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# Fresh Picked



## Harvest Recipes from GEHA

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The Benefits of Better Health  
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Nothing beats the flavor of freshly picked fruits, vegetables and herbs! So if you don't grow your own, head for the nearest farmer's market, you-pick-it farm or "local" section at your grocery store. From summer's bounty to fall favorites, you'll find a beautiful medley to create healthful, mouth-watering dishes.

### **Fresh benefits!**

Peak flavor isn't the only good news about fresh fruits and vegetables. They also are full of antioxidants and phytonutrients that can help keep you well.



## FRESH PICKED: APPLES

Apple Coleslaw .....	3
Apple Frittata .....	4
Chunky Apple Cake .....	5
Garden Orchard Salad .....	6
Red Apple Spinach Salad .....	7

## FRESH PICKED: CHERRIES

Cherry Clafouti .....	8
Cherry Pepper Salad .....	9
Fresh Northwest Cherry Salsa .....	10
Southwestern Style Cherry Slaw .....	11

## FRESH PICKED: PEACHES

Fruit-astic Salsa .....	12
Peach Crisp .....	13
Peach Fruit Soup .....	14
Pocket Peach Pies .....	15

## FRESH PICKED: CORN

Grilled Corn Salad with Green Beans and Tomatoes .....	16
Grilled Sweet Corn .....	17
Okra and Corn with Tomatoes .....	18
Southern Style Creamed Corn .....	19

## FRESH PICKED: POTATOES

Potato Packets for the Outdoor Grill .....	20
Potato Salad .....	21
Rosemary Sweet Potatoes .....	22
Skewered Grilled Potatoes .....	23

## FRESH PICKED: TOMATOES

Farmers Market Gazpacho .....	24
Tofu, Tomato and Spinach Soup .....	25
Tomato Basil Bruschetta .....	26
Tomato and Garlic Omelet .....	27
Watermelon and Tomato Salad .....	28

## FRESH PICKED: ZUCCHINI

Impossible Tomato-Zucchini Pie .....	29
Lemon Rosemary Zucchini .....	30
Zucchini Au Gratin .....	31
Zucchini Cole Slaw .....	32

## FRESH PICKED: APPLES

# APPLE COLESLAW

2 cups cabbage  
1 carrot (medium)  
1/2 cup chopped green pepper  
1 apple  
5 tablespoons yogurt, low-fat  
1 tablespoon mayonnaise, low-fat  
1 teaspoon lemon juice  
1/4 teaspoon dill weed

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel and grate the carrot.
3. Chop half a green pepper into small pieces.
4. Remove the core and chop the apple.
5. Put cabbage, carrot, green pepper and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice and dill weed in a small bowl. Stir together to make a dressing.
7. Pour dressing over the salad, and toss to mix.

*Makes 4 servings.*

*Serving size: 1/4 of recipe.*

### **Per serving:**

Calories 60  
Total fat 1.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 55 mg  
Total carbohydrate 11 g  
Dietary fiber 2 g  
Sugars 7 g  
Protein 2 g

*Source: Pennsylvania Nutrition Education Program*



## FRESH PICKED: APPLES

# APPLE FRITTATA

4 eggs  
4 egg whites  
Canola oil spray  
2 Granny Smith apples, cored, peeled and diced  
Salt and freshly ground black pepper, to taste  
2 tablespoons fresh thyme leaves

1. In a medium bowl, whisk together eggs and egg whites. Set aside.
2. Coat a large nonstick skillet with canola oil spray and place over medium high heat. Add apples and sauté until tender, about 5 minutes. Pour eggs over sautéed apples. Season with salt, pepper and thyme.
3. Cover and cook on low heat until eggs are set, about 3 to 5 minutes. Loosen frittata from pan and gently slide onto a serving plate. Slice into quarters and serve.

