

## ***Tomatillo Chicken Stew Recipe***

Elise | [simplyrecipes.com](http://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.

## *Alice Waters' Ratatouille*

food52.com

1 medium or 2 small eggplant, cut into 1/2-inch dice  
4 tablespoons olive oil, divided, plus more to taste  
2 medium onions, cut into 1/2-inch dice  
4 to 6 garlic cloves, chopped  
1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped  
pinch of dried chile flakes  
2 sweet peppers, cut into 1/2-inch dice  
3 medium summer squash, cut into 1/2-inch dice  
3 ripe medium tomatoes, cut into 1/2-inch dice  
Salt to taste

Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.

In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.

Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt.

Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

## ***Bob's Stuffed Banana Peppers***

lisapav | [www.allrecipes.com](http://www.allrecipes.com)

8 banana peppers  
2 tablespoons butter  
1/2 cup chopped onion  
1/2 cup chopped celery  
1 (28 ounce) can crushed tomatoes  
1 (8 ounce) can tomato sauce  
2 cloves garlic, minced  
1 teaspoon dried basil  
1 teaspoon dried oregano  
2 1/2 teaspoons salt, divided  
1/2 teaspoon ground black pepper, divided  
1 egg  
1 teaspoon Worcestershire sauce  
1/2 cup grated Parmesan cheese  
1 pound hot Italian sausage  
1 pound mild Italian sausage  
1 1/2 cups bread crumbs

Cut off tops of peppers, and remove ribs and seeds. Chop edible portions of tops; set aside. Bring a large pot of salted water to a boil. Add peppers, reduce heat, and simmer until tender but still firm, about 5 minutes. Drain and set aside.

Heat butter in a medium skillet. Saute reserved chopped pepper, onion and celery until tender, 3 to 5 minutes. Stir in crushed tomatoes, tomato sauce and garlic. Season with basil, oregano, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Simmer uncovered for 10 minutes. Preheat oven to 350 degrees F (175 degrees C).

Meanwhile, in a large mixing bowl, combine egg, 1 teaspoon salt, 1/4 teaspoon pepper, Worcestershire sauce and Parmesan. Mix in hot sausage, mild sausage, bread crumbs and 1 cup of the tomato sauce mixture. Using a piping bag or sausage stuffer, fill each pepper with the meat mixture. Place in a 3 quart casserole dish, and pour remaining tomato sauce mixture over peppers.

Bake uncovered in preheated oven for 1 hour

## *Cajun-Style Corn and Tomato with Fried Okra*

Gourmet | July 1992

- 1 onion, sliced thin
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil plus additional for frying the okra
- 3 cups fresh corn kernels including the pulp scraped from the cobs (cut from about 4 ears of corn)
- 1 tomato, seeded and chopped
- 1/2 cup heavy cream
- 1/4 cup water
- 1/4 pound okra, rinsed well and patted dry
- cornmeal seasoned with salt and pepper for coating the okra

In a heavy saucepan cook the onion in the butter and 1 tablespoon of the oil over moderate heat, stirring occasionally, until it is golden, add the corn, the tomato, the cream, and the water, and cook the mixture, covered, over moderately low heat, stirring occasionally, for 20 minutes. Season the corn mixture with salt and pepper and keep the mixture warm, covered.

Cut the okra into 1/4-inch-thick slices, in a bowl toss it with the seasoned cornmeal, and shake it in a coarse sieve to knock off the excess cornmeal. In a deep skillet heat 1/2 inch of the additional oil over moderately high heat until it is hot but not smoking and in it fry the okra in batches for 1 to 2 minutes, or until it is golden, transferring it with a slotted spoon as it is fried to paper towels to drain. Serve the corn mixture topped with the fried okra.

