.

Arrange the carrot sticks, cucumber sticks, broccoli florets, some cauliflower florets and pepper rings around the "skull" in a pattern.

Place the bowls of dressing around the collar area and add a few small orange and yellow peppers for contrast around the head of the "skull."

Border the platter with the kale and arugula leaves, and insert the standing chive bunch in the border.

Serve with crackers and other Halloween themed treats.

Asparagus & Shiitake Topped Pasta

- 1/2 lb. shiitake mushrooms, cleaned, trimmed and sliced vertically
- 1/2 lb. fresh asparagus, washed, trimmed and cut in 1" diagonal pieces
- 2-3 cloves garlic, peeled, cored and pressed
- 3-4 Tbs unsalted butter
- 1/3 cup white or Marsala wine (optional)
- 1/2 lb. linguine pasta, cooked al dente
- 1/2 cup saved pasta cooking water
- 2 Tbs EV olive oil
- 1/2 cup grated Romano or Asiago Cheese
- a few shavings of Asiago or Romano to top

Cook pasta in 3-4 qts water with 2 teaspoons sea salt. Before draining, save 1/2 cup of pasta cooking water to add to sauce (if not using wine, save 3/4 cup). Add oil to cooked pasta and set aside.

Sauté mushrooms and asparagus in butter on medium heat, making sure not to burn butter. Cover at first to draw out the moisture in the vegetables, then uncover and add pressed garlic and sauté a couple more minutes til garlic is cooked. Add wine (if using) and sauté again til liquid cooks down; add pasta water and bring back to simmer.

Add pasta and fork stir to combine completely. Sprinkle with cheese and stir again.

Add fresh ground pepper to taste before serving warm. Serve with additional cheese and hot pepper flakes, if desired. - If you like spicy, add 1 tsp hot pepper flakes to the mushrooms and asparagus before adding the pasta water. Stir in quickly; then add water.

This recipe serves 3-4 as a side dish. To make it a main course, add chicken or shrimp after adding the garlic and sauté til they turn color indicating they are cooked. Finish as directed. Serves 2-3 as a main course.

Strawberry Rhubarb Crisp

1 cup white sugar
3 tablespoons all-purpose flour
3 cups sliced fresh strawberries
3 cups diced rhubarb

Topping:

1 1/2 cups all-purpose flour
1 cup packed brown sugar
1 cup butter
1 cup rolled oats

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Put the mixture in a 9x13" baking dish.

Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. (You may want to use a pastry blender for this.) Crumble on top of the rhubarb and strawberry mixture.

Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

Serve hot with a scoop of ice cream for a fantastic treat.

Easy Apple Pie

1/2 cup sugar
1/2 cup packed brown sugar
3 TBS all-purpose flour
1 tsp ground cinnamon
1/4 tsp ground ginger
1/4 tsp ground nutmeg
6 to 7 cups thinly sliced peeled tart apples
1 TBS lemon juice
Pastry for double-crust pie (9 inches)
1 TBS butter
1 large egg white
Additional sugar

In a small bowl, combine the sugars, flour and spices; set aside. In a large bowl, toss apples with lemon juice. Add sugar mixture; toss to coat.

Line a 9-in. pie plate with bottom crust; trim pastry even with edge. Fill with apple mixture; dot with butter. Roll out remaining pastry to fit top of pie.

Place over filling. Trim, seal and flute edges. Cut slits in pastry. Beat egg white until foamy; brush over pastry. Sprinkle with sugar.

Cover edges loosely with foil. Bake at 375° for 25 minutes. Remove foil and bake 20-25 minutes longer or until crust is golden brown and filling is bubbly. Cool on a wire rack.

