

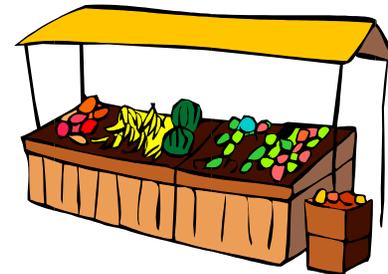


“Moving More . . . Eating Smarter”

*Minot Area 5+5
Coalition*

2005 FARMERS MARKET RECIPES

*Presented by your
“Moving More ... Eating Smarter”
Minot Area 5+5 Coalition*



- Recipes presented at Farmers Market—tried and true

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These recipes were featured at the 2005 Minot Area Farmers Market. Samples were given out and all recipes received a thumbs up from our official tasters—you, the consumer. Enjoy these recipes and share them with your friends. **What a wonderful way to enjoy your 5 servings of fruits and vegetables every day!**

Remember to get 30 minutes of physical activity 5 days a week.

Zucchini Hot Dish



5 slices of bacon (cooked)
2 cups shredded cheddar cheese
1 medium onion
6 cups zucchini, sliced, not peeled if tender
6 fresh tomatoes or 1 -16 oz. can of tomatoes
1/2 cup rice, uncooked or parboiled
1/8 teaspoon pepper

Arrange ingredients in sprayed casserole, half of the zucchini, half of the tomatoes, pepper, all of onion, all of rice, half of cheese, half of bacon. Repeat with layers of remaining ingredients. Bake at 350 degrees F. for 1 hour and 15 minutes.

Veggie Dip

1 cup plain yogurt or sour cream
1/2 cucumber, chopped
1 teaspoon fresh dill weed
1 green onion, chopped
Salt to taste



Combine all ingredients together and chill. Serve with fresh vegetables.

Cucumber Salad

- 1 cup mayonnaise or salad dressing
- 1/4 cup white sugar
- 4 teaspoons distilled white vinegar
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon seasoned salt
- 4 medium cucumbers, peeled and sliced



In a large bowl, stir together the mayonnaise, sugar, vinegar, dill and seasoned salt. Mix in the cucumber slices, tossing to coat.

Harvest Sweet Potato Soup

(pumpkin or squash can be substituted)

- 1 cup chopped celery
- 1/2 cup chopped onion
- 1 tablespoon vegetable oil
- 3 medium sweet potatoes (about 1 pound)
peeled and cubed
- 3 cups chicken broth
- 1 bay leaf
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt, optional



In a Dutch oven or soup kettle, saute celery and onion in oil until tender. Add remaining ingredients; bring to a boil over medium heat. Reduce heat; simmer for 20-25 minutes or until tender. Discard bay leaf. Cool slightly. In a blender or food processor, process soup in batches until smooth. Return all to pan and heat through.

GRILLED VEGETABLES

These were done on an Electric Grill. Seasonings that we used at Farmers Market were Emeril's Italian Seasoning and Mrs. Dash's Table Blend.

Grilled Corn

Husk and remove silk, break cob into smaller pieces, roll each cob in canola oil seasoned with season salt, or Mrs. Dash Table Blend, etc. Place on foil on grill, rotate cobs frequently and grill until tender and golden.

Grilled Onion

Slice candy onions 1/2 inch thick, brush with canola oil and season with any of the following: Italian season blend, seasoned salt, Mrs. Dash Table Blend, etc. Grill on foil sheet on grill until tender and golden.

Grilled Zucchini

Slice zucchini cross-wise (circles) or lengthwise. Brush or spritz zucchini with canola oil and your favorite seasoning. Grill directly on grill until desired doneness. If left on the grill longer than normal, the slices become crisp like chips and children love them.

GRILLED VEGETABLES

These were done on an Electric Grill.



Grilled Potatoes

Slice or cube potatoes.

In resealable container, pour a small amount of olive or canola oil and desired amount of seasoning, shake. Add potatoes to mixture and shake until well coated.

Lightly spray grill wok or screen with olive or canola oil.

When wok or screen is hot, add potatoes, stir occasionally until done.

We used Emeril's Italian Seasoning.

Grilled Cabbage

Wash and slice cabbage into wedges.

Spray aluminum foil with olive or canola oil.

Place cabbage wedge on foil.

Spritz with oil.

Sprinkle with seasoning.

Fold foil around cabbage so no air leaks out.

Place on grill.

10-15 minutes cooking time

We used Mrs. Dash Table Blend.

Fresh Tomato Salsa



8 large Roma (paste) Tomatoes (chopped)

1/2 large green bell pepper (chopped)

1 jalapeno pepper (seeded and chopped)

1/2 cup green onion (chopped)

1/4 cup fresh cilantro (chopped)

2 cloves garlic (chopped fine)

Juice of one lime

1/2 teaspoon Cumin

1/2 teaspoon Salt

1/4 teaspoon Pepper

1/4 teaspoon Dry Mustard

Combine all ingredients and mix well. Cover and chill before serving. Can be kept in the refrigerator for up to two weeks.

Caution: when working with jalapeno peppers, wear plastic gloves. Hot peppers can cause your hands to "burn".