## *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.

## *Easy Eggplant (and/or Zucchini) Moussaka*

Adapted from Sandra Lee |

2 medium to large eggplants or zucchini (or a combo), sliced lengthwise into 1/4-inch thick slices

Kosher salt and freshly ground black pepper

1 medium onion, chopped

1 pound lean ground beef

1 tablespoon chopped garlic

2 teaspoons Italian seasoning

1 teaspoon ground cinnamon, divided

1 (28 oz.) can crushed tomatoes

2 tablespoons unsalted butter

2 tablespoons all-purpose flour

1 1/2 cups milk, at room temperature (you can use whole or a lower fat milk)

1/4 cup grated Parmesan cheese

2 tablespoons fresh parsley, for garnish

1. Preheat the oven to 375 degrees F. Put the eggplant in a single layer onto 2 (9 by 17-inch) baking sheets. Brush both sides with 3 tablespoons canola oil and season with salt and pepper. Bake until browned and softened, 10 to 15 minutes. 2. In a large skillet over medium-high heat, add the remaining 1 tablespoon canola oil and the onions and cook until they soften, about 3 minutes. Add the beef, breaking into pieces with a wooden spoon. Add the garlic, Italian seasoning, 1/2 teaspoon cinnamon, and salt and pepper. Stir in the tomatoes and simmer until it is thick and the flavors have combined, 20 to 25 minutes. Taste and adjust the seasoning with salt and pepper, if needed. 3. In a small saucepan over medium heat, melt the butter. Whisk in the flour and cook for 2 minutes. Slowly whisk in the milk, season with salt and pepper, and the remaining 1/2 teaspoon cinnamon. Bring it to a simmer, and cook until it is thick, about the consistency of pancake batter. Put a layer of eggplant (or zucchini) slightly overlapping into a 9 by 9-inch baking dish. Spread the beef mixture evenly over the top. Put another layer of eggplant (or zucchini) on top. Pour the bechamel sauce over the top and sprinkle with the Parmesan. Bake until browned and bubbling, 25 to 30 minutes. Remove from the oven and let rest for 10 minutes. Garnish with parsley. Makes 6 servings

# *Eggplant Crisps with Skordalia and Oven-Dried Tomatoes*

Chef John Harris | Bon Appétit | September 2003

## *Oven-Dried Tomatoes:*

- 6 plum tomatoes, cored, halved lengthwise, seeded
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, chopped
- 1 teaspoon chopped fresh thyme

## *Skordalia:*

- 1 head of garlic
- 1 tablespoon extra-virgin olive oil
- 1 pound russet potatoes, peeled, cut into 3/4-inch cubes
- 6 tablespoons whipping cream
- 1/4 cup (1/2 stick) butter
- 1 tablespoon sour cream
- 1 cup sliced almonds, toasted, cooled, finely ground
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced

## *Eggplant:*

- 18 1/4-inch-thick round eggplant slices
- 4 cups whole milk
- 6 large egg whites
- 2 cups dry bread crumbs
  
- 4 cups vegetable oil (for frying)
- 3/4 cup thinly sliced fresh basil
- 1 cup oil-cured olives

**For tomatoes:** Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes. Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and refrigerate.)

**For skordalia:** Preheat oven to 350°F. Cut top 1/2 inch off garlic head, exposing cloves. Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins. Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan. Remove from heat; whisk in sour cream. Add potatoes to cream mixture and mash. Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)

**For eggplant:** Soak eggplant slices in milk in large bowl 1 hour. Drain; pat dry. Sprinkle eggplant lightly with salt. Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then bread crumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.) Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain. Sprinkle with salt and pepper.

*For serving:* Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice. Garnish with olives and serve.

# *Eggplant Lasagne*

PattiCake B | [www.food.com](http://www.food.com)

Note: You can replace the sauce recipe with your own sauce or canned sauce.

2 large eggplants, peeled, sliced lengthwise into 1/4 inch noodle-like strips  
cooking spray (olive oil spray is best)  
salt and pepper  
1 1/2 lbs ground sirloin or 1 1/2 lbs turkey breast or 1 1/2 lbs Italian sausage  
2 tablespoons olive oil  
2 onions, chopped  
3 cloves chopped garlic  
1 red pepper, chopped  
1 (16 ounce) package sliced mushrooms  
2 tablespoons italian seasoning (or mix of oregano, basil and thyme)  
1 teaspoon fennel seed (optional)  
salt and pepper  
1 teaspoon red pepper flakes (if you dare!) (optional)  
1 (10 ounce) package frozen chopped spinach  
1 cup red wine (optional)  
1 (28 ounce) can tomato sauce (or large jar sugar free sauce if you can find it)  
1 (15 ounce) can diced tomatoes (for less sugar, 3 chopped roma tomatoes)  
2 cups low-fat ricotta cheese  
2 eggs  
3 green onions, chopped  
3 cups shredded lowfat mozzarella cheese  
1/2 cup parmesan cheese

Preheat oven to 425 degrees.

