

Charred Tomato Relish

www.rocksrecipes.blogspot.com

- 2 garlic cloves, minced
- 1 1/2 tablespoons grated peeled ginger
- 3 tablespoons vegetable oil, for grill
- 6 ripe plum tomatoes, halved lengthwise
- Coarse salt and freshly ground black pepper
- 2 tablespoons fresh lime juice (1 lime)
- 1 tablespoon minced fresh jalapeno pepper
- 1 teaspoon sugar
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped basil

Heat grill to hot; lightly oil grates. In a medium bowl toss plum tomatoes with remaining tablespoon oil; season with salt and pepper.

Grill tomatoes, cut side up, until skins are charred and flesh is tender, 4 to 6 minutes for the plum tomatoes. When tomatoes are cool enough to handle, remove and discard skins and seeds. Finely chop flesh and add to bowl with reserved garlic-ginger mixture. Add lime juice, jalapeno, sugar, cilantro, and basil.

Grilled Poblano Frittata

Jessica | poblano.recipes.blogspot.com

“This frittata is a good dish to make at home because, unlike the restaurant variety, you can vary the amount of vegetables on it. So be creative and enjoy your frittata.” Original recipe yield: 4 servings.

2 large or 3 small poblano peppers
3 tomatoes
1 small onion, minced
2 teaspoons lime juice
3 tablespoons chopped fresh cilantro
1/2 jalapeno pepper, seeded and minced
salt and pepper to taste
3 (6 inch) corn tortillas
1 tablespoon olive oil
7 eggs, lightly beaten
1 cup shredded Monterey Jack cheese

Preheat the oven to 350 degrees F (175 degrees C).

Make the salsa: Place the poblano peppers and the tomatoes over a medium gas flame, either on a grill or right on the burners. Rotate the vegetables every few minutes so that the skins don't completely blacken. Remove the vegetables once their skins are blistering and just partially charred. Let the vegetables cool a bit. Remove the skins of the vegetables with a paring knife. Cut the poblanos into 1/2 inch wide strips, and set them aside.

Cut the tomatoes into 1/2 inch cubes, and put them into a bowl. Add onions, lime juice, cilantro, jalapeno, salt and pepper to the bowl. Mix well. Chill the salsa if you won't be making the frittata within the next few hours.

Make the chips: Stack the tortillas and cut the stack into six wedges. Spread the pieces on a baking sheet, lightly salt them and bake them for 10 minutes or until they are crisp. Remove the chips from the oven but keep the oven on.

Make the frittata: Heat the olive oil in a 10 to 12 inch non-stick oven-proof skillet over medium heat. Add the eggs, and stir them for the first minute of cooking with a plastic spatula. Let the eggs rest for a few seconds, then push the frittata to one side of the pan so the uncooked egg runs underneath.

When the frittata is still moist but no longer runny, sprinkle it with salt, pepper and the shredded Jack cheese.

Place the poblano strips in a star shape on top of the cheese. Bake the frittata in the oven for 3 to 4 minutes or until it is just set. Remove the skillet from the oven and stick the tortilla chips around the edge of the frittata. Take the skillet to the table and cut the frittata into wedges. Serve with the salsa.

Grilled Stuffed Jalapenos

weightwatchers.com

- 2 sprays cooking spray
- 12 large jalapeno peppers
- 1/2 cup 1/3 less fat cream cheese, softened
- 6 Tbsp low-fat shredded cheddar or cheddar jack cheese, divided
- 2 Tbsp uncooked scallions, sliced
- 2 Tbsp fresh chopped cilantro
- 1/4 tsp table salt
- 1/4 tsp minced garlic
- 1/4 tsp paprika, smoked variety, plus extra for garnish

Before heating, coat grill rack with cooking spray; preheat grill to medium-high.

Cut off a thin slice from each side of pepper, leaving the stems intact; scoop out seeds with a grapefruit spoon or small spoon (be careful not to touch seeds with bare hands).

In a medium bowl, stir together cream cheese, 3 tablespoons shredded cheese, scallions, cilantro, salt, garlic and paprika until blended.

Fill each pepper with about 2 teaspoons cheese mixture; sprinkle with remaining 3 tablespoons shredded cheese evenly over peppers and sprinkle with more paprika, if desired.

Reduce heat to medium; grill, covered until bottoms of peppers are lightly charred, peppers are tender and cheese is melted, about 7 to 8 minutes. Let stand 5 minutes before serving. Yields 1 pepper per serving.