To make this pie extra special for any festive occasion add the following to the apple/spice mixture before filling the shell:

1/2 cup fresh cranberries (or 1/2 cup dried cranberries soaked in warmed 1/4 cup cranberry juice and drained before adding) 1/2 cup chopped walnuts dredged in 1 TBS flour

Eggplant Ratatouille

3 Tbs olive oil
1 onion, thinly sliced
4 garlic cloves, peeled and sliced
1 small bay leaf
1 small eggplant, cut into 1/2-inch pieces (about 3 cups)
1 small zucchini, halved lengthwise and cut into thin slices
1 red bell pepper, cut into slivers
4 plum tomatoes, coarsely chopped (about 1 1/4 cups)
1 tsp kosher salt
1/2 cup shredded fresh basil leaves
freshly ground pepper to taste

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.

Add the eggplant and cook, stirring occasionally, for 8 minutes or until the eggplant has softened.

Stir in the zucchini, red bell pepper, tomatoes, and salt, and cook over medium heat, stirring occasionally, for 5 to 7 minutes or until the vegetables are tender.

Stir in the basil and few grinds of pepper to taste.

Lentil, Mushroom & Swiss Chard Soup

1 Tbs vegetable oil
1 onion, chopped
2 carrots, washed and chopped
1 celery stalk, washed and chopped
1 cup mushrooms, washed and sliced
1 cup dried lentils, rinsed
8 cups low-sodium chicken or vegetable broth
1 Tbs Italian seasoning
1 tsp garlic powder
1 bunch Swiss chard leaves or 4 cups of spinach, chopped
Salt and pepper to taste

In a large pot over medium heat, cook onion, carrots, celery, and mushrooms for 5 minutes.

Stir in lentils, broth, and spices.

Cover the pot and reduce heat to low.

Cook for 20-30 minutes until lentils are tender.

Stir in chopped Swiss chard or spinach and cook for 5 minutes.

Divide soup into bowls and serve with whole grain bread, if desired.

Serves 6

Star-Spangled Fruit Tart

- 1 tube (18 ounces) refrigerated sugar cookie dough, softened
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup sugar
- 1/2 teaspoon almond extract
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 cup halved fresh strawberries

Press cookie dough onto an ungreased 12-in. pizza pan. Bake at 350° for 10-15 minutes or until golden brown. Cool on a wire rack.

In a small bowl, beat the cream cheese, sugar and extract until smooth. Spread over crust.

In center of tart, arrange berries in the shape of a star; add a berry border. Refrigerate until serving.

Yield: 16 servings.



Southern Sweet Potato Salad

- 2 lbs. sweet potatoes, peeled and cut into 3/4 " chunks
- 5 slices bacon
- 1/2 cup chopped pecans
- 1/2 cup chopped celery
- 1/2 cup chopped red onion
- chopped celery leaves for garnish

Dressing:

- 1/3 cup Extra Virgin Olive oil
- 2 TBS red wine vinegar
- dash hot sauce
- 1 tsp smoked sweet paprika

Make dressing by combining all 4 ingredients, whisk til emulsified and set aside. Cook potatoes covered in water 12 -15 minutes until just tender. Drain and place in the serving bowl.

Cook bacon in large non-stick skillet until crisp. Drain on paper towels and then crumble bacon into bowl with potatoes.

Drain off bacon fat and cook pecans in skillet, stirring once or twice, until they are aromatic and toasted.

Add pecans, celery, onions and dressing to the bowl and toss gently to coat. Sprinkle with celery leaves as garnish.

Serve warm or cold.

Cinnamon-Apple Crostata

Crust:

1 sleeve from box of refrigerated pie crusts, or prepare crust for a single-crust pie

Filling:

1/2 cup sugar

4 tsp cornstarch

2 tsp ground cinnamon

4 cups thinly sliced, peeled cooking apples (4 medium)

1tsp sugar

2TBS chopped pecans or walnuts

whipped cream if desired

Heat oven to 450°F. Use 1 pouch of refrigerated pie crust or prepare crust for a single crust pie; place crust flat on ungreased cookie sheet.

In medium bowl, mix 1/2 cup sugar, the cornstarch and cinnamon. Gently stir in apples. Spoon apple mixture onto center of crust, spreading to within 2 inches of edge. Fold crust edge over filling to form 2-inch border, pleating crust as necessary. Brush crust edge with water; sprinkle with 1tsp sugar.