Spray cookie sheet, arrange eggplant slices and season with salt and pepper. Cook slices 5 minutes on each side. Remove from oven. Lower oven temp to 375.

Brown meat, onion and garlic in olive oil for 5 minutes. Add red pepper and mushrooms, and cook 5 minutes. Add spinach, tomatoes, spices and wine and simmer for 5-10 minutes. Blend ricotta, egg and onion mixture. Spread 1/3 of meat sauce in bottom of 9" x 13" glass pan. Layer 1/2 eggplant slices, 1/2 ricotta, 1/3 mozzarella and parmesan. Repeat. Add last layer of sauce, then mozzarella and parmesan on top.

Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Let it rest 10 minutes before slicing, if you can wait that long!

***Greek Green Beans***  
*www.greenbeansnmore.com*

- 3/4 cup extra virgin olive oil
- 2 cups chopped onions
- 1 clove minced garlic
- 2 pounds fresh green beans, rinsed and trimmed
- 3 large tomatoes, diced
- 2 teaspoons sugar
- Pinch of salt to taste

Heat the olive oil in large skillet on medium heat. Cook and stir the onions and garlic until tender. Add the green beans, tomatoes, sugar and salt, reduce heat to low and cook until the green beans are tender (approx. 35 to 45 minutes).

## *Green Tomato Salsa*

Laurent Tourondel

This salsa makes inventive use of unripened tomatoes (which Laurent Tourondel found in abundance in a garden on Long Island). Alone, green tomatoes can be inedibly sour, but mixed with fresh lime juice and sweet grilled Vidalia onion, they make for a su...

- 1 medium Vidalia onion, sliced 1/2 inch thick
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- Salt and freshly ground pepper
- 1 pound green, unripe tomatoes
- 2 tablespoons chopped cilantro
- 1 large red tomato, cored and coarsely chopped
- 1 tablespoon fresh lime juice

Light a grill. Brush the onion slices with olive oil and season with salt and pepper. Grill the onion slices and the green tomatoes over high heat, turning once, until nicely charred; about 6 minutes for the onion and 8 minutes for the tomato.

Chop the onion into 1-inch pieces and transfer to a bowl. Core, peel and coarsely chop the green tomatoes and add them to the bowl. Stir in the cilantro, red tomato, lime juice and the 2 tablespoons of olive oil. Season the salsa with salt and pepper and serve.

Make Ahead The undressed salsa can stand for up to 4 hours.

## *Grilled Poblano Frittata*

Jessica | [poblano.recipes.blogspot.com](http://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.

# German Food Guide

The complete online guide to German food in America

Kohlrabisalat mit Gurken, Möhren, und Tomaten (Kohlrabi Salad with Cucumbers, Carrots, Tomatoes)

Number of Servings: 4

## Ingredients

1 [Kohlrabi](#)  
2 large Carrots  
1 Cucumber  
2 firm Tomatoes  
2 tablespoons chopped Parsley  
2 cloves Garlic, pressed  
1/2 tablespoon fresh or dried Thyme  
3 tablespoons Vegetable Oil  
2 tablespoons Lemon Juice  
Salz und Pfeffer

## Instructions

Wash and peel the kohlrabi. Cut into thin strips.

Wash and peel carrots. Cut into thin strips.

Peel cucumbers. Cut into thin strips.

Wash tomatoes and cut into strips.

Add all vegetables and parsley to a large bowl and mix together.

Combine remaining ingredients into a salad dressing. Pour over salad and toss until the sauce is evenly distributed.

***Low Fat, Full Flavor Purple Basil Pesto***  
*www.farmgirlfare.com*

- 1/2 cup roasted & salted whole almonds
- 3 to 6 peeled cloves garlic
- 4 cups purple (or green) basil leaves, packed
- 1/2 cup finely grated Romano (or other hard cheese)
- 3 smallish tomatoes, quartered (any kind)
- 1/2 teaspoon salt
- 1/3 cup extra virgin olive oil

In your food processor, finely chop the almonds and garlic. Add the basil, cheese, tomatoes and salt and process until thoroughly combined and the consistency that you want.

With the processor running, slowly drizzle in the olive oil. Add more salt to taste, if desired.

Store in refrigerator for several days or freeze.

