

# HOW DOES YOUR GARDEN GROW?

## summertime salad

submitted by: Debra Garmon

2 cucumbers  
2 onions  
2 tomatoes  
2 bell peppers  
1 pound of cooked or canned black beans  
1/4 cup apple cider vinegar

- 1 Wash and dice all vegetables. Put them in a large non-metal bowl.
- 2 Add the pound of black beans and the 1/4 cup of apple cider vinegar. Garnish with salt and pepper to taste.
- 3 Toss all ingredients and refrigerate for at least one hour before eating.



## skinny tzatziki

submitted by: Sandy Terry

8 oz fat free Greek yogurt  
1 small cucumber, peeled and seeded  
1 clove garlic, crushed  
1 tsp lemon juice  
1 tbsp fresh dill, chopped  
1 tbsp fresh chives, chopped  
Kosher salt and fresh pepper

- 1 Strain the yogurt using a metal strainer or a coffee filter for a few hours to remove as much liquid as possible. Set aside.
- 2 Scoop seeds out of the cucumber with a small spoon. Place cucumber in a mini food processor or grate with a box cheese grater. Drain the liquid from the cucumber in a metal strainer and sprinkle with a little salt (this helps release the liquid).
- 3 Combine strained cucumber, garlic, yogurt, salt, pepper, lemon juice, dill, chives and refrigerate for a few hours before serving.



G. Homolka. (2010, August 4). Skinny Taste. Retrieved from <http://www.skinnytaste.com/2010/08/skinny-tzatziki.html>



## shrimp pasta with lemon, tomatoes and spinach

submitted by: Sandy Terry

1/2 pound extra large shrimp, thawed, peeled & deveined  
2 tsp lemon zest, divided  
1 sprig fresh thyme, leaves removed and chopped  
1 sprig fresh oregano, leaves removed and chopped  
1 cup cherry tomatoes, halved  
2 Tbs. lemon juice (or more)  
2 basil leaves, torn  
1 pinch crushed red pepper  
2 Tbs. extra-virgin olive oil  
2 cloves garlic, minced  
4 cups baby spinach  
1/2 pound angel hair pasta coarse salt and freshly ground pepper

- 1 On a plate, toss the shrimp with the crushed red pepper, half the lemon juice, chopped herbs and a pinch of salt and pepper. Let it sit while you start the rest.
- 2 Heat the oil in a medium skillet over medium-high heat. Add the garlic and bloom 30 seconds. Add the tomatoes along with the remaining lemon zest. Sprinkle with a little salt and pepper and saute for 2 minutes.
- 3 Add the shrimp in a single layer and sear on one side for 2 minutes. Flip and sear another minute, or until shrimp is cooked through. Keep tossing the tomatoes.
- 4 While the shrimp cooks, bring a large pot of salted water to a boil and cook the angel hair until al dente, about 5 minutes. Drain all but about 1/2 cup of the pasta water and toss with the shrimp and tomato mixture, along with the spinach. Add a hefty amount of lemon juice. Season with coarse salt and pepper.
- 5 Add as much pasta water as you want to create a thin, glorious sauce. Serve it with more lemon juice, crusty bread and some fresh parmesan cheese.

Bev. (2012, June 12). Bev Cooks. Retrieved from <http://bevcooks.com/2012/06/shrimp-pasta-with-tomatoes-lemon-and-spinach/>

# caponata

submitted by: Lucy Trautman

1/4 cup olive oil  
1 medium eggplant, cut into 1/2-inch pieces  
1 red bell pepper, cut into 1/2-inch pieces  
1 (14 1/2-ounce) can diced tomatoes  
1/2 teaspoon dried oregano leaves  
2 teaspoons sugar (or honey)  
Fresh shredded basil

1 celery stalk, chopped  
3 tablespoons raisins  
1 medium onion, chopped  
Freshly ground black pepper  
1/4 cup red wine vinegar  
1 tablespoon drained capers

- 1 Heat 1/4 cup of the oil in a heavy large skillet over medium heat. Add the celery and sauté until crisp-tender, about 2 minutes.
- 2 Add the eggplant and saute until beginning to soften, about 2 minutes. Season with salt. Add the red pepper and cook until crisp-tender, about 5 minutes. Add the onion and saute until translucent, about 3 minutes.
- 3 Add the diced tomatoes with their juices, raisins, and oregano. Season with salt and pepper, to taste. Simmer over medium-low heat until the flavors blend and the mixture thickens, stirring often, about 20 minutes.
- 4 Add the vinegar, sugar (or honey), and capers. Top with shredded basil.