*Makes 4 servings.*

*Serving size: 1/4 of frittata.*

### **Per serving:**

Calories 120  
Total fat 5 g  
Saturated fat 1.5 g  
Total carbohydrate 8 g  
Protein 10 g  
Dietary fiber 1 g  
Sodium 270 mg

Source: American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)

## FRESH PICKED: APPLES

# CHUNKY APPLE CAKE

1 cup all-purpose flour  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
3/4 cup granulated sugar  
3 tablespoons stick margarine, softened  
1 egg  
2 tablespoons low-fat milk  
2 large baking apples, cored and sliced (3 cups)  
1 teaspoon granulated sugar  
1/2 teaspoon ground cinnamon

1. Preheat oven to 350 degrees. Spray an 8x8x2" baking pan with nonstick cooking spray.
2. In a medium bowl, whisk together flour, nutmeg, first measure of cinnamon and salt.
3. In another medium bowl, with an electric mixer at medium speed, beat the 3/4 cup sugar and margarine together until fluffy (about 2 minutes). Beat in egg and milk until smooth, about 1 minute. Add flour mixture to margarine mixture in thirds, beating until smooth (about 2 minutes each time). With large spoon, stir in the apples until evenly distributed. Spread batter in prepared pan.
4. In a small bowl, combine the remaining sugar and cinnamon for the topping, then sprinkle evenly on batter. Bake until brown and sides start to pull away from sides of pan, approximately 40 to 45 minutes.

*Makes 12 servings.*

*Serving size: 1/12 of recipe.*

### **Per serving:**

Calories 136  
Total fat 3 g  
Saturated fat 1 g  
Cholesterol 18 mg  
Sodium 88 mg  
Total carbohydrate 25 g  
Dietary fiber 1 g  
Sugars 17 g  
Protein 2 g

*Source: U.S. Food and Drug Administration*

## FRESH PICKED: APPLES

# GARDEN ORCHARD SALAD

1/2 cup apple, chopped, cored and diced, not peeled  
1 1/2 cups coarsely chopped broccoli florets  
1/2 cup grated carrot  
1/2 cup coarsely chopped cauliflower  
1/4 cup green onion, sliced  
1/2 cup non-fat vanilla yogurt  
1/4 cup unsalted, dry-roasted peanuts, chopped

1. Wash your hands and work area.
2. Mix all ingredients together in serving bowl.
3. Cover and refrigerate for 2 hours or longer to allow flavors to blend.  
Serve cold.
4. Cover and refrigerate leftovers within 2 hours.

*Makes 4 servings.*

*Serving size: 1/4 of recipe.*

### **Per serving:**

Calories 110  
Total fat 5 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 45 mg  
Total carbohydrate 14 g  
Dietary fiber 3 g  
Sugars 9 g  
Protein 5 g

*Source: Kansas State University Research and Extension*

## FRESH PICKED: APPLES

# RED APPLE SPINACH SALAD

1 unpeeled red apple  
1 pound fresh spinach, trimmed and cleaned  
3 slices bacon, fried crisp, crumbled  
1/4 cup frozen unsweetened orange juice concentrate, thawed  
1/3 cup light mayonnaise

1. Dice apple.
2. Mix orange juice and mayonnaise.
3. Mix apple and spinach.
4. Pour dressing over salad and top with crumbled bacon.

*Makes 6 servings.*

*Serving size: 1/6 of recipe.*

### **Per serving:**

Calories 98  
Total fat 6 g  
Cholesterol 7 mg  
Sodium 212 mg  
Total carbohydrate 10 g  
Dietary fiber 7 g  
Protein 3 g

Source: University of Illinois Extension



## FRESH PICKED: CHERRIES

# CHERRY CLAFOUTI

1/4 cup cane sugar  
1/4 cup all-purpose flour  
1/4 teaspoon fine sea salt  
3 large eggs  
1 cup milk  
1 1/2 teaspoons pure vanilla extract  
Butter for baking dish  
1 pound fresh cherries, pitted and halved  
2 tablespoons powdered sugar

1. Preheat oven to 375 degrees F. Whisk together cane sugar, flour and salt in a medium bowl. Whisk in eggs one at a time. Whisk in milk and vanilla, just until incorporated.
2. Arrange cherries evenly in the bottom of a buttered 9-inch pie plate or dish. Pour batter over cherries and bake until clafouti is puffed and browned, 45 to 50 minutes. Sift powdered sugar over top and cut into 6 wedges.

