



Summer 2014

Fresh Pickings *from the Farm*

Zucchini
Tomato
Onion
Eggs
Cilantro
Clove
Red Peppers
Yellow Peppers
Onion
Celery
Honey
Green Onion
Garlic
Jalapeno
Cilantro

The Meal Plan

- Tomato Zucchini Quiche
- Stuffed Zucchini
- Roasted Gazpacho Soup

Tomato Zucchini Quiche

- 2 cups zucchini, *chopped*
- 1 cup tomatoes, *chopped*
- ½ cup onions, *chopped*
- 1/3 cup Parmesan, *grated*
- 1 ½ cups milk
- 4 eggs
- salt and pepper *to taste*

Place zucchini, tomatoes, onions, parmesan in greased 10in pie pan. Mix remaining ingredients and pour over vegetables. Bake in preheated oven at 400F for about 30 minutes. Let stand for a few minutes before serving.

Stuffed Zucchini

- 1 extra large zucchini, *Split lengthwise, scoop out the seeds and toss. Cut away and set aside the flesh from to make two shells about ½ inch thick*
- ¾ lb ground sausage, beef, or chicken
- 1 cup reserved gazpacho (*from following recipe*)
- 2-3 tablespoons mild chili peppers, *chopped and seeded*
- 1 garlic clove, *minced*
- 1 tbs chili powder
- ½ tsp cumin
- ¼ cup bread crumbs
- ½ cup Mild white cheese (*Monterey Jack*)
- 2 tbs cilantro - **chopped**

Cook meat in frypan until meat is browned, drain off excess fat. Add chopped zucchini flesh and gazpacho to pan with meat. Turn heat to high and cook, stirring often, until liquid has mostly evaporated, about 5 min. Add remaining ingredients and half of the cheese to filling and mix well. Put zucchini shells in baking dish and fill with mixture. Bake in preheated oven at 350F for 30-35 min. Top zucchini with remaining cheese and bake 12-15 min until cheese bubbles and browns. Serve with Roasted Salsa, recipe found below in "Cooking School!"

Seasonal Extender: In Autumn, use small squash such as acorn squash instead of zucchini and corn bread crumbs instead of regular crumbs and bake a few extra minutes.



Roasted Gazpacho Soup

- 4 cups tomatoes
- 2 cups broth
- 1 cup red and yellow sweet pepper
- 1 cup celery, *diced*
- ½ cup yellow or red onion, *diced*
- 2 tbs honey
- 1 tbs lemon juice
- several dashes of Worcestershire sauce
- 10-12 Tabasco sauce
- 6 ice cubes
- 6 green onions, *chopped*

Roast peppers and tomatoes as detailed below. Remove from oven and allow to cool completely, chop the peppers and tomatoes (and juices from pan) and place in bowl with all other ingredients. Allow soup to stand for 30 minutes to let flavors blend.

COOKING SCHOOL >> How to make oven Roasted Salsa

- 4 cups tomatoes
- 2 cups broth
- 1 cup red and yellow sweet pepper
- 1 cup celery, *diced*
- ½ cup yellow or red onion, *diced*
- 2 tbs honey
- 1 tbs lemon juice
- several dashes of Worcestershire sauce
- 10-12 Tabasco sauce
- 6 ice cubes
- 6 green onions, *chopped*

Preheat oven broiler, cut tomatoes in half and deseed them. Cut red peppers in half and coat both lightly with oil. Place tomatoes (skin side up), peppers (skin side up), onion, jalapeño, and garlic in baking pan and roast in oven until the vegetables are charred slightly on the outside, about 5 – 10 minutes. Remove from oven and immediately place peppers in brown paper bag and close it. This helps the skin steam so it is easy to remove. Once the peppers have cooled enough to handle, gently rub peppers skin and it should come right off. No need to skin the tomatoes!

In a food processor, or chop by hand, coarsely chop all the vegetables and combine with remaining ingredients in a medium bowl. Allow the salsa to cool completely and flavors to mix before serving.

Healthy Eats Break Down – Zucchini and Tomatoes

When you see the piles of zucchini and tomatoes arrive at the farmer's market, you know that summer has arrived. Both of these vegetables are very low in calories but packed with phytonutrients. Go ahead, have another. Your body will thank you for the vitamins and sense of fullness, and the calories will nearly go unnoticed. An entire cup of zucchini has less than 20 calories. It is a good source of vitamin C, B6, and manganese. Manganese is necessary in the formation of connective tissue and bone, and therefore important to growing children and those recovering from injury or surgery. B6 is necessary to build red blood cells and improve insulin sensitivity.

An entire cup of fresh chopped tomatoes has about 32 calories. It is a good source of Vitamin C and Vitamin A and it contains the red phytonutrient, lycopene. Our bodies cannot make lycopene, so we must get it from the red fruits and vegetables. Lycopene is an antioxidant that is believed to prevent certain cancers and heart disease. It has been shown to help our immune system decrease inflammation associated with obesity and to prevent vision loss associated with age related macular degeneration. Lycopene is a nutrient that is made more readily available by cooking, so go ahead put a big pot of tomatoes on and let it simmer.

-Dr. Kathleen Allen