

Summer Squash Tomato Skillet

From The Practical Produce Cookbook by Ray and Elsie Hoover

Ingredients:

1 large onion
1 clove garlic
3 tbsp. olive or vegetable oil
1 yellow squash
1 zucchini
2 tomatoes, peeled and chopped
1 tsp. salt
1 tsp. thyme
1 tsp. basil
1/4 tsp. pepper

Directions:

In a large skillet, sauté onion and garlic in oil until soft. Trim, halve and slice yellow squash and zucchini. Add to skillet and sauté 3 minutes. Stir in tomatoes and seasonings. Cover and cook until vegetables are tender crisp and liquid is absorbed.

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Quick Chicken Fajitas with Peppers

From The Practical Produce Cookbook by Ray and Elsie Hoover

Ingredients:

1 lb. boneless chicken breast
1 tbsp. oil
1 green pepper in 1/4 inch strips
1 medium onion, thinly sliced
salt and pepper to taste
2/3 cup chunky salsa
1 1/2 tsp. chili powder
8 8-inch flour tortillas

Directions:

Cut chicken into thin strips. Heat oil in a large skillet. When hot add chicken, pepper and onion. Stir fry 4 minutes or until chicken is lightly browned. Drain. Sprinkle lightly with salt and pepper. Combine salsa and chili powder and add to chicken; cook and stir until thoroughly heated. Warm tortillas. Place about 1/2 cup of the mixture on each tortilla. Fold up bottom; fold in sides and secure with a toothpick, leaving top open. Serve with sour cream if desired.

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Watermelon Salad with Mint Leaves

From Paula Dean

Ingredients:

1 5-lb. watermelon
1 red onion or sweet onion
1/4 cup red wine vinegar
salt and pepper
1/2 cup extra-virgin olive oil
2 tbsp. chopped fresh mint
4 oz. feta cheese, crumbled
6 whole mint sprigs

Directions:

Cut the flesh from the melon and cut into bite size pieces, removing and discarding the seeds, and set aside. Peel and slice the onion into rings.

In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time. Add in the chopped mint, taste, and adjust seasonings.

In a large bowl, combine the melon, onion, and feta. Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed. Garnish with mint sprigs.

To serve, divide salad among individual plates and garnish with mint leaves.