

Summer at the Farmers Market!

Can it get any better than fresh produce and fruit grown locally?

This week, we are exploring some recipes to help you make use of some of the fresh finds.

Visit your local Farmers Market!

Blueberry Sour Cream Coffee Cake

Prep Time: 15 min.

Cook Time: 1 hr.

Additional Time: 15 min.

Total Time: 1 hr. 30 min.

Servings: 12

2 C. white sugar
1 C. butter, softened
2 lg. eggs
1 C. sour cream
1 tsp. vanilla extract
1-5/8 C. all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1 C. fresh or frozen blueberries
1/2 C. brown sugar
1/2 C. chopped pecans
1 tsp. ground cinnamon
1 T. powder sugar for dusting

Gather the ingredients. Preheat the oven to 350°F. Grease and flour a 9-inch Bundt® pan.

Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in sour cream and vanilla extract. Combine flour, baking powder, and salt; stir into butter mixture until just blended. Fold in blueberries.

Spoon 1/2 of the batter into the prepared pan. Combine brown sugar, pecans, and cinnamon in a small bowl; sprinkle 1/2 of the mixture over batter in the pan.

Spoon remaining batter on top, then sprinkle over remaining pecan mixture. Use a knife or thin spatula to swirl the sugar layer into the cake.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1-1 hr. 15 min. Let cake cool in the pan for 15 min. before inverting. Invert carefully onto a serving plate; dust with confectioners' sugar just before serving.

Note: Double the brown sugar–pecan–cinnamon mixture if that's your favorite part.

If using frozen blueberries, bake the cake slightly longer.

Dilled Beets

Prep Time: 20 min.

Cook Time: 20 min.

Additional Time: 8 hr.

Total Time: 8 hr. 40 min.

Servings: 4

1 bunch beets, trimmed, leaving 1 inch of stems attached
1/2 C. distilled white vinegar
1/4 C. white sugar
1 T. chopped fresh dill
1/4 tsp. ground cloves
1/4 tsp. ground allspice

Place the beets into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beets are tender when pierced with a fork, 20 to 30 min. Drain and allow to steam dry until cool enough to handle. While the beets are boiling, whisk together the vinegar and sugar until the sugar has dissolved; set aside.

Once cool enough to handle, remove the skins from the beets and cut the tops off. Cut the beets into cubes or wedges and add to the vinegar mixture. Season with the dill, clove, and allspice; toss until coated. Cover the bowl and refrigerate the beets overnight before serving.

Goat Cheese Stuffed Tomatoes

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Servings: 4

4 lg. fresh tomatoes
4 oz. goat cheese
1 T. chopped bottled roasted red peppers
2 T. olive oil
2 T. bread crumbs
1 T. torn fresh basil leaves
salt and black pepper to taste

Preheat the oven broiler.

Slice the tops off of the tomatoes and hollow out by removing the seeds.

In a bowl, mix the goat cheese and chopped red peppers together. Spoon an equal amount of the cheese mixture into each hollowed out tomato. Place stuffed tomatoes upright in a baking dish. Top each tomato evenly with the bread crumbs and torn basil. Drizzle with olive oil and season with salt and pepper.

Place under broiler for 5 to 10 min. until bread crumbs are lightly browned.

Pizza Sauce with Fresh Tomatoes

Prep Time: 30 min.

Cook Time: 1 hr. 10 min.

Total Time: 1 hr. 40 min.

Servings: 4

8 lg. tomatoes, cored
1 sm. sweet onion, chopped
1 clove garlic, chopped
2 T. dried oregano
4 leaves chopped fresh basil
1/2 tsp. salt
black pepper to taste

Cut an "X" in the bottom of each tomato. Fill a large mixing bowl with ice water.

Bring a large pot of water to a boil. Add tomatoes to the boiling water until skins start to curl, about 30 sec. Remove tomatoes from the boiling water and submerge in the bowl of ice water until cool enough to handle, 1 to 2 min.

Remove tomatoes from the ice water; peel off and discard skins. Transfer skinned tomatoes to a blender and blend until liquefied. Pour into a medium saucepan; add onion, garlic, oregano, basil, salt, and pepper. Simmer over medium heat until sauce reduces to desired consistency, 60 to 90 min.

Puree pizza sauce with an immersion blender until smooth. Use sauce immediately or store in the refrigerator overnight to allow flavors to develop.

Farmers Market Corn Toss

Prep Time: 15 min.

Cook Time: 10 min.

Total Time: 25 min.

Servings: 4

1 T. olive oil
1 sm. onion, chopped
1 red bell pepper, chopped
2 ears corn, kernels cut from cob
1 lg. zucchini, chopped
1/2 C. chopped cooked chicken
1/4 C. chopped fresh parsley
1/4 C. shredded Colby-Monterey Jack cheese, divided
salt and black pepper to taste

Heat olive oil in a large skillet over medium heat. Add onion and red pepper; cook and stir until soft, about 3 min. Stir corn, zucchini, and chicken into the onion mixture; cook and stir until all vegetables are crisp-tender, about 5 min. Remove skillet from heat.

