

A Taste of Minnesota in the Summertime.

Here are a few recipes that showcase Minnesota's wide variety of delicious produce. We will continue to add new recipes for more fruits and vegetables when they are in season. All of the fresh ingredients can be found during the season at the Minneapolis Farmers Market. Enjoy!

Garden Salad with Zip

3 cups romaine lettuce pieces
1 cup sliced summer squash (use yellow & green zucchini, patty pan, etc.)
¼ cup red bell pepper, chopped chunks
3 tbsp. Pepper grass, coarsely chopped
1/3 cup light Italian dressing

Combine all salad ingredients in large salad bowl. Add dressing just before serving.

Chicken Merengo

2 tbsp. Garlic chives, chopped
1 tbsp. Marjoram leaves
1 tbsp. Thyme
½ tsp. Freshly ground pepper
dash of salt
6 boneless & skinless chicken breast halves
1 (16oz.) can of whole tomatoes or fresh chopped tomatoes
1 medium onion, cut into wedges
1 cup quick rice
¼ cup pimento stuffed green olives, sliced
½ cup dry white wine

Combine garlic chives, marjoram, thyme, pepper and salt. Sprinkle over both sides of chicken. Drain, chopped tomatoes reserving liquid. If necessary, add enough water to tomato liquid to equal 1 ½ cups. Combine tomato liquid and wine in a 10" skillet. Bring to boil. Stir in onion and rice. Arrange chicken over rice, pressing down into rice. Arrange tomatoes over chicken. Cover tightly and simmer 20 minutes until all liquid is absorbed, in about 5 minutes sprinkle with olives.

Sassy Cilantro Appetizer

2 Tbsp. Fresh cilantro leaves, chopped
2 Tbsp. Fresh onion chives, chopped
1 Tbsp. Jalapeno pepper, chopped (optional)
½ cup red sweet pepper, chopped
1 (12 oz.) tub light or fat free cream cheese

Combine all chopped ingredients in a medium size bowl. Add cream cheese. Mix well. Spread onto crackers, tortilla chips or shells, or French bread to be cut when served.

Roasted Rosemary Potatoes

10 to 12 small, new potatoes, washed and halved
1/3 cup olive oil
2 Tbsp. Roasted garlic
3 Tbsp. Rosemary leaves, chopped

In a medium bowl, combine olive oil, rosemary, roasted garlic and potatoes. Mix well. Be sure to cover the potatoes with the oil mixture. Bake at 375 F for 30-40 minutes on a baking sheet.

Recipes compliments of Bonnie Dehn from Dehn's Gardens