*Makes 6 servings.*

*Serving size: 1/6 of recipe.*

### **Per serving:**

Calories 160  
Total fat 3 g  
Saturated fat 1 g  
Cholesterol 110 mg  
Sodium 150 mg  
Total carbohydrate 29 g  
Dietary fiber 2 g  
Sugars 22 g  
Protein 6 g

Source: The Whole Foods Market [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

## FRESH PICKED: CHERRIES

# CHERRY PEPPER SALAD

1 cup pitted fresh sweet cherries  
1 cup thinly sliced sweet yellow peppers  
1 cup thinly sliced green peppers  
1/4 cup thinly sliced mild chili pepper  
2 tablespoons finely chopped onion  
2 tablespoons white wine vinegar  
1/2 tablespoon olive oil  
1 teaspoon sugar  
Salt and pepper to taste  
1 tablespoon pickled ginger strips, optional  
4 cups mixed greens

1. Toss together all ingredients except greens; refrigerate 1 hour or longer.
2. Serve on mixed greens.

Makes 4 servings.  
Serving size: 1/4 of salad.

### **Per serving:**

Calories 70  
Total fat 2 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 90 mg  
Total carbohydrate 13 g  
Dietary fiber 3 g  
Sugars 8 g  
Protein 2 g

*Source: Centers for Disease Control and Prevention*

## FRESH PICKED: CHERRIES

# FRESH NORTHWEST CHERRY SALSA

2 cups pitted fresh sweet cherries  
1/3 cup chopped fresh basil  
1/3 cup finely chopped green peppers  
2 teaspoons lemon juice  
1/2 teaspoon each Worcestershire sauce and grated lemon peel  
1/4 teaspoon salt  
Dash of bottled hot pepper sauce

1. Chop cherries in food processor or manually.
2. Combine all ingredients; mix well.
3. Refrigerate at least 1 hour.

Makes 4 servings.  
Serving size: 1/2 cup.

**Per serving:**

Calories 124  
Protein 0 g  
Fat 0 g  
Cholesterol 0 mg  
Fiber 5 g  
Sodium 168 mg

*Source: Centers for Disease Control and Prevention*

## FRESH PICKED: CHERRIES

# SOUTHWESTERN STYLE CHERRY SLAW

4 cups shredded cabbage  
3 cups sweet cherries, pitted and halved  
2 cups torn fresh spinach leaves  
1 cup shredded jicama  
1 cup shredded carrot  
1/2 cup snipped fresh cilantro  
1/2 cup diced red onion  
2 tablespoons olive oil  
2 tablespoons fresh lime juice  
2 tablespoons frozen lime juice concentrate, thawed  
1 jalapeno pepper, seeded and minced  
1/2 teaspoon lime zest  
1/4 teaspoon chili powder  
1/4 teaspoon ground cumin  
1/4 teaspoon salt

1. In large serving bowl, combine ingredients for slaw, through red onion.
2. In small saucepan, combine remaining dressing ingredients; heat to boil.
3. Pour over salad and toss gently to coat.

Makes 6 servings.  
Serving size: 1/6 of recipe.

**Per serving:**

Calories 140  
Total fat 5 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 130 mg  
Total carbohydrate 24 g  
Dietary fiber 5 g  
Sugars 16 g  
Protein 2 g

Source: Centers for Disease Control and Prevention

## FRESH PICKED: PEACHES

# FRUIT-ASTIC SALSA

2 cups fresh peaches, diced  
1 cup mango, diced  
3 cups fresh or frozen strawberries, diced  
1/2 tablespoon honey

1. Wash and dice peaches, peeling optional.
2. Wash, peel and dice mangos.
3. Wash and dice strawberries.
4. Mix all together in medium bowl. Drizzle honey on top.
5. Mix until honey is evenly distributed.

Makes 12 servings.  
Serving size: 1/2 cup.

