

Tomatoes

The tomato, also called “love apple,” “golden apple,” “apple of paradise” and even “devil apple” over the years, is a berry of the nightshade family, along with potatoes, eggplants and peppers. Botanically, the tomato is a fruit. However the U.S. Supreme Court declared it as a vegetable in 1893 because of tariff laws which imposed a duty on vegetables but not fruits.

The delicious tomatoes you receive in your share are very nutritious as well. The chemical that makes the tomato red, lycopene, has been shown in over 72 studies to lower the risk of some cancers, especially prostate, lung and stomach. However, to get this lycopene in your system, the tomato needs to be cooked and eaten with fat (think tomato sauce with cheese).

If you can't bear to cook your tasty tomatoes, which I completely understand, you will still benefit from all the other nutrients, like dietary fiber, vitamin K, vitamin E, vitamin B6, potassium, manganese, thiamin, niacin, folate, magnesium, phosphorus and copper. Just one tomato provides you with 40% RDA of vitamin C and 20% RDA of vitamin A to help support your immune system. By Nutritionist Martha Berkesch

You may not need any recipes to devour these tomatoes. They are perfect sliced and salted...but if you want some more ideas, here you go!

Tomato Dressings:

Tomato Vinaigrette

1 Large Tomato

1 garlic clove

2TBS red wine vinegar

Salt and pepper

Pinch of granulated sugar

¾ olive oil

1TBS basil leaves minced

Add all ingredients to a blender or food processor blend until smooth.

Garlicky Tomato Dressing

2 Tomatoes cut into quarters

1/2c Basil chopped

2 Garlic cloves minced

1/2c olive oil

1/4c Balsamic Vinegar

2tsp Tomato Paste

Salt n' Pepper

Combine ingredient in a food processor or blender. Whirl until smooth. Makes 1 ½ cups.

More Tomato Recipes:

Broccoli Rabe with Tomatoes & Mozzarella

1lb Broccoli Rabe trimmed

1TBS Olive Oil

½ TBS Red Pepper Flakes

1 Garlic Curl or clove chopped

2 med. Tomatoes chopped
1TBS Balsamic Vinegar
1TBS Butter
1c corn
½ c Basil chopped
½ c Mozzarella cubed
Salt n' Pepper

Bring a pot of salted water to a boil & drop in broccoli rabe. Cook 5- 8 min. Drain well. In a skillet over medium heat warm olive oil. Add garlic, & pepper flake, cook until the garlic starts to brown, 1 min. Add 1/2 tomatoes, stir, cook until softened, about 5 min. Add corn. Stir to coat with flavor. Stir in the butter and balsamic. In a large bowl, combine tomatoes, basil, & mozzarella. Top with the warm broccoli rabe & stir all together. Season with Salt n' Pepper.

Tomato Basil Chicken

2 Chicken Breasts
Salt n' Pepper
2TBS Olive Oil
2c Tomatoes chopped
2tsp Garlic minced
4TBS cold Butter,
1/2c Basil chopped
12oz of Noodles
Parmesan for garnish

Season the chicken breasts with salt n' pepper. Add olive oil to a large skillet. Begin cooking the pasta according to package. Once oil is hot, add the chicken, cook for 4-5 minutes, flip & cook for 4-5 minutes. Add tomatoes, basil, butter, & garlic. Mix all together. Turn heat down to low keep warm until pasta is done cooking. Divide pasta amongst bowls; add chicken, & veggies top with a little cheese.