Bake 15 minutes or until crust is golden brown. Sprinkle pecans over apple mixture. Bake 5 to 15 minutes longer or until apples are tender.

Serve with whipped cream if desired.

Summer Squash & Bell Pepper Gratin

2 TBS olive oil, divided

1 cup thinly vertically sliced onion

1 cup sliced orange bell pepper

1 large garlic clove, minced

1/4 cup dry white wine

3/8 tsp kosher salt

3/8 tsp black pepper

1 1/2 cups thinly sliced zucchini

1 1/2 cups thinly sliced yellow squash

2 1/2 oz whole-wheat bread

1 TBS chopped fresh oregano

1 oz Parmesan cheese, grated (about 1/4 cup)

1 tsp sherry vinegar

Preheat oven to 450°.

Heat a skillet over medium-high heat. Add 1 TBS oil; swirl to coat. Add onion, bell pepper, and garlic to pan; sauté 4 minutes. Add wine, salt, and black pepper; cook 1 minute.

Spread onion mixture in bottom of a shallow 2-quart broiler-proof baking dish. Arrange zucchini and squash slices in a single layer over onion mixture.

Place bread in a mini food processor; pulse until coarsely ground. Combine remaining 1 TBS oil, breadcrumbs, oregano, and cheese in a bowl; sprinkle over squash.

Bake at 450° for 8 minutes. Preheat broiler to high (do not remove dish from oven). Broil 2 minutes or until browned.

Drizzle with vinegar.

Pastured Pork Shoulder with Mustard Mushroom Gravy

2 ½ - 3 pound pork shoulder roast
4 tablespoons butter, room temperature
Roughly ½ lb. mushrooms – we used shiitake
2 cups low-sodium chicken broth (or make your own!)
2 tablespoons all purpose flour
2 tablespoons Dijon mustard

Preheat oven to 325°F.

Put a roasting rack in a shallow pan. Sprinkle pork with a generous amount of salt and set in roasting pan. Roast until the thickest part of the roast registers 180°F, about 2-2.5 hours.

Transfer to heat-tolerant cutting board and tent with foil. Scrape the pan juices and save.

Melt 1-2 TBS of butter in a heavy large skillet over medium heat. Add cleaned mushrooms. Cover and cook until tender, about 10 minutes.

Pour ½ c. pan juices (decide how much fat you want to include in this - we left a good layer on top) and broth into mushrooms. Bring to a simmer.

Mix 2 TBS butter and flour in a small bowl to form a paste. Add mustard to the paste and gradually whisk the paste into the mushroom/broth skillet. Cook until the gravy thickens, whisking occasionally, about 5 minutes. Season to taste with salt and pepper. Carve the pork, serve with gravy, and enjoy! We made some mashed parsnips and potatoes as a side.

Baked Spaghetti Squash in Marinara

Prepare the squash:

When you slice the squash across the middle, as if you're slicing thick cucumber rings, you leave the strands intact, and you'll end up with spaghetti squash noodles that are dramatically longer. Remove both ends, slice it into 1-inch rings, and scrape out seeds. Place rings in a single layer on a parchment-lined sheet pan and roast in a 400 degree oven for 40-60 minutes. Turn halfway through to prevent browning.

Cool on the pan for about 15 minutes; then peel away skin and separate strands! Top with browned-butter and garlic sauce and sprinkle with Parmesan cheese for plain or use a regular Mariana sauce topped with Parmesan cheese for a more traditional flavor.

Easy Marinara:

2- 3 TBS olive oil
1 small onion, chopped fine
3 cloves garlic, crushed
1-2 tsp dried sweet basil
4 cups ripe tomatoes, chopped
1 TBS tomato paste (optional)
salt and pepper to taste
1/4 cup grated Italian cheese

Sauté onion in olive oil until translucent. Add garlic and briefly sauté again (do not let garlic brown). Add basil and stir again; then add tomatoes and bring to a low simmer. Let some of the water cook out and then add tomato paste - or just let the mixture cook down. If adding tomato paste, stir in completely and bring back to simmer. Taste and add salt and pepper if needed.