**Per serving:**

Calories 36  
Protein 1 g  
Carbohydrates 9 g  
Sodium 1 mg  
Dietary fiber 2 g

*Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care,  
through U.S. Department of Agriculture*



## FRESH PICKED: PEACHES

# PEACH CRISP

4 peaches (4 cups sliced)  
2 tablespoons margarine  
3/4 cup quick-cooking oats  
1/2 cup sugar  
1/4 cup flour  
2 teaspoons cinnamon  
1 teaspoon lemon juice

1. Preheat oven to 375 degrees F.
2. Slice peaches.
3. Spread peach slices on bottom of baking pan.
4. Melt margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

Makes 6 servings.  
Serving size: 1/6 of recipe.

**Per serving:**

Calories 200  
Total fat 4.5 g  
Saturated fat 1 g  
Trans fat 1 g  
Cholesterol 0 mg  
Sodium 30 mg  
Total carbohydrate 40 g  
Dietary fiber 3 g  
Sugars 22 g  
Protein 3 g

Source: Pennsylvania Nutrition Education Program

## FRESH PICKED: PEACHES

# PEACH FRUIT SOUP

2 1/2 cups fresh yellow peach chunks  
1/2 teaspoon cinnamon  
1/2 teaspoon cardamom  
1 teaspoon vanilla  
1 cup orange juice concentrate  
1 1/4 cups milk  
1/2 cup apple juice concentrate  
8 mint leaves  
1 teaspoon grated lemon peel  
6 sprigs of mint (for garnish)  
6 twists of lemon peel (for garnish)

1. Place all ingredients except garnish in food processor bowl. Process until smooth.
2. Serve cold, with a sprig of mint and a bit of lemon peel on top for garnish.
3. To freeze, pour soup into freezer containers. Label, seal and freeze. Thaw briefly at room temperature; break into chunks with a fork. Place in refrigerator for several more hours to finish thawing.

Makes 6 servings.  
Serving size: 3/4 cup.

### **Per serving:**

Calories 174  
Total fat 1 g  
Protein 4 g  
Carbohydrate 39 g  
Dietary fiber 2 g  
Cholesterol 4 mg  
Sodium 33 mg

Source: 30 Day Gourmet [www.30daygourmet.com](http://www.30daygourmet.com)

## FRESH PICKED: PEACHES

# POCKET PEACH PIES

4 flour tortillas (8 inch)  
2 peaches  
1/4 teaspoon ground cinnamon  
2 tablespoons brown sugar  
1/8 teaspoon ground nutmeg  
2 tablespoons milk  
Sugar (optional)

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop peaches into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degrees for 8 to 12 minutes or until lightly brown. Serve warm or cool.

Makes 4 servings.  
Serving size: 1 pie.

**Per serving:**

Calories 210  
Total fat 4 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 320 mg  
Total carbohydrate 40 g  
Dietary fiber 3 g  
Sugars 13 g  
Protein 4 g

Source: Adapted from Kansas State University Cooperative Extension, *Mission Nutrition: Cooking for Better Health*

## FRESH PICKED: CORN

# GRILLED CORN SALAD WITH GREEN BEANS & TOMATOES

1 teaspoon Dijon mustard  
3 tablespoons sherry vinegar  
1/4 cup extra virgin olive oil  
Salt and pepper  
4 ears corn, grilled  
1 pound green beans, blanched and cooled  
1 pint cherry or grape tomatoes, halved  
1/2 red onion, thinly sliced  
1 cup basil leaves, thinly shredded  
4 ounces ricotta salata, shaved

1. Prepare vinaigrette by whisking together mustard, vinegar, oil, salt and pepper. Set aside.
2. Cut kernels off corn cobs and put in a large bowl. Add beans, tomatoes, onion and basil. Drizzle vinaigrette over and toss to combine.  
Top with ricotta salata and serve.

Makes 8 servings.  
Serving size: 1/8 of recipe.