Creamy Carrot Tomato Soup

8-10 Carrots, peeled & sliced
3 Tomatoes diced
3 Garlic Cloves minced
1 yellow Onion chopped
1TBS Brown Sugar
1/3c heavy cream or half & half
Rind of Parmesan Cheese
2tsp basil
2tsp Oregano
2tsp Sage
1/4tsp Cayenne Pepper
Salt n' Pepper
4TBS Butter
1/2 c grated Parmesan

Place sliced carrots, 2TBS butter & 1 TBS olive oil in a large stock pot & sauté on medium heat for 10 minutes; add chopped onions & another 1TBS olive oil & sauté for 5 more minutes. Add garlic, sugar, herbs & tomatoes. Cut the rind off a parmesan wedge, place rind in center of the soup. Cover & simmer for 25 min. remove the rind with a large spoon & discard. Place tomato carrot mix into a blender or use a hand blender. Place a screen colander over a large bowl, using

a ladle scoop 3 ladleful's of soup into the screen colander, using the back of the ladle push the soup though the screen. Discard the solids & repeat. Return the strained soup to the pot, add cream, cayenne, & remaining butter, reheat. Serve with parmesan cheese on top.

Tomato, Garlic and Summer Squash (Farm Family Favorite) This has become a new summer staple in our house. The veggies have been evolving as the season goes on. ~Dale

Melt butter in skillet. Add garlic, cook for a minute or 2. Add chopped carrots. Cook for 5 minutes. Add chopped summer squash. Cook 5 minutes. Add chopped tomatoes, stir quickly and remove from heat. Transfer to bowl. Sprinkle with fresh Chèvre or blue cheese. Stir and serve.

Tomato Salas with Sugar Snap Peas

4 LG Tomatoes cut into wedges

2 handfuls Sugar Snap Peas halved

Parsley Leaves, a handful

1/3c Basil Leaves chopped

Salt n' Pepper

Olive Oil

Balsamic vinegar

Toss the cut vegetables & Herbs in a large serving bowl. Whisk the oil & vinegar together. Pour over vegetables. Season with salt n' pepper, serve immediately.

Avocado Salad with Tomato

1 ½ c tomatoes diced

1 avocado diced

1 cucumber peeled & diced

1 carton mozzarella cheese pearls

1TBS Olive oil

1 tsp lemon juice

Salt n' pepper

Parsley chopped

Place tomatoes, avocado, cucumber, & mozzarella into a bowl. Whisk together olive oil, parsley & lemon, pour over salad, dust with salt n pepper. Toss & serve

Simple Summer Pasta

Pasta of choice

Cosmic raw butter

Shelling peas

Zucchini or squash, diced

Garlic, chopped

Tomatoes, chopped

Mint leaves

Shell the peas from their pods. Boil the pasta per instructions. For a gluten-free option, make the zucchini into noodles and steam. Heat plenty of butter in a skillet. Sauté the peas and zucchini or squash until tender. Add some chopped garlic at the end. Toss the peas and zucchini with the pasta or zucchini noodles, tomatoes, mint, salt and pepper and olive oil if desired.

Roasted Tomato Basil Pesto

2 pre-roasted tomatoes or 1 fresh tomato
2 garlic cloves, peeled and halved
3 Tbls pine nuts
2 Tbls olive oil
1 cup basil leaves
1/2 cup grated parmesan
2 Tbls butter, softened

Combine the tomatoes, garlic, pine nuts and oils in a blender and process until just combined.

Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the Parmesan cheese and butter and season with salt and pepper to taste. *Farmer John's Cookbook

Tomato Basil Spinach Risotto

2-1/2 cups chicken broth
1 Tbls butter
1 shallot, minced
1 garlic clove, minced
Salt & pepper
3/4 cup Arborio rice
1/4 cup dry white wine
2 tomatoes, chopped
2 cups baby spinach
Handful torn basil
1/4 cup grated parmesan cheese

Bring chicken broth to a boil in a small saucepan. Reduce heat to low and keep hot. In a large skillet, melt butter over medium heat then add shallot, season with salt & pepper, and then sauté until translucent, about 3 minutes. Add garlic then sauté for 30 more seconds. Add rice then stir to coat in butter. Add wine then stir until nearly absorbed by rice. Add ½ cup chicken broth then stir continuously until broth is absorbed. Continue adding broth, ½ cup at a time, stirring until nearly absorbed before adding more. When there's 1/4 of the broth remaining, add tomatoes then continue stirring. Add baby spinach and basil with the last broth addition then continue stirring. Stir in parmesan cheese

