



Farmers' Market Shopping List:

- ✓ Zucchini
- ✓ Onion
- ✓ Tomatoes
- ✓ Corn
- ✓ Basil
- ✓ Parsley
- ✓ Eggs
- ✓ Scallions
- ✓ Cheeses (*cheddar/monterey jack and chevre/feta*)
- ✓ Peppers

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Zucchini Frittata

Serve this dish hot with hearty bread for a wonderful supper for two. Or serve at room temperature with a salad for a lovely lunch for four

- 3 small zucchini, finely julienned
- 1 medium onion, finely julienned
- olive oil
- salt
- 1 tablespoon fresh basil, chopped
- 4 eggs, the fresher the better
- 4 tablespoons cream
- salt and freshly ground pepper to taste
- splash of tabasco sauce
- 6 tablespoons of crumbled chevre or feta cheese
- 1 cup chopped tomatoes (optional)

1. In a heavy 10 inch frying pan, over medium-low heat, sauté zucchini and onion in olive oil. Season lightly with salt (this will help the zucchini wilt and cook more quickly). Toss in basil and stir slightly.
2. Beat together eggs, cream, salt, pepper, and tabasco.
3. Spread zucchini evenly in pan and pour egg mixture over all. Sprinkle cheese on top.
4. Cover, turn heat way down and let cook for 7 to 10 minutes. Check occasionally. The dish is ready when the egg is puffed up and just firm.

Optional – serve topped with chopped tomatoes

Serves 2-4

Zucchini Salad

- 2 large zucchini (or you can mix 1 zucchini and yellow summer squash), cut into 2-inch long 1/4 - inch strips
- 1 red onion, halved and finely sliced
- 1 cup scallions, chopped
- 1/2 cup parsley, chopped (3 T if using dried herbs)
- 1 cup monterey jack or cheddar cheese, shredded
- 2 tablespoons capers
- 1/4 cup olive oil
- 1/2 cup red wine or rice wine vinegar
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 cup red and/or green peppers
- 1 cup fresh corn, boiled and cut from cob
- 1/2 cup black olives (optional)

1. Toss all ingredients together in a large bowl
2. Chill for 30 minutes and serve