## *Marinated Garden*

aargersi | [www.food52.com](http://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!

## *Mom's Veggie Casserole*

G. Todosciuk

- 1-2 Yellow Summer Squash, sliced
- 1-2 Zucchini, sliced
- 1-2 Yellow Zucchini, sliced
- 1-2 Cusa, sliced
- 2-3 Patty Pan Squash, sliced
- 1 medium onion, sliced
- Oil of your choice or butter
- Salt and pepper to taste
- 2 large tomatoes, sliced
- Cheese of your choice

Using a large, deep skillet or shallow casserole dish, set on medium low heat on burner and add oil. Begin layering using onion first, then squash in any order. Lightly salt and pepper every couple of layers. Finish with sliced tomatoes. Add just a splash of water, cover and cook for 10 to 15 minutes - squash and tomatoes should be tender and hot. Add cheese to top, cover and let cheese melt.

## *My Grandmother's Tomato Bisque*

Added by The Weary Epicurean | food52.com

3 or 4 medium tomatoes

2 tablespoons butter

5 or 6 tablespoons cream

Briefly blanch the tomatoes, but do not remove the skin. Cut them in half, scoop out the seeds and slice their backs two or three times each with a sharp knife. Season the halves on each side with salt and pepper.

Get the butter sizzling in a cast iron pot, but do not let it brown. Add the tomatoes flesh side down. They are ready to flip when they have sweated a lot of juice, but do not let them burn. It should take about 10 minutes if the heat is correct (medium/low setting). Flip the tomatoes on their backs and turn the heat up slightly. Continue cooking about five minutes.

Take the pan off the heat, and wait a few seconds for it to cool slightly. Add the cream, and stir like shit with a wooden spoon. You don't want the cream to boil but you want it to come close. After you've gotten everything tasty off the bottom of the pan, you are done - adjust the seasoning, then pour into two bowls. You may garnish the soup with some thin strips of basil, or not. Definitely leave it chunky - the mealy texture is important. It is good with crusty Italian bread or with poilane bread.

## *Okra and Corn Maque Choux*

Southern Living July 2010

1/4 pound spicy smoked sausage, diced  
1/2 cup chopped sweet onion  
1/2 cup chopped green bell pepper  
2 garlic cloves, minced  
3 cups fresh corn kernels  
1 cup sliced fresh okra  
1 cup peeled, seeded, and diced tomato  
Salt and freshly ground pepper to taste

Sauté sausage in a large skillet over medium-high heat 3 minutes or until browned. Add onion, bell pepper, and garlic, and sauté 5 minutes or until tender. Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.

## *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.

## *Pastor Ryan's Roasted Ricotta Roma Tomatoes*

www.thepioneerwoman.com

8 whole Roma Tomatoes, Halved  
1 bunch Fresh Italian Parsley  
1 bunch Fresh Basil  
2 cloves To 3 Cloves Garlic, Minced  
1-1/2 cup Ricotta Cheese  
Ritz Crackers Or Bread Crumbs  
Kosher Salt To Taste  
Olive Oil

Start out by washing and halving your Roma tomatoes. After halving them, gut out the insides (seeds, etc.) with a spoon. Sprinkle a bit of kosher salt inside each tomato. Discard guts and lay the halved, gutted tomatoes face down on a clean towel. Chop up your herbs and garlic and mix with the Ricotta cheese. Add salt and pepper to taste. Next, fill each tomato half with a nice heap of the Ricotta mixture.

In a food processor (or if you don't have a food processor, you can mash in a plastic baggy with a rolling pin) crumble about 15-20 Ritz crackers. Or you can use dried bread crumbs from your favorite kind of bread if you want.

Press each ricotta filled tomato half face down into the crackers/crumbs and then place face up on a baking sheet. Drizzle each tomato with a bit of olive oil.

Place in 400° oven for 25-30 minutes.

## *Peperonata*

John D. Lee

A dozen or so mixed sweet red and yellow peppers  
1 medium onion  
2 cloves of garlic  
¼ cup of olive oil, plus a little bit more  
2 or 3 plum tomatoes, chopped  
A pinch of dried chili powder  
Salt and pepper

Heat your oven to 400. Cut the sweet peppers in half from top to bottom and take out the seeds and stem from each. Rub a little olive oil all over the peppers and then sprinkle on a little salt and pepper. Arrange the peppers cut side down on a baking tray (using a little foil or parchment paper on the tray will make cleanup easier) and roast the peppers for about 30 minutes, or until the skin is blistering, but not blackened. Transfer the cooked peppers to a bowl and cover the bowl with cling film to steam the peppers as they cool – this will make them easier to peel.