Green Beans with Tomatoes and Herbs

2 Tbls extra virgin olive oil
1 clove garlic, minced
1/4 tsp red pepper flakes
1/2 cup sliced onions
2 tsp dried oregano
1/2 tsp dried thyme
1 pound green beans, cut in half
1 sprig rosemary leaves
2 tomatoes, cut into wedges
Salt to taste or 2 Tbls salted butter

Heat oil in a deep pan over medium heat. Add garlic and pepper flakes: sauté until fragrant. Add onions; sauté until translucent, 3-5 minutes. Add ¼ cup water, the dried spices and green beans. Stir, cover and steam-cook beans until nearly done, 10-15 minutes. Stir in the rosemary and tomatoes. Cook very briefly, until the tomatoes are warmed

through and beans are done. Season with salt, or, if you prefer, melt salted butter over the beans before serving. *From Asparagus to Zucchini

Herb-stuffed Tomatoes

4 tomatoes
1 large onion, finely chopped
2 garlic cloves, chopped
12 black olives, chopped
2 Tbls olive oil
1/4 cup panko
2 Tbls chopped oregano
3 Tbls chopped parsley
1 Tbls chopped mint
1 1/2 Tbls chopped capers
Black pepper

Preheat the oven to 375°F. Trim off 3/8 in from the top of each tomato. Remove the seeds and flesh. Salt the inside and let drain upside down. Cook the onion, garlic and olives with 1 Tbls olive oil on low heat. Remove from heat and stir in the panko, herbs, capers and pepper. Stuff the tomatoes and bake 35-45 minutes until the tomatoes soften. *Plenty

Panzanella Salad

1 lbs. tomatoes, cored and cut into small wedges
6 oz. country-style bread, torn into bite-size pieces and lightly toasted
1/2 cup kale, chopped
6 fresh basil leaves, torn
¼ cup red onion, thinly sliced
1/4 cup extra-virgin olive oil
1.5 T red wine vinegar
1/2 head baby garlic
Kosher salt & pepper

In a large bowl, combine the tomatoes, bread, kale, basil, and onions. In a small bowl, whisk together the oil, vinegar, and garlic; drizzle dressing over salad. Season generously with salt and pepper, toss to combine, and let sit for 10 minutes before serving. If you wish, add some fresh mozzarella to the salad.

Tomato Basil Salad

1 cup balsamic vinegar
2 t honey
¼ t garlic, minced
¼ t shallot, minced
1 small sprig rosemary
4 med tomatoes, cored, cut crosswise into ½ in. slices
8 large basil leaves, sliced finely
1-2 oz. parmesan cheese or other Lifeline Cheese
¼ cup olive oil

In sauce pan, add vinegar, honey, garlic, shallot & rosemary. Bring the ingredients to a boil then simmer uncovered until it has reduced to 1/3 cup and is the consistency of syrup. Arrange tomato slices with basil sprinkled on top. Season with

salt & pepper. Without drenching the tomatoes, drizzle reduction over tomatoes followed by parmesan cheese and olive oil. - Farmer John's Cookbook

Tomato-Pesto Sandwiches An instant favorite and go-to dinner

2 T olive oil

1 ½ cups sliced tomatoes

Red pepper flakes to taste

2 T balsamic vinaigrette

4 - 460 Ciabatta Rolls

½ cup basil pesto

Up to 12 oz. of your favorite Lifeline Cheese

Salt & Pepper to taste

Heat oil in skillet over med-high heat. Add tomatoes, pepper flakes, sauté until tomatoes begin to break down, about 3 min. Turn off heat and add balsamic. Slather ciabatta halves with pesto, a sprinkle of cheese & salt and pepper and broil until cheese has just melted. Layer tomatoes within ciabatta halves and serve immediately.