G. De Laurentiis. (2007). The Food Network. Retrieved from <http://www.foodnetwork.com/recipes/giada-de-laurentiis/caponata-picnic-sandwiches-recipe/index.html>



# greek turkey meatballs

submitted by: Sandy Terry

1.25 lbs 93% lean ground turkey  
1 cup zucchini, grated and liquid squeezed out  
2 slices whole wheat bread  
1/4 cup seasoned whole wheat breadcrumbs  
2 tbsp fresh oregano, chopped (less if using dry)  
about 1 tsp worth of olive oil cooking spray

1 large egg  
2-3 cloves garlic, grated  
2 tbsp chopped fresh spearmint  
1/4 red onion, grated  
kosher salt and fresh pepper

- 1 Wet bread with water, squeezing excess out. Tear into small pieces and place in a large bowl. Combine with turkey, egg, zucchini, breadcrumbs, garlic, onion, mint, parsley, oregano, salt and pepper.
- 2 Using a 1/4 cup measure, form each meatball 1/4 cup in size. For best results, refrigerate before cooking to help hold their shape.
- 3 In a pan: spray olive oil in a large nonstick frying pan and cook over low heat.

G. Homolka. (2010, August 4). Skinny Taste. Retrieved from <http://www.skinnytaste.com/2010/08/greek-turkey-meatballs.html>

# greek caponata

submitted by: Lucy Trautman

1 (14.5-ounce) can diced tomatoes with their juice  
2 zucchini, cut into 1-inch rounds  
2 summer squash, cut into 1-inch rounds  
1 potato, peeled and cut into 1-inch cubes  
1 large Japanese eggplant, cut into 1-inch rounds  
1 red onion, peeled and cut into 1-inch wedges  
4 to 6 slices toasted sourdough bread, optional

3 garlic cloves, minced  
1/4 cup extra-virgin olive oil  
1 1/2 teaspoons salt  
1 tsp freshly ground black pepper  
1 teaspoon dried oregano  
2 tomatoes, cut into wedges

- 1 Preheat the oven to 400 degrees F.
- 2 Pour the canned tomatoes into a 3 1/2-quart baking dish and spread to cover the bottom. In a large bowl combine the remaining ingredients (excluding the bread). Toss to coat.
- 3 Pour the vegetables over the canned tomatoes in an even layer. Cover the baking dish with foil and bake for 20 minutes. Remove the foil and bake until the edges of the vegetables are golden, about 30 to 40 minutes.
- 4 Serve alone, or over toasted sourdough bread for a main dish.

G. De Laurentiis. (2007). The Food Network. Retrieved from <http://www.foodnetwork.com/recipes/giada-de-laurentiis/greek-caponata-recipe/index.html>

# ratatouille

submitted by: Lucy Trautman

1/4 c olive oil, plus more as needed	1 1/2 c small diced yellow onion
2 c medium diced eggplant, skin on	1 tsp minced garlic
1/2 tsp fresh thyme leaves	1 c diced green bell peppers
1 c diced red bell peppers	1 c diced zucchini squash
1 1/2 c seeded and chopped tomatoes	1 c diced yellow squash
1 tbsp thinly sliced fresh basil leaves	1 tbsp chopped fresh parsley leaves
salt and freshly ground black pepper	

- 1 Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes.
- 2 Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes. Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes.
- 3 Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

E. Lagasse (2008). The Food Network. Retrieved from <http://www.foodnetwork.com/recipes/the-essence-of-emeril/ratatouille-recipe/index.html>



# summer squash casserole

submitted by: Laura Cullen

6 cups sliced squash	1 chopped onion
1 can cream of chicken soup or cream of celery soup	1 cup of shredded carrots
1 - 8 oz. package herb seasoned stuffing mix	1 cup of light/fat-free sour cream
1/2 cup melted butter/margarine	
1/2 cup of reduced-fat shredded cheese (cheddar, colby, or american) (shredded chicken could be added if you prefer meat in a casserole)	

- 1 Put sliced squash and chopped onion in boiling, salted water for 5 minutes, then drain and set aside.
- 2 Combine soup and sour cream, stir in carrots, then fold in drained squash/onion.
- 3 Combine stuffing mix and melted butter. Spread half of stuffing mix on bottom of prepared (sprayed with cooking spray) 9x13 baking dish. Spoon all of vegetable/soup/sour cream mix on top of stuffing. Cover with shredded cheese. Sprinkle remaining stuffing mix on top. Bake at 350 for 30 minutes.
- 4 Serve casserole with a side salad and warm garlic bread.

Special thanks to Dr. Alice Lanning, Retired Director of Freshmen Programs, for bringing this recipe to work, sharing her recipe, and creating squash fans in University College.

# chocolate zucchini cake

submitted by: Laura Cullen

2 cups grated zucchini	1/2 cup oil
1 egg	2 cups flour
1 1/4 c sugar	3/4 tsp salt
1 1/2 tsp baking soda	1/2 cup cocoa powder
2 tsp vanilla	

- 1 Preheat oven to 375. Spray 9x13 baking dish with cooking spray.
- 2 Blend egg, oil and zucchini in bowl. Sift flour and then measure into 2 cups; add to wet mixture.
- 3 Sift sugar and then measure into 1 1/4 cups; add to wet mixture. Add salt, baking soda, and cocoa. Add vanilla.
- 4 Stir ingredients by hand. Mixture will be thick, so spread to edges of pan. Bake for 20 minutes at 375. Cool cake and ice with favorite chocolate frosting or dust top with sifted powdered sugar.