Meanwhile, chop up the onion and mince the garlic. Heat a heavy frying pan or skillet over medium and add the olive oil. Once the oil is hot, toss in the onions and cook, stirring, until they are softened but not browned (about 7 minutes) and then add in the garlic and stir for another minute or so before finally adding in the chopped tomatoes. Cook the tomatoes, stirring, until all the juice has evaporated from the tomatoes and the whole thing is looking pretty mushy and incorporated (about 10 minutes)

By the time you're cooking the tomatoes, the peppers should have cooled somewhat and be ready to peel – so peel them! Do not use water to help take the skin off the peppers, as this can remove a lot of great flavor...if little bits of skin remain in hard to remove spots it won't matter at all in the end. Chop the peppers into half inch strips and once the tomatoes are cooked through, add the peppers to the pan and stir to combine well. Reduce the heat to medium low, add in about ¼ cup of water and let the pepper mixture percolate for a while, to meld the flavors. Once the water has evaporated and things are looking thickened again, add salt and pepper to taste and you are done!

Peperonata is great on grilled bread as a crostini, good with pasta and very good with eggs in the morning

## *Roasted Cherry or Grape Tomatoes*

gailanng | [www.food.com](http://www.food.com)

“You ain’t tasted nothin’ till you tasted roasted tomatoes in a balsamic glaze. Adapted from Better Homes and Garden. Note: Cut recipe in half and use disposable aluminum pie pan.”

2 pints cherry or grape tomatoes, any color

1 tablespoon extra virgin olive oil

2 -4 garlic cloves, minced

2 tablespoons balsamic vinegar

2 -3 teaspoons brown sugar ( can sub granulated sugar and optional)

1/2 teaspoon dried oregano ( or 1 teaspoon fresh oregano or can sub basil or even better, rosemary)

In a 13x9x2 inch disposable foil pan combine tomatoes, oil, garlic, vinegar, sugar and oregano.

FOR CHARCOAL GRILL:. Place foil pan directly over medium coals for 8 to 9 minutes or until tomatoes are wilted, stirring occasionally. Remove from grill.

FOR GAS GRILL:. Preheat grill. Reduce heat to medium. Place pan on grill rack. Cover and grill as above.

OVEN METHOD:. Preheat oven 450 degrees. Cook in oven for 10 to 12 minutes, stirring occasionally.

## ***Roasted Cherry Tomatoes***

Bon Appetit Magazine | Sakata Seeds

2 pounds cherry tomatoes, halved

1/4 olive oil

4 shallots, minced

2 teaspoons balsamic vinegar

1/4 teaspoon dried crushed red pepper

2 tablespoons chopped fresh marjoram

Preheat oven to 375.

Mix tomatoes, oil, shallots, vinegar and crushed red pepper in a baking dish. Roast uncovered until tomatoes are very tender and juicy, stirring occasionally, about 45 minutes. Stir in marjoram. Season with salt and pepper. Serve on toasted bread.

## ***Roasted Green Bell Pepper and Roasted Tomato Breakfast Casserole with Feta and Oregano***

www.kalynskitchen.com

1 green bell pepper, seeds removed and cut into thin strips  
olive oil, for brushing baking pan (or use nonstick spray)  
1/2 tsp. dried oregano (optional, but good)  
1 cup cherry or grape tomatoes, sliced in half  
3/4 cup crumbled Feta cheese  
10 eggs  
1 tsp. Spike Seasoning  
salt and fresh ground black pepper for seasoning eggs

Preheat oven to 375F/190C. Brush baking dish with olive oil, including the sides, or spray with nonstick spray.