5 Minute Salsa

½ onion, roughly chopped

1 lime, juiced

1 garlic clove, roughly chopped

1 T salt

¼ cup cilantro loosely chopped

3 med tomatoes, quartered

½ - 1 jalapeno, seeded & chopped

Place cilantro and garlic into food processor and process until finely minced. Add remaining ingredients and pulse until salsa is chunky. Enjoy immediately or freeze for breakfast burritos this winter.

Tomato Basil Quiche

1 T olive oil

1 onion, sliced

2 cups tomatoes, sliced

2 T flour

2 T basil

3 eggs

1/2 cup milk

Salt & Pepper to taste

1 cup of your favorite Lifeline Cheese

Preheat oven to 400°. Grease 9" pie pan with butter or oil and layer ½ cup of cheese on the bottom. Heat olive oil in a large skillet over medium heat and sauté onion until soft; layer over cheese in pie pan. Sprinkle tomato slices with flour and basil, then sauté 1 minute on each side; layer over onions in pie pan. In a small bowl, whisk together eggs and milk, season with salt & pepper and pour over the onion/tomato layers in the pie pan. Sprinkle top of quiche with remaining ½ cup of cheese and bake at 400° for 10 minutes. Reduce heat to 350° and bake for 15-20 min. or until filling is golden brown. Feeling adventurous? Bake the quiche in a pie crust.

Classic Gazpacho

3 pounds tomatoes, cored and coarsely chopped

1 cucumber, peeled and coarsely chopped
2 red bell peppers, coarsely chopped
1 jalapeño, seeded and coarsely chopped
1/4 cup sherry vinegar
1/3 cup extra-virgin olive oil

Salt and freshly ground pepper

Combine all of the ingredients in a large bowl and refrigerate overnight. In a blender, puree the vegetables until smooth. Strain the soup into a deep bowl, season with salt and pepper before serving. - Food & Wine

Classic Bruschetta

2 lbs. tomatoes, diced
½ onion, chopped (lightly sautéing optional)
4 cloves garlic, finely minced
1 handful basil, thinly sliced
4 T extra virgin olive oil
Salt & fresh ground pepper
460 baguette, sliced

Mix all ingredients and chill for 30 minutes. Adjust seasoning as needed. Lightly butter or oil slices of baguette and toast. Pile topping on baguette slices.

Tomatoes and Sage

6 tomatoes (about 1 1/4 pounds), cut in half lengthwise
2 T. extra-virgin olive oil
Coarse salt and cracked black pepper
3 cloves garlic, minced
1 T. finely chopped fresh sage, plus 12 whole fresh sage leaves

Brush the tomato halves all over with olive oil. Season them generously all over with salt and pepper, and then sprinkle the garlic and chopped sage over them. Press a whole sage leaf in the center of the cut side of each tomato half. Set any leftover olive oil aside. Preheat the grill; if your contact grill has a temperature control, preheat the grill to high. Place the drip pan under the front of the grill. When ready to cook, lightly oil the grill surface. Arrange the tomato halves on the hot grill, cut side up, then close the lid. The tomatoes will be done after cooking 4 to 6 minutes. Transfer the tomatoes to a platter or plates and drizzle any remaining olive oil over them. Serve at once.

Roasted Tomato Crostini

4 tomatoes, halved lengthwise
1 garlic clove
Olive oil, for drizzling
Salt and freshly ground pepper 1 to 2 t. thyme
8 ½ inch-thick slices baguette, cut on the bias

Preheat oven to 275°. Place the tomatoes cut-side up in a shallow baking dish. Drizzle with olive oil and sprinkle with salt, pepper and thyme. Roast 1 hour 30 minutes to 2 hours, or until the tomatoes are very soft and slightly shrunken. Increase the oven temperature to 400°. Place the baguette slices on a baking sheet, drizzle with olive oil and bake until golden brown, about 10 minutes. Rub the crostini with garlic and top each with a roasted tomato.