### **Per serving:**

Calories 160  
Total fat 9 g  
Saturated fat 2.5 g  
Cholesterol 5 mg  
Sodium 210 mg  
Total carbohydrate 16 g  
Dietary fiber 4 g  
Sugars 4 g  
Protein 4 g

Source: The Whole Foods Market [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

## FRESH PICKED: CORN

# GRILLED SWEET CORN

6 ears of corn, silks removed, husks left on  
1 teaspoon honey  
1 lime, juiced and zested  
1/2 cup soft butter at room temperature  
1/4 cup chopped cilantro

1. Soak ears of corn in water for approximately 30 minutes.
2. In a food processor, blend butter, lime juice, zest, honey and cilantro.
3. Grill ears of corn with husks on for 10 to 15 minutes.
4. Peel back husks and brush ears of corn with the compound butter and serve.

Makes 6 servings.  
Serving size: 1 ear of corn.

### **Per serving:**

Calories 80  
Total fat 3 g  
Sodium 25 mg  
Total carbohydrate 14 g  
Dietary fiber 2 g  
Protein 1 g

*Source: University of Iowa Hospitals and Clinics Food and Nutrition Staff*



## FRESH PICKED: CORN

# OKRA AND CORN WITH TOMATOES

1 tablespoon olive oil  
1 large onion, thinly sliced  
2 bay leaves  
1/2 teaspoon each thyme, red pepper flakes and basil  
1 green pepper, diced  
3 large ripe tomatoes, seeded and chopped  
2 cups small okra pods, whole or sliced  
1/2 cup water  
3/4 teaspoon salt  
1/4 teaspoon black pepper  
Kernels from 4 ears of corn (about 2 cups)

1. In heavy skillet over medium heat, heat oil. Add onions and herbs. Cook and stir until onions are limp.
2. Add green pepper; cook until onions are translucent. Add tomatoes, okra, water, salt and pepper. Reduce heat; simmer for 15 minutes.
3. Add corn and cook 5 minutes. Serve hot.

Makes 6 servings.  
Serving size: 1/6 of recipe.

### **Per serving:**

Calories 120  
Total fat 3.5 g  
Saturated fat 0 g  
Cholesterol 0 mg  
Sodium 300 mg  
Total carbohydrate 22 g  
Dietary fiber 5 g  
Protein 4 g

Source: Cornell University Cooperative Extension Monroe County

## FRESH PICKED: CORN

# SOUTHERN STYLE CREAMED CORN

6 medium ears fresh corn  
1 tablespoon reduced-fat margarine  
1/4 cup water  
1/2 cup evaporated skim milk  
2 teaspoons cornstarch  
1/8 teaspoon white pepper

1. Cut corn from cobs, scraping cobs well to remove all milk.
2. Combine corn, margarine and water in saucepan. Cover and cook over medium heat for 10 minutes or until corn is done; stir occasionally.
3. Combine remaining ingredients. Beat with spoon until cornstarch is well blended. Add to corn, stirring well.
4. Cover and cook about 3 minutes or until thickened and bubbly, stirring often.

Makes 6 servings.  
Serving size: 1/6 of recipe.

**Per serving:**

Calories 128  
Total fat 1 g  
Cholesterol 1 mg  
Sodium 282 mg  
Total carbohydrate 28 g  
Dietary fiber 3 g  
Protein 5 g

Source: University of Illinois Extension

## FRESH PICKED: POTATOES

# POTATO PACKETS FOR THE OUTDOOR GRILL

4 large, red potatoes (about 1.5 pounds), cut into 1 1/2-inch chunks  
2 tablespoons olive oil or vegetable oil  
1/2 teaspoon salt or seasoned salt  
1/2 teaspoon ground black pepper  
Heavy-duty aluminum foil or 1 large extra-heavy-duty foil cooking bag

1. Prepare outdoor grill.
2. Place two 30-inch by 18-inch sheets of heavy-duty foil to make a double thickness. Place potatoes, oil and seasonings in center of foil. Bring short sides up and fold over several times to seal well. Gently shake to combine ingredients. (Or, place recipe ingredients in foil bag, seal and shake to combine.)
3. Place bag on hot grill rack, cover and cook 15 minutes. Carefully turn the bag over using tongs or another utensil to avoid burns, then cook another 15 minutes.
4. Remove from grill and cut slits in bag, allowing steam to escape. Carefully open and transfer mixture to a platter.

Makes 4 servings.  
Serving size: 1/4 of recipe.

**Per serving:**

Calories 186  
Total fat 7.3 g  
Total carbohydrate 27 g  
Dietary fiber 3 g  
Sodium 301 mg

Source: North Dakota State University Extension Service [www.ag.ndsu.nodak.edu](http://www.ag.ndsu.nodak.edu)

## FRESH PICKED: POTATOES

# POTATO SALAD

3 medium red or white all-purpose potatoes (not Russet)  
1 cup chopped celery  
½ cup minced onion  
1 cup frozen peas  
1 tablespoon prepared mustard  
½ cup low-fat mayonnaise  
½ cup non-fat plain yogurt  
Black pepper to taste

1. Wash potatoes. Leave skin on. Cut potatoes into bite-size chunks.
2. Place in pan and cover with water. Bring to a boil, then lower to simmer. Cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. Put the rest of the ingredients in a large mixing bowl and combine. Drain potatoes well and add to the bowl.
5. Mix well and refrigerate until ready to use.

Makes 4 servings.  
Serving size: 1/4 of recipe.

### **Per serving:**

Calories 180  
Total fat 4.5 g  
Saturated fat 1.0 g  
Cholesterol 0 mg  
Sodium 380 mg  
Total carbohydrate 34 g  
Dietary fiber 4 g  
Sugars 9 g  
Protein 7 g

Source: Pennsylvania Nutrition Education Network, Pennsylvania Department of Public Welfare

## FRESH PICKED: POTATOES

# ROSEMARY SWEET POTATOES

3 large sweet potatoes  
2 tablespoons extra-virgin olive oil  
2 teaspoons coarse sea salt  
1 tablespoon finely chopped fresh rosemary leaves

1. Peel the potatoes. Cut into 1" slices. Place in a single layer on a baking sheet.
2. Sprinkle over the olive oil, salt and rosemary. Toss with fingertips to coat.
3. Place in a preheated 450 degrees F oven.
4. Roast for 20 minutes or until potatoes are fork tender.

Makes 12 servings.  
Serving size: 1/12 of recipe.

**Per serving:**

Calories 56  
Total fat 2.4 g  
Saturated fat 0.3 g  
Total carbohydrate 8 g  
Dietary fiber 0.3 g  
Protein 0.5 g

Source: The Calorie Control Council [www.caloriecontrol.org](http://www.caloriecontrol.org)



## FRESH PICKED: POTATOES

# SKEWERED GRILLED POTATOES

2 pounds red potatoes, quartered  
1/2 cup water  
1/2 cup light salad dressing, such as Miracle Whip®  
1/4 cup chicken broth  
2 teaspoons diced oregano leaves  
1 teaspoon garlic powder  
1/2 teaspoon onion powder

1. Place potatoes and water in 2-quart casserole; cover. Microwave on high 12 to 15 minutes, stirring after 8 minutes. Drain.
2. Mix remaining ingredients. Stir in potatoes and cover. Refrigerate 1 hour.
3. Prepare charcoal grill.
4. Remove potatoes from salad dressing mixture and place on skewers. Grill, covered, for 4 minutes. Rotate skewers and brush with reserved salad dressing mixture. Continue to grill for 4 minutes.

Makes 8 servings.  
Serving size: 1/8 of recipe.

**Per serving:**

Calories 121  
Total fat 3 g  
Total carbohydrate 21 g  
Dietary fiber 2 g  
Sodium 154 mg

Source: North Dakota State University Extension Service [www.ag.ndsu.nodak.edu](http://www.ag.ndsu.nodak.edu)

## FRESH PICKED: TOMATOES

# FARMERS MARKET GAZPACHO

2 cucumbers, diced into 1/4-inch pieces  
3 red bell peppers, seeded and diced into 1/4-inch pieces  
3 green peppers, seeded and diced into 1/4-inch pieces  
4 celery stalks, diced into 1/4-inch pieces  
2 tomatoes, diced into 1/4-inch pieces  
1 onion, medium, diced into 1/4-inch pieces  
2 lemons  
2 cups tomato juice, low sodium  
3 garlic cloves, fresh, minced  
1 tablespoon ground cumin  
1 cup fresh chopped cilantro  
Salt and pepper to taste

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Makes 4 servings.  
Serving size: 1/4 of recipe.

### **Per serving:**

Calories 140  
Total fat 1.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 65 mg  
Total carbohydrate 30 g  
Dietary Fiber 8 g  
Sugars 17 g  
Protein 5 g

Source: Johnson and Wales University and Rhode Island Department of Health WIC Program,  
Veggin' Out Recipe Book

## FRESH PICKED: TOMATOES

# TOFU, TOMATO & SPINACH SOUP

1 teaspoon vegetable oil  
1/2 cup onion, chopped  
1 garlic clove, minced  
6 cups water (or chicken broth or 4 teaspoons or cubes chicken bouillon)  
1 package silken firm or extra firm tofu (10.5 ounces, patted dry and cut into 1/2-inch cubes)  
2 tomatoes, chopped  
3 green onions (optional), chopped  
4 cups spinach leaves (fresh, washed and dried, torn or cut if large)  
1 tablespoon soy sauce  
1/4 teaspoon pepper  
1/4 cup cilantro leaves (optional)

1. Heat a 3-quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, soy sauce, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Makes 4 servings.  
Serving size: 1/4 of recipe.

### **Per serving:**

Calories 110  
Total fat 5 g  
Saturated fat 0.5 g  
Cholesterol 0 mg  
Sodium 290 mg  
Total carbohydrate 10 g  
Dietary fiber 2 g  
Sugars 4 g  
Protein 8 g

Source: Montana State University Extension Service

## FRESH PICKED: TOMATOES

# TOMATO BASIL BRUSCHETTA

8 tomatoes, ripe, Roma plum, chopped  
2 garlic cloves, minced  
1/2 red onion, chopped  
6 basil leaves, fresh  
2 tablespoons olive oil, extra-virgin  
Salt to taste  
Pepper to taste  
1 loaf French bread (or Italian), cut into 1/2-inch diagonal slices

1. Preheat oven to 400 degrees F.
2. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste. Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Makes 12 servings.  
Serving size: 1/12 of recipe.

### **Per serving:**

Calories 80  
Total fat 3 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 120 mg  
Total carbohydrate 12 g  
Dietary fiber 1 g  
Sugars 1 g  
Protein 2 g

Source: University of Nebraska, Cooperative Extension, Healthy Eating Recipes

## FRESH PICKED: TOMATOES

# TOMATO & GARLIC OMELET

1/2 slice whole wheat bread  
1/2 teaspoon olive oil  
1 garlic clove, finely chopped  
1 cooking spray, as needed, nonstick  
3/4 cup egg substitute  
2 tablespoons mozzarella cheese (part skim), grated  
1 tomato, large, chopped  
1 teaspoon basil, dried

1. Preheat oven to 300 degrees F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Makes 1 serving.  
Serving size: 1 omelet.

**Per serving:**

Calories 290  
Total fat 12 g  
Saturated fat 3 g  
Trans fat 0 g  
Cholesterol 10 mg  
Sodium 500 mg  
Total carbohydrate 16 g  
Dietary fiber 4 g  
Sugars 7 g  
Protein 30 g

Source: California Department of Public Health, Network for a Healthy California



## FRESH PICKED: TOMATOES

# WATERMELON & TOMATO SALAD

2 large tomatoes, rinsed and cut into 6 slices each  
2 tablespoons white balsamic vinegar (or substitute apple cider vinegar)  
1 tablespoon olive oil  
1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)  
4 cups diced watermelon, with seeds removed (about half a small melon, rinsed)  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

1. Arrange 3 tomato slices on each of 4 salad plates.
2. Combine vinegar, oil and basil in a bowl, and mix well.
3. Add watermelon to bowl, and gently toss to coat evenly.
4. Spoon watermelon over the tomatoes.
5. Top with salt and pepper, and serve.

Makes 4 servings.

Serving size: 3 tomato slices, 1 cup watermelon.

### Per serving:

Calories 96  
Total fat 4 g  
Saturated fat 1 g  
Cholesterol 0 mg  
Sodium 127 mg  
Total fiber 2 g  
Protein 2 g  
Carbohydrate 16 g  
Potassium 390 mg

Source: National Heart, Lung, and Blood Institute, *Deliciously Healthy Family Meals*

## FRESH PICKED: ZUCCHINI

# IMPOSSIBLE TOMATO- ZUCCHINI PIE

2 cups chopped zucchini  
1 cup chopped tomato  
1/2 cup chopped onion  
1/3 cup grated Parmesan cheese  
1 1/2 cups low-fat milk  
3/4 cup biscuit mix  
3 eggs  
Herbs, salt and pepper to taste

1. Heat oven to 400 degrees F. Grease the bottom of a large quiche dish or pie plate.
2. Sprinkle zucchini, tomato, onion and cheese in plate.
3. Beat eggs, milk, biscuit mix and herbs until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate over the vegetables.
4. Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes.

Makes 6 servings.  
Serving size: 1 cup.

### Per serving:

Calories 170  
Total fat 7 g  
Saturated fat 2.5 g  
Cholesterol 110 mg  
Sodium 340 mg  
Total carbohydrate 18 g  
Dietary fiber 1 g  
Sugars 7 g  
Protein 10 g

Source: Farm Fresh Summertime Recipes [www.cag.uconn.edu](http://www.cag.uconn.edu)

## FRESH PICKED: ZUCCHINI

# LEMON ROSEMARY ZUCCHINI

1 tablespoon extra-virgin olive oil  
1 medium yellow bell pepper, diced  
2 teaspoons finely minced fresh rosemary  
2 cups chopped zucchini (2 medium)  
1 to 3 teaspoons freshly squeezed lemon juice, or to taste  
Salt and freshly ground black pepper, to taste

1. In medium non-stick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary and sauté 2 minutes.
3. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender.
4. Remove from heat and stir in lemon juice.

Makes 4 servings.  
Serving size: 1/4 of recipe.

**Per serving:**

Calories 46  
Total fat 3 g  
Saturated fat < 1 g  
Total carbohydrate 4 g  
Dietary fiber 1 g  
Protein 1 g  
Sodium 6 mg

Source: American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)

## FRESH PICKED: ZUCCHINI

# ZUCCHINI AU GRATIN

4 cups zucchini, thinly sliced  
1/2 cup onion, sliced  
2 tablespoons water  
1 tablespoon margarine  
Pepper to taste  
3 tablespoons Parmesan cheese, grated

1. Wash and slice vegetables. Place zucchini, onion, water, margarine and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.
5. Serve at once.

Makes 7 servings.  
Serving size: 3/4 cup.

### Per serving:

Calories 40  
Total fat 2.5 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 55 mg  
Total carbohydrate 4 g  
Dietary fiber 1 g  
Sugars 2 g  
Protein 2 g

Source: Michigan State University Cooperative Extension Service

## FRESH PICKED: ZUCCHINI

# ZUCCHINI COLESLAW

2 cups zucchini, coarsely shredded  
2 cups cabbage, shredded  
1 medium carrot, shredded  
2 green onions, sliced  
1/2 cup radishes, thinly sliced  
1/3 cup mayonnaise, low-fat  
1/3 cup mild salsa

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least 1 hour.

Makes 6 servings.  
Serving size: 1/6 of recipe.

### Per serving:

Calories 70  
Total fat 4.5 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 5 mg  
Sodium 160 mg  
Total carbohydrate 6 g  
Dietary fiber 2 g  
Sugars 3 g  
Protein 1 g

Source: University of Kentucky, Cooperative Extension Service