Notes:

1. The peppers can be prepped up to 1 day in advance and grilled just before serving.
2. If your peppers won't sit flat, cut a small slice off the bottoms to prevent them from falling over.

WeightWatchers Points Plus: 1

Jalapeno en Salsa Verde

www.jalapenpepperrecipes.com

Salsa verde is a traditional mexican green sauce. It can be made with any green chile pepper but using jalapenos provides a nice mix of heat and flavor. The main difference between salsa verde and traditional salsas is the use of tomatillos instead of tomatoes as the base. The tomatillos provide the green coloring of in the salsa and a tangy, citrus like flavor that complements the jalapenos very well.

Jalapeno Salsa Notes:

1. While I prefer the added flavor that roasting the ingredients adds you can also make jalapeno en salsa verde by skipping to step #3 and just adding all the ingredients into the blender.
2. Letting the jalapeno en salsa verde sit overnight also help the flavors to meld but if you want you can serve the salsa right away.

6 tomatillos, husked and cut in half
1 red onion, peeled and cut into eighths
5 garlic cloves, cut in half
3 jalapeno peppers, de-stemmed, de-seeded and cut in half
1/2 cup cilantro, coarsely chopped
1 tablespoon honey
1/4 cup lime juice
1 teaspoon salt
Canola or vegetable oil

Preheat the oven or grill to 400 degrees

Put the tomatillos, onion, garlic, and jalapeno peppers onto a baking sheet, lightly coat in canola oil, and season with salt and pepper. Bake for 30 minutes until the vegetables start to blacken and are soft. You can also grill the ingredients though you'll lose some of the liquid.

Put the tomatillos, onion, garlic, and jalapeno peppers into a blender and blend until they are smooth. Add the cilantro, honey, and lime juice and pulse several times until combined well.

Serve as you would most other salsas. Salsa verde is great with tortilla chips, on tacos or burritos or even as a topping for grilled chicken or shrimp.

Marinated Garden

aargersi | www.food52.com

makes approx 2 quarts or so

eggplant - sliced about 1/2 inch thick. Enough slices to cover a 12x18 cutting board twice. I have a variety of eggplants - get the ones that look prettiest

sliced tomatos - I have green zebra, heat wave, sweet tangerine and black krim - again - use what you like and what looks best

thinly sliced sweet onion

1 whole head garlic

thinly sliced chilis - I used Mucho nacho - not so hot - and cowhorn - super hot

chopped herbs - I used oregano and pine apple mint, but thyme, basil, lemon verbena, chives, marjoram would all be good

extra virgin olive oil

red wine vinegar

salt and pepper

mason jars and a grill

Heat the grill to medium high - or if you are grill challenged you can use a griddle pan. Slice the eggplants - I did it one cutting board load at a time. Sprinkle one side with salt, flip them, sprinkle the other side with salt. Flip them back and drizzle with olive oil, flip back and get the other side with olive oil. Cut the top off the garlic so you can see the tops of the cloves, drizzle with olive oil and wrap loosely in heavy foil.

Put the garlic on the top rack or on indirect heat on the grill. Or in the oven if you are grill-less. Grill the eggplants until they have good grill marks and are softened but not cooked all they way through - you want them to maintain some texture. I grilled maybe 4-5 minutes per side but it will depend on your heat. Take them in and pile them on a plate while you slice, salt, oil, and grill you second load.

After the second batch of eggplant is done the garlic will be too. Time to pack the jars. I use wide mouth mason jars but whatever works for you ... Put a layer of a couple / three eggplant in the bottom of the jar. Layer in tomato, onion, some garlic. some sliced peppers. Grind some pepper and add a pinch of chopped herbs. Drizzle in oil and vinegar - I do this simultaneously so the amounts are fairly equal. Add another layer of each, and now you want to press the veggies in - you can do this with a spoon (the ladylike/gentlemanly way) or your clean hands (the Abbie way) Layer and squish until the jar is full. I lay a big slice of eggplant on top, give it one last glug of olive oil, and screw the top on.

Put the jar in the fridge at least overnight before you head off to your picnic. I am guessing they COULD last a couple weeks in the fridge, but they won't, you will eat them way before that. Pack your basket with veggies, some good rustic bread, some slicing cheese, and something cold and pink (Tavel - yum) and off you go!