Tomato Basil Zucchini Boats Recipe This recipe also works well with yellow summer squash and or the nice little round variety of zucchini.

4 medium sized zucchini
¼ c. olive oil
1 yellow onion, chopped
2 cloves garlic, minced
1 med. tomato, coarsely chopped
3 T. shredded fresh basil
¾ c. bread crumbs
Salt and pepper to taste
8 ounces fresh mozzarella cheese, cut into small dice
1/3 c. freshly grated parmesan cheese

Trim and discard the squash ends. Cut in half lengthwise and using a melon baller or small ice cream scoop carve and reserve the center meat of the squash creating a uniform well or boat with about a 1" thick shell. Coarsely chop the inside meat and heat the olive oil in a medium sized sauté pan. Add the onion and sauté until tender and just beginning to color. Add the chopped zucchini and garlic and continue to sauté until tender and fragrant, 3-5 min. Transfer to a med. sized bowl to cool. Arrange zucchini boats in a baking pan large enough to accommodate all in a single layer. Sprinkle each with a pinch of salt. Combine the tomato, basil, bread crumbs and mozzarella, toss to combine and season to taste with salt and pepper. Spoon the mixture into the zucchini boats, dividing evenly and packing lightly. Sprinkle with the parmesan cheese and drizzle with a bit of additional olive oil. Bake in the oven until the zucchini is very tender and topping lightly browned, 35 to 40 minutes. Serve hot with rice pilaf for a main course.

Tomatoes, Basil and Beans

3 T. olive oil
1 c. onion, finely chopped
2 garlic cloves, minced
1 ½ lb. Trimmed green beans
1 c. tomatoes, finely chopped
1/2 cup water

Heat oil in large nonstick skillet over med. heat. Add onion and garlic and sauté until onion softens slightly, about 5 min. Add beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 min. Season to taste with salt and pepper. Transfer to bowl and serve.

Eggplant with Tomato, Garlic and Mint

1 med. eggplant or 2 long Japanese eggplant, sliced into 1.5 inch long and 1/4 inch thick strips or into 1/3 inch thick circles
3 cloves of garlic
2 green chili pepper, (you can use the spicy ones if you want more heat)
1/2 c. fresh mint leaves, divided
1t. Coriander seeds
1 c. onion sliced into thin half moons
1 large tomato grated or very finely chopped
3 T. oil salt to taste
1/2 t. turmeric
Some toasted pine nuts, optional
1 t. red chili powder, optional
Some more fresh mint leaves for garnish

Wash and slice the eggplants. Sprinkle a lot of salt on the slices, toss well for the salt to cover the surfaces of the slices and allow them to sit for about 30-45 min. in a colander. This will take out the bitterness. Rinse well and squeeze out the water. Pound or process the garlic cloves, coriander seeds, chili pepper and 1/4 cup mint leaves into a coarse paste. Shred the rest 1/4 cup fresh mint leaves and set aside. Heat oil in a heavy bottomed pan. Add the onions and cook until they are softened and starting to turn golden. Add eggplants to the pan. Add salt, turmeric and chili powder. Cook on high heat while stirring constantly to prevent sticking at the bottom of the pan. When the eggplants start to have brown spots at the edges, add the mint coriander garlic paste and the tomatoes. Stir everything in, lower the heat and cover the pan. Cook covered until the eggplants soften and are cooked through. Uncover and cook, while stirring and tossing; if the spice mix sticks to the pan, add a splash of water. Cook until the mix dries off and there is only enough water for the spices to coat the eggplants. Adjust salt. Stir in the shredded mint and the toasted pine nuts if you are using them. Remove from heat. Garnish with more mint and serve warm with flat breads or over rice/pasta.

Zucchini, Eggplant, Green Beans and Tomatoes!