Sprinkle parsley and about half the cheese over the vegetable mixture and toss to mix, season with salt and pepper. Transfer the vegetables to a serving dish and top with remaining cheese.

Vegetarian Quesadillas

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Servings: 6

1/2 C. chopped red bell pepper
1/2 C. chopped zucchini
1/2 C. chopped yellow squash
1/2 C. chopped red onion
1/2 C. chopped mushrooms
1 T. olive oil
cooking spray
6 (9 inch) whole wheat tortillas
1-1/4 C. shredded reduced-fat sharp Cheddar cheese

Cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil in a large nonstick skillet over medium to medium-high heat until just tender, about 7 min. Transfer vegetables to a bowl.

Coat same skillet with cooking spray; place one tortilla in skillet. Sprinkle 1/4 C. cheese evenly over tortilla; layer 3/4 C. vegetable mixture on top. Sprinkle 1/8 C. more cheese on vegetables; top with a second tortilla. Cook until golden on both sides, about 2 to 3 min. per side. Transfer quesadilla to a cutting board; cut into 8 triangles with a pizza cutter. Repeat with remaining ingredients. Serve hot.

Cauliflower Rice and Beans Fajita Bowls

Prep Time: 30 min.

Cook Time: 30 mins.

Total Time: 1 hr.

Servings: 4

2 lbs. riced cauliflower
1 red bell pepper, sliced, or more to taste
1 sm. red onion, halved and sliced
1/4 C. extra-virgin olive oil
4 cloves garlic, grated
1-1/2 T. fajita seasoning
2 tsp. ground cumin

1-1/2 tsp. salt
1 (15.5 oz.) can pinto beans, rinsed and drained
4 oz. crumbled cotija cheese
1/2 C. chopped fresh cilantro
1/2 C. pepitas (pumpkin seeds)
2 green onions, thinly sliced
1 lime, juiced

Preheat the oven to 425°F. Cover a baking sheet with aluminum foil, ensuring the foil goes up the sides of the sheet to catch all the juices.
Combine cauliflower, red bell pepper, red onion, olive oil, garlic, fajita seasoning, cumin, and salt in a large bowl; stir until evenly coated. Spread vegetable mixture onto the prepared baking sheet.
Roast in the preheated oven for 15 min.; stir and continue roasting until tender and lightly browned, about 15 min. more.
Top with pinto beans, cotija cheese, cilantro, pepitas, green onions, and lime juice. Spoon into 4 serving bowls.

Triple Berry Peach Pie

Prep Time: 30 min.
Cook Time: 45 min.
Additional Time: 30 min.
Total Time: 1 hr. 45 min
Servings: 8

Pie

1 (14.1 oz.) 2-count package pie crusts, thawed
1 egg white, lightly beaten, divided
3 fresh peaches, peeled, pitted, and sliced
1 pt. fresh strawberries, hulled and lg. berries cut in half
1 pt. fresh blueberries
2 (6 oz.) containers fresh raspberries
1/2 C. brown sugar
1/2 C. white sugar
1/3 C. all-purpose flour
3 T. cornstarch
2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
2 T. butter, cut into small pieces

Topping

1 T. white sugar
1 tsp. ground cinnamon

Preheat the oven to 350°F.

Place 1 pie crust in a 9-inch pie plate; brush with 1/2 beaten egg white. Set aside.

Combine peaches, strawberries, blueberries, and raspberries in a large bowl; set aside. Combine brown sugar, 1/2 C. white sugar, flour, cornstarch, 2 tsp. cinnamon, and nutmeg in a separate bowl; gently stir into fruit mixture, taking care not to crush berries. Pour fruit mixture into the prepared pie plate; filling will be piled high but will cook down. Dot with butter.

Cut remaining 1 pie crust into 1/2-inch strips with a sharp paring knife or pastry wheel. Moisten the rim of the pie with a small amount of water. Start with the longest strips and lay the first 2 in an X in the center of the pie. Alternate horizontal and vertical strips, weaving them in an over-and-under pattern. Use the shortest strips for the edges of the lattice. Fold the ends of the lattice strips under the edge of the bottom crust and flute the crust. Or place remaining 1 pie crust over filling; cut decorative slits in crust to allow steam to escape. Brush top crust with remaining 1/2 egg white.

Combine 1 T. sugar and 1 tsp. cinnamon in a small bowl; sprinkle over top of pie. Place pie on a baking sheet.

Bake in the preheated oven until crust is golden brown and filling is bubbly; 45 to 60 min. Turn off the oven; let pie sit in the oven for 30 min. Transfer pie to a wire rack to cool. The filling will be loose if served warm but thicken when pie is completely cooled.

Quote of the Week:

“Wanting things for the wrong reasons can turn anyone’s life into a marshmallow on a stick over a hot fire: impossibly messy and eventually consumed, one way or another.”

~Deb Caletti