Cut out seeds from green pepper, then cut into short thin slices. Put green pepper into baking dish, sprinkle dried oregano over, and roast for 10 minutes. While green pepper roasts, cut cherry tomatoes in half. Break eggs into a bowl and beat until egg yolks and whites are well combined. Season eggs with Spike Seasoning, salt, and fresh ground black pepper. After peppers roast for 10 minutes, add cut cherry tomatoes and stir to combine. Put dish back in oven and roast 15 minutes more, or until tomatoes start to look slightly shriveled. Sprinkle Feta cheese over roasted peppers and tomatoes, then pour beaten eggs over. (I used a fork to stir slightly so the roasted peppers and tomatoes were evenly distributed in the eggs.) Return pan to oven and cook for 25-28 minutes, or until the top is lightly browned and eggs are set. (It will puff up a bit when it cooks, but after it cools for a few minutes the casserole will settle.) Serve hot. This is good served with a dollop of low-fat sour cream or plain yogurt.

## *Roasted Okra and Tomatoes*

Weight Watchers Annual Recipes  
for Success 2012

PointsPlus Value per serving (1/2 cup): 2

Separating the okra and tomatoes on the large baking dish keeps the tomato juices away from the okra, allowing it to brown and roast.

1/2 pound okra pods, cut into 1/2-inch slices  
4 teaspoons olive oil, divided  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
2 cups grape tomatoes  
1/4 teaspoon hot sauce  
Preheat oven to 450 degrees.

Combine okra, 2 teaspoons oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss well. Arrange okra mixture in a single layer on half a large jelly-roll pan. Combine tomatoes, remaining 2 teaspoons oil, remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Toss well. Arrange tomatoes in a single layer on remaining half of pan.

Bake at 450 degrees for 12 minutes or until okra is lightly browned and tomato skins burst and shrivel. Scrape okra, tomatoes and pan juices into a bowl with a rubber spatula and add hot sauce. Toss well and serve immediately.

## *Sandy's Lemon Pepper Chicken Salad*

*S. Brewer*

- 1 chicken breast per person (I prefer bone in, skin on for this)
- Mixed salad greens (anything fresh from the garden: romaine, spinach, swiss chard, leaf lettuce, etc)
- tomato (my favorite is Sunstream, a strawberry shaped cherry tomato)
- cucumber (my preference are small English cucumbers or pickling cucumbers)
- bell peppers (I don't eat green peppers, so in my salad these would be red, yellow or orange)
- dried pineapple (cut in bite size pieces)
- pine nuts
- cheese (I often use goat cheese crumbles)
- lemon pepper
- sea salt
- seasoned salt
- lemon juice

Preheat oven to 350.

Clean the chicken breast, season with lemon pepper, sea salt and seasoned salt. In a baking disk, add water to 1/2" and lemon juice (to taste, I generally add about 1/2 cup). Put the chicken into the pan, skin side up and bake until the skin is brown and crispy (usually around an hour to an hour and fifteen minutes)

Shred salad greens, cut tomato and cucumber and bell peppers then add to salad greens. Add pine nuts and cheese. After removing chicken from the oven, remove skin and cut off bones into chunks, then add to top of salad. Use dressing of your choice.

## *Sausage, Peppers, and Onions*

www.simplyrecipes.com

You can use different colored bell peppers, or just stick with green. This recipe uses a combination of sweet and hot sausages, but if you want a milder dish, use only the sweet sausages and reduce the amount of chili pepper flakes in the recipe. (Likewise if you want it hotter, use hot sausages and/or bump up the amount of chili pepper flakes.)

- 4 Italian sausage links (sweet, hot, or a couple of each)
- 2 Tbsp olive oil
- 1 green bell pepper, sliced into 2 to 3 inch long strips
- 1 red bell pepper, sliced into 2 to 3 inch long strips
- 1 bell pepper of another color (yellow or orange or purple), sliced into strips 2-3 inches long
- 4 garlic cloves, sliced into slivers
- 1 large sweet or yellow onion, sliced into 1/4 inch half-moons
- 1 small (15 ounce) can of crushed tomatoes
- 1 Tbsp of dried oregano
- 1/2 cup Marsala or red wine (optional)
- 1/2 teaspoon red pepper flakes (optional)
- Salt to taste

Heat the olive oil over medium heat in a large pan that has a lid. When the oil is hot, add the sausages and brown them slowly. If they sizzle and crackle too much, turn the heat down. You want a gentle browning, not a sear. Cook for several minutes, turning them occasionally so they brown on all sides. When the sausages are browned, remove from the pan and set aside.