3- 4 large tomatoes, stem end removed

Olive oil

1 med. onion, cut in half and sliced

1 med-large zucchini squash, sliced

1 med. Japanese eggplant, sliced

4 cloves garlic, sliced thin

Salt and Pepper to taste

1 handful of green beans cut into 2-inch lengths

Chicken broth

If needed Fresh oregano leaves and flowers (Fresh oregano is preferred for this recipe, and if you have it in your garden, be sure to use the flowers. Dried oregano may also be used.)

Fresh thyme springs

Pinch saffron

Several shakes of Zatar optional (Zatar is a popular spice/herb blend of the Middle East and is used in many Turkish dishes. Crushed Sumac is mixed with thyme leaves, salt, and sesame seed creating a flavorful tabletop condiment.)

Boil water and pour over tomatoes. Let sit a few minutes until you can easily peel off the skins. Cut into quarters and set aside. To a large sauté pan, add olive oil and onion, sauté over med-high heat until onions begin to soften. Add zucchini, eggplant, garlic and green beans, and sauté. Add salt at this time as it helps to release juices from the vegetables.

Note: If the vegetables seem dry, add a little chicken broth. Place lid askew on pan and let the mixture cook until almost softened. Add the peeled tomatoes, oregano, thyme, saffron, and Zatar; toss well, replace lid, and turn heat to low and finish cooking. Taste for seasoning and correct to your taste. If desired, drizzle a little more olive oil over vegetables prior to serving.

Cabbage and Tomatoes

4 c. coarsely cut cabbage

4 tomatoes, peeled

2 T flour

1 t. Salt

¼ t. pepper

1 ½ t. caraway seeds

2 T. Butter

Put cabbage and tomatoes in saucepan, and bring to boil. Reduce heat and simmer, covered, for about 10 minutes. Add salt, pepper, and caraway seed, and simmer for 5 minutes. Cream butter with flour, and stir into vegetable mixture. Cook, stirring, until thickened.

Grilled Steak with Chard, Tomato and Balsamic Vinegar Reduction (Farm Family Favorite)

2 of your favorite Cosmic Steaks, grill while preparing the rest

1 bunch Chard, chopped

2 cloves garlic, minced

Olive oil

2 Tomatoes sliced

¾ c. balsamic vinegar

Put balsamic in a sauce pan and simmer until reduced by 2/3's. About 25 min. Heat oil in a skillet. Add garlic. Stir until fragrant. Add Chard. Cook until wilted. Place Steak in center of plate. Arrange chard in a circle around steak. Put tomatoes on top of chard. Drizzle plate with reduced vinegar.

Zucchini with Garlic and Tomatoes

2 T. olive oil

1 clove minced garlic

2 T. finely chopped onion

1 chopped tomato

1 ½ pounds summer squash, in

¼" thick rounds

2 T. chopped Basil

Salt and pepper to taste

2 T Bread crumbs

3 T. grated Parmesan

Heat oil in skillet. Add garlic and onion, cook 3 min. Add tomato, stir often, cook for 5 min. Blanch squash 3 min. in boiling H2O with salt. Drain well. Add squash, basil, salt and pepper to skillet. When heated through, transfer to serving dish. Sprinkle with bread crumbs and cheese. Serve over rice or with fish! From "A Diet for All Seasons".

Mangiatutto al Pomodoro (Shareholder Recipe) Mangiatutto means "eat everything" and pomodoro is tomato!

Supposedly Italians use this recipe for any veggie. Sue Muncaster learned this recipe at an Italian cooking school, in Italy!

Thanks for sharing!

5-6 ripe tomatoes (use canned stewed tomatoes if fresh not avail)

Salt and pepper

Extra virgin olive oil

1 onion, sliced thinly

Extra water as needed

Small handful of basil

1 to 1.5 lb. of beans, zucchini, potatoes, kale, any hard green veggie!