Turn off burner and add cheese; stirring well to incorporate. Serve over squash. Top with more cheese if desired.

Hearty Sweet Corn Chowder

6-7 strips of cooked bacon, crumbled (or use the ready cooked, chopped)

1 large or 2 small new or red-skinned potatoes, cut into 1/4" cubes

1 medium sweet or red onion, chopped coarse

2 stalks celery, cut into a fine chop

2 TBS butter

cut kernels from 2-3 ears sweet corn

2 TBS dry Hidden Valley Ranch dressing mix

1 TBS dry Chicken bouillon granules (use vegetable granules for a vegetarian version)

1/3 cup Wondra flour

3 cups water

1/3 cup cream or half 'n half

1 tsp fresh or 1/2 tsp dry thyme

Fry the bacon in a pot big enough to hold the entire recipe. Take out the well-cooked bacon and drain, leaving the drippings in the pan.

Add the chopped potato, onion and celery and cover briefly to get out the moisture; then uncover and sauté for a couple of minutes until onion is translucent.

Add the crumbled bacon back into the pan; then add butter and corn kernels and stir. Sauté again for 2 minutes.

Add dressing mix and bouillon granules and stir well.

Add flour and water and continue to stir till mixture starts to thicken slightly. Turn heat to simmer and cook for another 25 minutes.

Turn off the heat and stir in cream and thyme; cover and let sit for 5 minutes on hot burner. Serve immediately or reheat for later.

This makes a chowder that is thick with vegetables, but not too thick a gravy. For a thicker chowder, use more flour. You can also use heavy cream for a really rich dish.

Tomato & Cucumber Salad

1 small red onion, thinly slice

2 tsp coriander seeds

2 tsp mustard seeds

1 tsp cumin seeds

1 c cider vinegar

1 TBS sugar

Kosher salt

3 large tomatoes, sliced 1/2" thick

1 cucumber, sliced

Olive oil, for serving

1/3 c fresh cilantro

Place onion in a glass or ceramic bowl.

Cook coriander and mustard seeds in a large saucepan over medium heat, stirring occasionally, until seeds begin to pop, 1 to 2 minutes. Add cumin seeds and cook, stirring, until fragrant, 10 seconds. Add vinegar, sugar, 1 tablespoon salt, and 1 cup water. Simmer, stirring occasionally, until sugar and salt are dissolved, 1 to 2 minutes.

Pour vinegar mixture over onion. Let stand until room temperature. Cover and refrigerate at least 1 hour or up to 2 days. Drain, reserving 1/4 cup pickling liquid.

To serve, arrange tomatoes, cucumber, and onion on a platter. Drizzle with oil and reserved pickling liquid. Top with cilantro.

Crazy Corn/Elotes Locos Roasted Corn with Queso, Cilantro & Lime

This recipe gets its inspiration from Guatemalan street corn. Piping hot corn on the cob is smeared with mayonnaise and dredged with Queso or Cotija cheese, fresh cilantro, chile powder, lime and plenty of salt and pepper. It is call "Crazy Corn" or "Elotes Locos"

4 large ears sweet corn

Butter

sea or kosher salt and freshly ground black pepper, to taste

1/2 cup mayonnaise

1 1/2 cups Queso Fresco, crumbled or Cotija or Parmesan cheese, grated

4 tablespoons fresh cilantro, minced

4 teaspoons chile powder

1 lime, cut into four wedges

Preheat oven to 400 degrees F. Brush corn lightly with butter and sprinkle with salt and pepper. Roast 20-25 minutes.

Working with one ear of corn at time, brush with mayonnaise, sprinkle with cheese, cilantro and chile powder, pressing it onto the corn to help it stick. Sprinkle with salt and pepper.

Serve with lime wedges.

Beet Salad with Goat Cheese & Candied Walnuts

4 medium beets - scrubbed, trimmed and cut in half

1/3 cup chopped walnuts

3 TBS maple syrup

1 (10 ounce) package mixed baby salad greens

For the dressing:

1/2 cup frozen orange juice concentrate

1/4 cup balsamic vinegar

1/2 cup extra-virgin olive oil

2 ounces goat cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

This salad is a great meatless main course; for a main dish salad, add chicken.

