

MARYLAND FARM & HARVEST

"The Local Buy" Recipe, Episode 803

Summer Produce Recipes

Courtesy of Harman's Farm Market

Summer Skillet

Ingredients

- 2 to 3 small zucchini
- 1 can stewed tomatoes
- 2 small yellow squash
- 1 tablespoon sugar
- 1 large onion
- 1 ½ teaspoon seasoned salt
- 2 tablespoon butter or margarine
- Grated cheddar cheese



Directions

Into a large skillet, slice zucchini, squash, and onions. Add butter/margarine, tomatoes, sugar, and seasoned salt. Put on lid and cook over low heat until tender. Remove from heat. Sprinkle cheese generously all over top. Put lid back on and let cheese melt (off flame). Serve right in the skillet.

Summer Corn Salad

Ingredients

- 5 teaspoons olive oil, divided
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon hot pepper sauce
- 1 ½ cups fresh or frozen corn, thawed
- 1 ½ cups cherry tomatoes, halved
- ½ cup finely chopped cucumber
- ¼ cup finely chopped red onion
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil
- ¼ cup crumbled feta cheese

Directions

1. In a small bowl, whisk 4 teaspoons oil, lime juice, salt, and hot pepper sauce; set aside.
2. In a large skillet, cook and stir corn in remaining oil over medium-high heat until tender. Transfer to a salad bowl; cool slightly. Add the tomatoes, cucumber, onion, and basil. Drizzle with dressing and toss to coat.
3. Let stand for 10 minutes before serving or refrigerate until chilled. Sprinkle with cheese just before serving.

Sweet-Sour Green Beans

Ingredients

- 4 cups cut fresh green beans
- 4 chopped bacon strips
- ½ cup chopped onion
- 2 tablespoon brown sugar
- 2 tablespoons vinegar

Directions

1. Cook green beans in boiling water for 8 – 10 minutes or until crisp-tender.
2. Cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 4 teaspoons of drippings.
3. Saute onion in the drippings.
4. Stir in brown sugar and vinegar. Heat through.
5. Stir in cooked green beans and bacon.