Garlic

Extra touches: red wine, dash of lemon or lemon curd, other fresh herbs like thyme, oregano, and sage

Sauté onions, garlic in olive oil, then flash any hard veggies (not necessary for zucchini). Tomatoes should be peeled and cut in pieces, toss in pan. Once cooked they get mashed. Add herbs. Cover and cook 30 minutes- this seems long for us gringos but it really makes the veggies super tender and flavorful and is the key to the recipe.

Green Beans & Tomatoes in Oil Please don't let the long cooking process scare you. This lovely bean dish from Macedonia is a great buffet offering, served at room temperature, with a splash of lemon.

About a pound of beans, trimmed

¼ cup olive oil

1 minced small yellow onion

Salt and pepper to taste

1 teaspoon sugar

1 chopped medium to large tomato

1 cup boiling water

1 large square parchment paper

Place all ingredients in a heavy saucepan. Bring to a boil and cook on high for 1 minute. Crumple up the parchment paper, place on top, cover tightly, reduce heat to as low as possible and check the liquid level until it's almost all absorbed, about 1.5 to 2 hours. Serve at room temperature!

Stewed Tomatoes Simple & oft forgotten on the modern table, this classic dish is a traditional accompaniment to grilled sandwiches, macaroni and cheese, or even simply a few slices of toasted bread.

3-4 tablespoons butter

1 large yellow onion, sliced about ¼" thick

About 1 lb. tomatoes, cored and halved or quartered

1 handful chopped fresh basil, oregano or marjoram

¼ cup dry white wine

Salt and pepper to taste.

In a medium saucepan over low heat, sauté the onion until clear. Add the remaining ingredients and simmer till the tomatoes are very soft, about 12-14 minutes. Serve hot.

Caponata alla Guidea Served as a cold dish in Italy, every family has their own little version. Feel free to experiment a bit & really make it your own

1-2 eggplant, about 1 – 1.5 lbs. total, cut into cubes of about 1"

1 large red onion, halved or quartered, sliced about ½" thick

3 stalks celery, washed, trimmed and cut into 1" pieces

2-3 peppers, washed, seeded and cut into chunks, optional

1 zucchini or summer squash, cubed into about 1" pieces

1 lb. tomatoes, peeled seeded and chopped

Olive oil for frying

Salt and pepper to taste

1/3-1/2 cup red wine vinegar

4-5 cloves crushed garlic

1-2 Tbsp. Sugar

2 Tbsp. capers

1 handful chopped herbs

1 cup pitted green or black olives

In a large saucepan over fairly high heat, fry the eggplant and zucchini or summer squash in batches until golden brown, about 7-8 minutes, stirring frequently. Drain on paper towels. With remaining oil, sauté the onion, garlic and peppers. Add the tomatoes, vinegar, sugar, salt, pepper, celery and herbs. Simmer over medium-low heat about 15 minutes, then add the capers and eggplant/zucchini in and simmer another 5 minutes to blend flavors. Chill at least 4 hours.

Scalloped Tomatoes with Basil

2-3 pounds tomatoes, chopped
2 c. cubed, toasted French bread
1 finely minced onion
3-4 cloves minced garlic
1/3 cup shredded fresh basil
1 tablespoon olive oil
A few pinches of sugar
Salt and pepper to taste
½ cup grated Parmesan

Sauté the onion and garlic in the olive oil till soft and toss together with the tomatoes, basil, French bread, and seasonings. Spread in a casserole dish and sprinkle with the grated Parmesan. Bake at 350* for 30 minutes or until bubbly and brown on top. Great side dish.

Speedy Tomato-Cilantro Sauce

About 3-4 tomatoes, chopped
About 2 tablespoons chopped cilantro
3 scallions, finely chopped
2-3 cloves minced garlic
Salt and pepper to taste

Dashes of hot pepper sauce, chili flakes, etc...