Increase the heat to high and add the onions and peppers. Toss so they get coated with the oil in the pan and sear them as well as you can, stirring every so often. You want some blackening. Once the onions and peppers soften, sprinkle some salt on them. Once you get some searing on the onions and peppers, add the garlic and cook for 1 more minute.

Add the Marsala or red wine if you are using, and with a wooden spoon scrape the bottom of the pan to release all the browned and blackened bits. Let the wine cook down by half.

Add the tomatoes, oregano and red pepper flakes (if using) and stir well to combine. Add the sausages back in. Bring to a simmer then reduce the heat to low. Cover and simmer until the peppers are soft the sausages are cooked through, about 20 minutes.

Sausage, peppers and onions will keep in the fridge for several days.

Serve over polenta, or with penne pasta, or load up in a hoagie roll. Any leftover sauce makes a great sauce for pasta.

## *Sautéed Sweet Corn and Grape Tomatoes*

[www.mygourmetconnection.com](http://www.mygourmetconnection.com)

4 ears of sweet corn (about 2 cups of kernels)

1 pint grape tomatoes or cherry tomatoes

3 tablespoons butter

2 tablespoons semi-dry white wine (Riesling is a good choice)

Salt and pepper to taste

3 tablespoons parsley, chopped

Shuck ears of corn, removing all silks and steam until just tender in the microwave (approximately 6 minutes on high for four ears of corn). Carefully de-kernel all four ears into a shallow bowl.

Wash grape tomatoes and halve them.

Melt butter in a pan over medium heat and add tomatoes and corn. Toss to coat in melted butter. Add salt and pepper to taste.

Saute for a few minutes and then add the white wine. Bring to a simmer and cook until tomatoes and corn soften. Toss in chopped parsley and serve.

## *Scrambled Eggs with Fresh Corn, Goat Cheese, and Oven-Roasted Tomatoes*

www.thekitchn.com

Serves One

2 thick slices of tomato (1/4 to 1/2 inch thick)

olive oil

salt and pepper

1 medium ear corn, with the husk still on

1/2 tablespoon unsalted butter

2 eggs, beaten

2 ounces goat cheese

Heat your oven's broiler on high. Drizzle the tomato slices with a bit of olive oil, coating both sides, and season with salt and pepper. Put them on a baking sheet and broil in the oven for 8 to 10 minutes, until beginning to caramelize on top. While the tomatoes are cooking, microwave the corn (in its husk) for 3 minutes on high. Remove from the microwave and let cool for a few minutes, then strip off the husk and cut the kernels from the cob.

Heat the butter in a nonstick frying pan over medium heat. Add the corn, season with salt and pepper, and cook for 1 minute. Add the eggs and scramble (this shouldn't take more than a minute, although if you like your eggs creamy, you may want to lower the heat and cook them more slowly). Turn off the heat and crumble in the goat cheese.

Use a spatula to transfer the tomato slices to a plate, then top with the eggs. Season with more salt and pepper to taste.

## ***Southwestern Spaghetti Squash***

RR | allrecipes.com

- 1 spaghetti squash, halved and seeded
- 1 tablespoon olive oil
- 1 (15 ounce) can black beans, rinsed and drained
- 2 tomatoes, chopped
- 1 green bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1/4 cup chopped fresh cilantro
- salt and pepper to taste

Preheat an oven to 425 degrees F. Place squash halves in a shallow baking pan with about 1 inch of water.

Bake squash in the preheated oven until soft, about 1 hour.

Scrape flesh of squash from the rind using a fork and place in a large serving bowl.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook and stir the black beans, tomatoes, bell pepper, and garlic in the hot oil until the vegetables are soft and the liquid has reduced, about 10 minutes; pour into the bowl with the squash; toss to combine. Add 1 tablespoon olive oil, the vinegar, and cilantro and toss again. Season with salt and pepper to serve.

## *Spicy Tomato Jam*

Diana Rattray | [southernfood.about.com](http://southernfood.about.com)

3 pounds tomatoes, peeled, cored, coarsely chopped\*

3/4 teaspoon ground cinnamon

1/4 teaspoon ground allspice

1/2 teaspoon ground ginger

1/2 teaspoon ground cumin

3/4 cup granulated sugar

1 teaspoon dried red pepper flakes, more or less, as desired for heat

3 tablespoons lemon juice

Drop the tomatoes in boiling water and boil for 2 to 3 minutes, or until skin begins to split, then drop in ice water and let cool slightly. Skin should be easy to remove. Combine the tomatoes, spices, sugar, pepper flakes, and lemon juice in a saucepan. Bring to a simmer over medium heat and reduce heat to low. Cook, uncovered, until very thick, about 1 1/2 hours. Stir occasionally to check for thickening and to prevent scorching. Makes about 2 to 2 1/2 cups.