Okra, Avocado and Tomato Salad With Chili and Lime Juice

Martha Rose Shulman

- 1 pound okra
- 1 jalapeño pepper, seeded if desired, minced
- 1 Hass avocado, cut in small dice
- 1 pound tomatoes, cut in small dice
- 1 small white or red onion, chopped, soaked for five minutes in cold water, then drained and rinsed (optional)
- Salt to taste
- 1/2 cup chopped cilantro
- 5 to 6 tablespoons fresh lime juice
- 1 to 2 ounces crumbled queso fresco or feta for serving (optional)

Trim the stems and tips from the okra, and place it in a steamer above 1 inch of boiling water. Cover and steam four minutes or until crisp-tender. Drain and rinse with cold water, then slice about 1/4 inch thick and place in a large bowl.

Add the jalapeño, avocado, tomatoes and onion, if using. Season generously with salt, and toss together. Add the cilantro and lime juice, and toss well. Serve garnished with crumbled queso fresco, if desired.

Advance preparation: Because the colors will fade and the okra will become impossibly viscous, it's best to serve this soon after assembling and tossing.

Pear-Jalapeno Slaw

www.jalapenomadness.com

1 large pear

1 jalapeno pepper

2 tablespoons fresh cilantro, coarsely chopped

Salt to taste

Peel the pear and remove stem. Grate the pear through your slaw grater, but stop before you hit the core. Do all sides and set into a mixing bowl. Grate the jalapeno pepper all the way up to the stem and toss away the stem. Add to bowl. Add cilantro and salt to taste. Mix well.

Pepper Jelly

Paula Deen

3/4 cup chopped green bell pepper or green pimento pepper
1/4 cup chopped fresh hot green pepper, such as jalapeno or serrano
1 1/2 cups apple cider vinegar
6 cups sugar
4 ounces pectin (recommended: Certo)
4 drops green food coloring
Special Equipment: 6 (1/2-pint) canning jars with lids

Process bell pepper and hot pepper in a food processor until finely minced. Combine pepper mixture, vinegar, and sugar in a saucepan and bring to a rolling boil. Remove from heat and add pectin and food coloring. Pour into sterilized jars and seal*.

*Cook's Note: Follow USDA guidelines for proper sterilization and canning procedures.

* Sterilizing Jars

Tips: Jars should be made from glass and free of any chips or cracks. Preserving or canning jars are topped with a glass, plastic or metal lid, which has a rubber seal. Two-piece lids are best for canning, as they vacuum-seal when processed. To sterilize jars before filling with jams, pickles or preserves, wash jars and lids with hot, soapy water. Rinse well and arrange jars and lids open sides up, without touching, on a tray. Boil the jars and lids in a large saucepan, covered with water, for 15 minutes. Use tongs when handling hot sterilized jars, to move them from boiling water. Be sure tongs are sterilized too, by dipping the ends in boiling water for a few minutes. As a rule, hot preserves go into hot jars and cold preserves go into cold jars. All items used in the process of making jams, jellies and preserves must be clean. This includes any towels used, and especially your hands.

After the jars are sterilized, you can preserve the food. It is important to follow any canning and processing instructions included in the recipe and refer to USDA guidelines about the sterilization of canned products.

Poblano, Corn and Potato Gratin

www.epicurious.com

3 teaspoons olive oil, divided

2 large fresh poblano chiles,* stemmed, seeded, cut into 2 x

1/4-inch strips

1 1/4 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds

1 cup frozen corn kernels, thawed

1 cup coarsely grated Oaxaca cheese or whole-milk mozzarella cheese, divided

1 1/2 cups half and half

2 tablespoons all purpose flour

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil. Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat. Add poblano strips and sauté until tender, about 5 minutes. Remove from heat. Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish. Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese. Place pie dish on rimmed baking sheet. Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl. Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil. Bake 30 minutes. Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer. Let stand 10 minutes before serving.

Smoky Corn and Jalapeno Dip

www.thekitchn.com

- 2 large ears of corn, husks on
- 2 jalapeno peppers
- 1/2 cup mayonnaise (I prefer Duke's Light)
- 1/2 cup sour cream (I prefer light)
- 1/2 cup grated cheddar cheese
- 1/2 cup grated pepper jack cheese
- 1/4 teaspoon Pimentón de La Vera (smoked paprika)
- 1/4 teaspoon kosher salt, or to taste

Set grill to medium high heat. Grill the corn with the husks on for 20 minutes, rotating every 5 minutes, until outsides are lightly charred. In the last 5 minutes, add the jalapeno peppers and cook until lightly blackened. Remove the husks and silks from the corn and cut the kernels off of the cob. Seed and mince the jalapeno peppers, reserving seeds if more heat is desired. In a large bowl, mix corn, jalapeno, mayonnaise, sour cream, cheddar, and pepper jack until well combined. Add smoked paprika and kosher salt. Taste for seasoning and adjust if desired.