2 tablespoons vegetable oil

Puree all ingredients in a blender, and then simmer on a low boil for 5 minutes. Great over grilled meats, quesadillas, chicken wings, etc....

Dilled Grilled Marinated Vegetable Salad

3-4 zucchini or summer squash; quartered lengthwise
2-4 tomatoes
1 cup olives, pitted
4-6 mini bell-peppers, or 2 regular bells, red, yellow or orange, your choice
1 large red onion, quartered
1 cup sugar snap peas, blanched & drained

Dressing: Whisk together 1/3 cup olive oil, the juice from 1 lemon, 2 minced cloves garlic, 1 teaspoon chopped fresh oregano, thyme or basil, 1 tablespoon chopped fresh dill, salt and pepper to taste and a teaspoon of crushed capers.

Begin by heating up your broiler or grill. Quickly sear the zucchini or summer squash, onion, peppers and tomatoes until little brown spots appear. Place all grilled vegetables in a large glass or ceramic bowl. Toss in the olives and blanched sugar snap peas, pour the dressing over top, toss, and chill for at least 3 hours before serving. Makes up easily ahead of time, and may be made up to a day and a half in advance.

Other great additions to this salad might be thinly sliced raw mushrooms, lightly steamed carrots, minced celery or thinly sliced fennel. Also try mixing in some cubed cooked meats or cheeses for a light summer supper on greens.

Tomato and Cheese Tart

1 single crust for the bottom of a 9-10" pan
4-5 tomatoes, sliced ¼"
2 tablespoons Dijon
2-3 cups grated Swiss, Jack Gruyere, Fontina, etc....

¼ cup mixed minced fresh herbs, your choice
¼ cup Parmesan, Romano, Pecorino, etc....grated
Salt and pepper to taste
Olive oil to drizzle on top

Spread mustard evenly across bottom of pie shell. Scatter grated cheese over bottom and layer tomato slices attractively on top. Season with salt and pepper, sprinkle with chopped fresh herbs, and top with the grated Parmesan or other hard cheese. Bake in a 400* oven for 25 minutes, or so, until top is golden brown and cheese is bubbly. Drizzle with olive oil before serving. Serve warm or room temperature.

Peruvian Quinoa Stew

Recipe By: Moosewood Restaurant Cooks at Home

1/2 cup quinoa
1 cup water
2 cups chopped onions
2 cloves garlic -- minced
2 tablespoons vegetable oil
1 stalk celery – chopped (you can sub chard stems or omit)
1 carrot, cut on the diagonal into -- 1/4 " thick slices
1 green bell pepper -- chopped
1 cup zucchini -- cubed
2 cups fresh or canned tomatoes, undrained -- chopped
1 cup water or vegetable stock
2 teaspoons ground cumin
1/2 teaspoon chili powder
1 teaspoon ground coriander
1 pinch cayenne (or to taste)
2 teaspoons fresh oregano (or 1 tsp. dried)
salt to taste
chopped fresh cilantro (optional)
grated Cheddar or Monterey Jack cheese -- (optional)

Using a fine sieve, rinse the quinoa well. Place it in a pot with the water and cook, covered, on medium-low heat for about 15 minutes until soft. Set aside.

While the quinoa cooks, in a covered soup pot, sauté the onions and garlic in oil for about 5 minutes on medium heat. Add the celery and carrots and continue cooking for 5 minutes, stirring often. Add the bell pepper, zucchini, tomatoes, and water or stock. Stir in the cumin, chili powder, coriander, cayenne, and oregano, and simmer, covered, for 10 to 15 minutes until vegetables are tender. Stir the cooked quinoa into the stew and add salt to taste. Top with cilantro and/or grated cheese if desired.

Serve immediately.

Idaho Salsa (**Workshare Lunch** **Farm Family Favorite**) Cucumber in salsa sounds odd, but it is so refreshing and delicious!

Tomato
Cucumbers
Cilantro
Garlic

Chop all ingredients and mix in a bowl.