*Spinach and Bocconcini Pizza*  
*the Essential Finger Food Cookbook*

- Pizza crust - anything from bite size to full size - your choice
- Tomato relish
- Shredded spinach/spinach mustard leaves
- Sliced Roma tomatoes
- Sliced bocconcini (fresh mozzarella in whey)

The amounts of each ingredient depend on the size of your pizza. Basically, you spread the tomato relish over your pizza crust and sprinkle the spinach leaves on top of the relish. Then add slices of roma tomatoes, topping each tomato slice with a slice of fresh mozzarella.

Note: a bit of fresh basil between the tomato and the fresh mozzarella is lovely.

Bake at 400 degrees F for 15 minutes.

## *Stuffed Cusa*

cucinapanzano.blogspot.com

- 1 lb ground lamb or ground hamburger
- 4 medium sized cusa- pulp & seeds removed and chopped into bite sized pieces
- 2 cloves garlic, smashed
- 2 shallots, minced
- Olive oil to sauté
- 1 cup long grained rice, uncooked
- 3 fresh tomatoes, chopped fine & pulsed in processor
- 1/2 cup freshly chopped mint
- 1 tsp ground cinnamon
- 1/8 tsp ground allspice
- Sea salt, white pepper, sumac pepper to taste
- 3/4 cup vegetable or chicken stock

Preheat oven to 375 degrees. Halve squash lengthwise and scoop out pulp and seed with a spoon and chop into bite size pieces, then set aside. Sauté in olive oil ground meat, shallots, garlic and squash pulp until squash is just tender and meat just about browned. Once cooked, add rice along with a little bit of the tomato to hold all it together and give it some texture. Add seasoning and mint and mix all together well. Line a baking pan with the emptied cusa squash shells and begin to stuff them with the meat/rice/tomato mixture. Sprinkle a little cinnamon on top and a drizzle of more tomato sauce. Pour vegetable stock around each stuffed squash to come up to about half way up the squash in baking dish. Cover with foil and bake 30 minutes. Enjoy!

*Tomato, Mozzarella & Thai Basil Crostini*  
*Bon Appetit - June 2011*

- 12 slices of seven-grain or sesame bread
- 1/2 garlic clove
- 2 cups halved cherry or grape tomatoes
- 1 small shallot, minced
- 1 tablespoon toasted sesame oil
- 1 tablespoon unseasoned rice vinegar
- Sea salt and freshly ground pepper
- Slice fresh mozzarella
- Thai basil leaves

Grill bread slices and rub with garlic clove.

In a bowl, combine tomatoes, shallot, sesame oil and rice vinegar. Season with sea salt and pepper, let sit for 15 minutes.

Put sliced fresh mozzarella on toasts. Spoon tomato mixture over mozzarella and garnish with Thai basil leaves. Season with sea salt and pepper.

***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.

## *Wilted Kale and Mustard Greens Salad*

manifestvegan.com

4-6 leaves kale, any variety  
4-6 leaves mustard greens  
1 tsp agave  
1 tsp salt  
2 tbsp -1/4 cup grapefruit juice... freshly squeezed  
1/2 cup walnuts  
1/2 ripe avocado  
1 large portobello mushroom cap  
a few Cherry tomatoes

First rinse Kale and mustard greens well and then pat dry. Cut leaves into small strips, using a proper chiffonade method, or just do like I do: roll the leaves up and chop away! Place chopped leaves into a large bowl.

Next, take grapefruit juice, salt and agave and massage into leaves until they become wilted. I like to really get my hands in there and make sure the grape fruit juice, salt and agave have thoroughly covered each piece. Set leaves aside. Now, saute the portobello cap (whole), over medium heat in a tiny bit of water, until soft all the way through. Salt lightly.

On cutting board, slice up mushroom cap, avocado, and cherry tomatoes. Place on top of greens inside bowl. Using a food processor, chop up the walnuts into tiny crumbs. Sprinkle on top of salad and enjoy!