Copper Pennies Carrot Salad (Sweet & Sour Carrots)

1 pound of raw carrots, peeled and sliced thin

1/2 of a medium sweet onion, sliced very thin

1/2 of a green bell pepper, sliced very thin

Marinade:

1 can condensed tomato soup

3/4 cup granulated sugar

1/4 cup canola oil

3/4 cup apple cider vinegar

1 TBS Worcestershire sauce, or to taste

1 TBS yellow mustard

1 tsp each kosher salt & fresh cracked black pepper, to taste

Peel carrots, wash and cut them into thin rounds. You should have roughly 4 cups of sliced carrots. Place into a microwave safe bowl, add 2 tablespoons of water, cover and cook on high, about 7 minutes, or until crisp-tender. Your microwave time may vary.

Drain. Place into a medium to large glass bowl and top with the very thinly sliced sweet onion and bell pepper. Toss.

Meanwhile, in a medium saucepan, whisk together the tomato soup with all of the remaining marinade ingredients. Bring to a boil, reduce heat and simmer for about 5 minutes. Pour hot mixture over the vegetable mixture, stir, cover and refrigerate for 24 hours, stirring occasionally. Use a slotted spoon to transfer to a serving dish & serve as a cold side salad.

Zucchini Pie

An easy & delicious way to use some of the zucchini appearing in gardens and the Market at this time of the year

½ cup canola or other cooking oil

4 eggs

1 cup baking mix (such as Bisquick)

½ cup Parmesan cheese

½ cup shredded Cheddar cheese

1 small sweet onion, diced

3 cups zucchini, sliced very thin

Preheat oven to 350 degrees F. Spray a 9-inch pie plate with cooking spray and set aside.

Combine all ingredients in a large bowl. Pour into prepared dish.

Bake for 40-45 minutes, or until cooked through and golden brown.

Baked Ratatouille

For the sauce:

2 TBS olive oil
1 onion, diced
4 garlic cloves, minced
2 bell peppers, diced
Salt, to taste
Pepper, to taste
28 ounces crushed tomatoes
2 TBS fresh basil, chiffonade

For the sliced veggies:

2 eggplants
6 Roma tomatoes
2 yellow squash
2 zucchini
For the herb seasoning:
2 TBS fresh basil, chiffonade
1 tsp garlic, minced
2 TBS fresh parsley, chopped
2 TBS fresh thyme
Salt & pepper to taste
4 TBS olive oil

Preheat the oven for 375°F.

Slice the eggplants, Roma tomatoes, squash, and zucchini into approximately 1/16-inch rounds, then set aside.

Heat 2 tablespoons of olive oil on the stovetop in a 12-inch oven-safe pan. Sauté onions, garlic, and bell peppers until soft. Season with salt and pepper, then add crushed tomatoes. Stir until ingredients are fully incorporated. Turn off the heat, then add basil. Stir once more, then smooth the surface of the sauce with your spatula.

Arrange the sliced veggies in alternating patterns, (e.g. eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the inside of the pan. Season with salt and pepper.

Mix herb seasoning and pour over the vegetables. Cover the pan with foil and bake for 40 minutes. After 40 minutes, uncover and bake for an additional 20 minutes. The vegetables should be soft.

Serve while hot as a main dish, or as a side dish. The ratatouille is also excellent the next day.

This recipe is a little complicated, but I couldn't resist sharing it. Here's a link to a video showing you how to put it together: <http://bzfd.it/2fb8BiE>

Country Green Beans

1/4 cup chopped uncooked bacon
1 pound fresh green beans, trimmed
1/4 cup chopped onion
1/4 cup butter
1/4 cup chicken broth
1 clove garlic, minced
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels.

Combine bacon, green beans, onion, butter, chicken broth, garlic, salt, and pepper in a saucepan. Cover and simmer on medium heat until beans are tender, 15 to 20 minutes.