Chill until ready to use. Serve with classic potato chips (my preference) or tortilla chips.

Tomatillo Chicken Stew Recipe

Elise | simplyrecipes.com

Tomatillo Sauce:

1 1/2 lbs tomatillos
1-2 jalapeño peppers, or 2-3 serrano peppers, chopped
1 clove garlic, chopped
1 teaspoon salt
2 Tbsp lime (or lemon) juice
Pinch of sugar

Stew:

2 lbs boneless, skinless chicken, cut into 1-inch cubes
Salt and pepper
Olive oil
2 yellow onions, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
1 1/2 cup chicken stock
2 cups tomatillo sauce
1 teaspoon dry oregano or 1 tablespoon fresh, chopped
1/2 cup packed chopped cilantro

Make the tomatillo sauce. Remove the papery husks from the tomatillos and rinse well. Cut the tomatillos in half and place them cut-side down on an aluminum foil-lined roasting pan. Broil for 5-7 minutes until blackened in spots. Let cool enough to handle. Place the tomatillos, any juice they have released, chile peppers, garlic, salt, lime juice and sugar in a blender, and pulse until well blended. If you make ahead, refrigerate until needed. Heat a couple tablespoons of olive oil in a large, thick-bottomed pot on medium high heat. Pat dry the cubed chicken with paper towels. Sprinkle salt and pepper over them. Brown both sides in skillet. Remove the chicken pieces from the pan and lower the heat to medium. There should be a nice layer of browned bits left in the pan. Add the onions to the pan, and a tablespoon or two more olive oil if needed (likely). Add ground cumin and coriander. Cook a few minutes, stirring occasionally until onions are softened and the browned bits from the chicken have been picked up by the onions and are no longer sticking to the pan. Add the garlic and cook for 30 seconds more, until fragrant. Add the browned chicken, the tomatillo sauce, chicken stock, and oregano to the pan. Stir to combine. Bring to a boil and reduce to a simmer. Cook, partially covered, for 20 minutes until chicken is cooked through. Add the cilantro to the stew in the last minute or so of cooking. Serve over white rice, accompanied with sour cream if desired. The stew will thicken as it cools.

Tomato Salsa Recipe
www.WasabiBratwurst.com

1½ pounds firm ripe tomatoes, diced
1 jalapeño chile, white ribs and seeds removed, flesh minced
2 serrano chiles, white ribs and seeds removed, flesh minced
½ cup minced red onion
One small garlic, minced
¼ cup chopped fresh cilantro leaves and stems
½ teaspoon kosher salt
⅛ teaspoon cumin powder (optional)
fresh ground pepper, to taste
lime juice, to taste
sugar (optional)

1. Place tomatoes in a colander over the sink (or bowl) and let drain for 20~30 minutes.

2. Discard the juice and transfer tomato to the bowl. Add the rest of the ingredients and stir to combine. For more heat, include both the ribs and seed of the chilies.

3. This is where I add the cumin. Adjust the flavor with lime juice, salt and pepper. Measurement of the lime juice will depend on your preference and also the ripeness of both the tomato and lime. If the tomato is too acidic, add a little sprinkle of sugar to balance things out.

4. The fresh salsa should be covered, and placed in refrigerator for 30 minutes. Doing this will allow the ingredients to marry, creating a more intense and well-incorporated flavor. Serve with chips & guacamole, atop of your favorite grilled fish, burrito, beef tacos or anything for that matter; the possibilities are endless.

Watermelon, Black Bean and Corn Salsa

www.watermelon.org

- 2 cans corn kernels, drained and rinsed or 2 cups fresh
- 2 cans black beans, drained and rinsed
- 1 piece purple onion, chopped
- 2 pieces jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- 1/4 cup chopped cilantro
- 1 tablespoon ground cumin
- 2 teaspoons mild chili powder
- 2 pieces juice from 2 fresh limes
- 1/4 cup olive oil
- 1 dash salt to taste
- 3 cups chopped seedless watermelon

If using fresh corn, boil on the cob for 5 minutes then put in an ice bath until cool to the touch. Cut the kernels off the cob.

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill.