

Corn & Bean Pasta Salad (Val Audino)

Ingredients:

1 box of mini shell pasta
1 can of garbanzo beans, drained
1 can of pinto beans, drained
1 can of black beans, drained
1 can of corn, drained
1 can Ro Tel with cilantro and lime
4 fresh tomatoes
1 fresh jalapeno
2 Tablespoons Italian Dressing
dashes of chili powder, cumin and garlic powder
1/2 of a fresh lime
fresh cilantro
salt

Mix all ingredients & marinate overnight. Then, drain most of the juice. Add a little more fresh cilantro, and serve cold.

Sweet & Sour Cucumber Salad (Kathy Brichford)

7 cups cucumbers, unpeeled, sliced
1 med. onion, thinly sliced
1 cup celery, chopped
1 cup green pepper, chopped
1 (4 oz) jar of pimientos, chopped
1 tbsp salt
2 cups sugar
1 cup vinegar

Combine vegetables with salt and let set overnight. Do not drain!

Combine sugar and vinegar and thoroughly dissolve sugar; then pour over the salted vegetables. Let stand and ready to eat in 4 to 5 hours.

This will keep indefinitely in a glass jar in refrigerator.

Summer Squash & Corn Soup (Martha-Shorter Dougherty)

- 1** tablespoon extra-virgin olive oil
- 1** medium shallot, chopped
- 2** medium summer squash (about 1 pound), diced
- 3** teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1** 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1/4** teaspoon salt
- 1** cup fresh corn kernels (from 1 large ear; see *Tip, page 79*) or frozen
- 1** teaspoon lemon juice
- 1/4** cup crumbled feta cheese

1. Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until the squash starts to soften, 3 to 5 minutes.

2. Add broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes more. Transfer to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the soup to the pan and stir in corn. Bring to a simmer over medium heat and cook, stirring occasionally, until the corn is tender, 3 to 5 minutes more. Remove from the heat; stir in lemon juice. Serve garnished with the remaining 2 teaspoons herbs and feta.

MAKES 4 SERVINGS, SCANT 1 CUP EACH.

Roasted Rosemary Potato Salad (Melissa Francescangeli)

- 2 1/2 pounds tiny new red potatoes, halved or quartered
- 1 medium red onion, cut in wedges
- 1/4 cup olive oil, divided
- 2 tablespoons snipped fresh rosemary
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon coarsely ground black pepper
- 2 tablespoons balsamic vinegar
- 1 medium red sweet pepper, cut into bite-sized strips
- 3 tablespoons pine nuts, toasted

Directions

1. Preheat oven to 450 degree F oven. In a large mixing bowl combine potatoes, onion wedges, 2 tablespoons of the olive oil, rosemary, garlic, salt, and black pepper. Toss potato mixture to coat well; arrange in a single layer in a greased shallow roasting pan. Roast, uncovered, for 25 to 30 minutes or until potatoes are tender and lightly browned, stirring mixture twice. Transfer roasted potato mixture to a large bowl; set aside.
2. In a small bowl whisk together balsamic vinegar and remaining 2 tablespoons olive oil. Pour mixture over roasted potato mixture. Add red pepper pieces; toss gently to coat.
3. Turn potato salad into serving bowl. Sprinkle with pine nuts. Serve warm or at room temperature.

Makes 6 servings.

Hummus recipe (Helene Gaidelis)

Ingredients:

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 teaspoon cilantro, finely chopped

Preparation:

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with extra cilantro (optional). Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

Bowtie Shrimp Salad (Laurie Goyetche)

Bowtie Piccolini (Mini) Pasta
Fresh Asparagus Spears
Tomatoe pieces (fresh diced or canned)
1/2 bag of shrimp, remove tails
Marzetti Italian dressing
Colby-Jack shredded cheese

Boil bowtie pasta per pkg directions, last 5 minutes add asparagus, drain
Combine pasta, asparagus, tomato pieces, shrimp
Stir in dressing
Toss in shredded cheese
Refrigerate til ready to serve

Roasted Asparagus (Wendy Kornbluth)

Ingredients

2 1/2 lbs fresh asparagus
2 tablespoons olive oil
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1/2 cup shredded parmesan cheese

Directions

Preheat the oven to 400 degrees.
Wash and trim the asparagus stalks.
Arrange asparagus in a single layer on a cookie sheet and drizzle with the olive oil.
Sprinkle with salt and pepper.
Roast for 15-20 minutes until tender.
Sprinkle with the parmesan and return to the oven for about one more minute.

Cole Slaw (Belinda Marler)

2 lbs. shredded cabbage
¾ + 2 tablespoons sugar
1 small finely chopped onion
¼ cup oil
1 cup Miracle Whip
¼ cup Tarragon Vinegar
½ teaspoon salt

Mix well – sugar, onion, oil, Miracle Whip, Tarragon Vinegar and salt. Add cabbage, mix well. Chill and serve.

Tomato, Mozzarella & Basil (Karla Osiecki)

Slice up tomatoes. On each tomato put a slice of fresh mozzarella, lightly dust all slices with sea salt and pepper. Take a bunch of basil and chop it. Then sprinkle it over the top of all the slices. Then drizzle olive oil over everything and a little bit of balsamic vinegrette. You lay the plate out of these and everyone picks one or 2 up. Yum. You can get the cheese (looks like white ball in a little watery juice) in the cheese section of any grocery store or Trader Joes. It is most impressive if you use the pretty multi-colored heirloom tomatoes--the ones that are mottled in color and sometimes are red, orange, yellow and green.

Spinach-Strawberry Salad (Carleen Welch)

1 pound spinach
1 quart strawberries
Minced onion to taste
Juice of 2 lemons
½ C sugar
Vinegar to taste
Worcestershire to taste
Sesame or poppy seeds to garnish

Wash and chop spinach, strawberries, onion and toss lightly. Mix lemon juice and sugar. Add vinegar and Worcestershire to lemon mixture. Drizzle over salad. I think this serves 4 and I plan to double it for Tuesday.

Cucumber Poblano Salad (Erin Ortiz Blanco)

1 cucumber, thinly sliced
½ poblano pepper, seeded and chopped
Handful grape tomatoes, sliced in half
Handful fresh mint, chopped
Handful fresh basil, chopped
¼ large red onion
1 clove garlic, minced
¼ cup balsamic vinegar
Kosher salt to taste

Combine all ingredients in a bowl and let marinate for at least 1 hour.