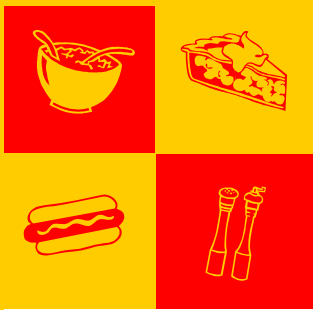


# Tony Inzero Farmers Market Recipes



## Corn and Black Bean Salad

2 ears of corn-on-the-cob (steamed for 10 minutes, then cooled)  
 1 can black beans (rinsed & drained)  
 1/2 of a med. red onion (chopped)  
 2 stalks of celery (chopped)  
 Fresh parsley, basil, & oregano (chopped) (you can use dry herbs too, if you wish)  
 Olive oil  
 Cider vinegar (You can use any kind of vinegar)  
 Salt & pepper  
 Slice the corn off of the

cob and put it into a bowl. Add the black beans, celery, red onion and herbs. Add the olive oil and vinegar. Mix together. Salt & pepper to taste.

Keep refrigerated until ready to use. This is great by itself, added into a garden salad or a sandwich wrap. You can also change the ingredients such as the beans (Sometimes I use chick peas).

(I make this a day ahead of time and it will keep in the refrigerator for up to 1 week)

Debra Gaglione



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### Reminders:

- ♦ The Farmers' Market runs from July to October on the West Haven Green on Thursdays from 11:00-5:00 P.M. and Saturdays from 10:00- 2:00 P.M.
- ♦ "Choose the best, Choose CT grown."
- ♦ Visit [www.ct.gov/doag](http://www.ct.gov/doag) for more information on CT grown products

## Summer Pasta Salad

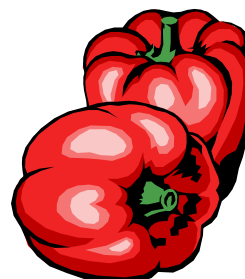
16 oz. cooked and cooled 'Bow Ties' pasta  
 1 1/2 cups cucumber (sliced)  
 1/2 cup black olives (chopped)  
 1 cup red peppers (chopped)  
 3 oz. feta cheese  
 1/2 cup green onion (sliced)

Combine above and add dressing.

Dressing:  
 8oz. bottled Italian salad dressing  
 3 Tbsp. lemon juice  
 1/4 tsp. cinnamon  
 2 Tbsp. Trader Joe's red pepper spread  
 1 Tbsp. Trader Joe's olive tapenade

Stir above ingredients and add to pasta mixture.

Sawdust Joe's



## Eggplant and Risotto with Tomato and Basil

3 Tbsp. olive oil  
4 med. garlic cloves  
(minced)  
3 lg. ripe tomatoes  
(about 1 ½ lbs)  
(peeled, cured, and  
diced small)  
2 med. eggplants (cut  
into ½" cubes)  
1½ cups Arborio rice  
½ cup parmesan  
cheese  
2 Tbsp. fresh basil leaves (minced)  
6 cups chicken broth (canned)  
Salt & pepper to taste



Bring 6 cups of chicken broth to a warm simmer. Keep warm over low heat. In a heavy saucepan, heat oil. Add the garlic cloves and sauté over medium heat, just until golden (about 1 minute). Add the tomatoes and salt & pepper, cover and cook until soften (about 4 minutes). Stir in eggplant and cook covered until it softens (about 15 minutes), if it starts to stick, add ¼ cup broth

and continue cooking. Using a wooden spoon, stir in the rice and cook for 1 minute. Add ½ cup broth, stirring frequently, until the rice absorbs the liquid. Continue adding ½ cup of broth, stirring until the rice is creamy and soft about 25 minutes from beginning. Remove from heat & stir in ½ cup cheese and basil.

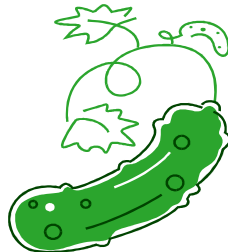
Serve warm and add in extra cheese.

Josie Tracanna

## Dottie's Dilly Dills

2 doz. sm. cucumbers or 10 lg. cucumbers quartered  
2 qt. water  
1/2 cup sugar  
1/2 cup Kosher salt  
1 cup white vinegar  
4-5 fresh, stalks of dill (ripped)  
6-10 garlic cloves (depending on your like of garlic)  
2 gallon container

Boil the water, sugar, Kosher salt, and vinegar for 3 minutes. Cool liquid completely.



In the container, place a little garlic and dill on the bottom. Layer cucumbers with herbs, alternating, until the container is filled. Pour cooled mixture into container, making sure that all the cucumbers are covered completely. Cover and refrigerate for 3 days.

Dottie DeBowes

## Fresh Tomato Salad

4 tomatoes  
2 balls of fresh mozzarella  
1 bunch of basil

Slice tomatoes and mozzarella into ¼ inch slices. Arrange the tomato and mozzarella slices on a platter or salad plate so they are overlapping.

Chiffonade the basil and add it in between the tomato and mozzarella slices. Drizzle with a little extra virgin olive oil. Salt and pepper to taste.

Dorothy Chambrelli



## Tortilla Soup

1/2 cup onion (diced)  
3/4 cup green, red, or yellow bell pepper (diced)  
2 garlic cloves (minced)  
3 ripe tomatoes (diced) or (1 can of diced tomatoes)  
1 can of black beans  
1 can of kidney beans  
2 ears of corn (remove niblets from husk) or (1 can of corn)  
4 cups of chicken or vegetable broth  
1 Tbsp. ground cumin  
Salt & pepper to taste

In a large sauce pan, sauté the onion and pepper over medium heat with a little olive oil. When the vegetables are tender, add in the garlic and tomatoes. Rinse canned beans through a strainer, and add to mixture. Add in corn (also rinse corn if using it from a can).

Add in 2 cups of broth and cumin, and bring to a boil. Let boil for 10 minutes, then reduce heat and let simmer. Add in 1 cup broth and cook partially covered for 1 hour. Uncover and add in the last cup of broth and cook until the beans are

tender. Add salt & pepper to taste, as well as cumin, if desired.

This recipe can be made year round, just substitute fresh ingredients for canned or frozen ones, when they aren't available.

Ashley McClellan



## Impossible Garden Pie

2 cups zucchini (chopped)  
1 cup tomato (chopped)  
1/2 cup onion (chopped)  
1/3 cup parmesan cheese (grated)  
1 1/2 cups milk  
3/4 cup Bisquick baking mix  
3 eggs  
1/2 tsp. salt  
1/4 tsp. pepper  
Preheat oven to 400°. Lightly grease pie plate, 10 x 1 1/2 inches.

Sprinkle zucchini, tomato, onion, and cheese evenly in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with a hand beater. Pour evenly into pie plate. Bake until top is golden brown and knife inserted halfway between center and edge come out clean, 35 to 40 minutes. Let stand for 5 minutes before cutting. Garnish with tomato and zucchini

slices if desired.

Refrigerate any remaining pie. If using pie plate, 9x1 1/4 inches, decrease milk to 1 cup, baking mix to 1/2 cup, and eggs to 2. High Altitude Directions (3500 to 6500 feet): Bake 10 inch pie about 40 minutes; bake 9 inch pie about 35 minutes.

Carmelina's Family

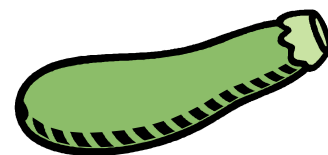
## Baked Zucchini Gratin

1 med. onion (sliced)  
2 lbs. zucchini (sliced)  
1/2 cup butter or margarine (1 stick) (melted and divided)  
2 cups mozzarella cheese (8 oz.) (shredded)  
1/2 cup plain bread crumbs  
1/4 parmesan cheese (grated)

In a lightly greased 2 qt., oblong baking dish, layer zucchini and onion slices. Drizzle 1/4 cup of butter over vegetables, and sprinkle with the mozzarella cheese. Combine remaining butter, bread crumbs and parmesan cheese, and sprinkle mixture evenly over the cheese.

Bake at 350° for 35-40 minutes (until the zucchini is fork tender)

Jackie Carlson



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## CALLING ALL COOKS!

*Do you have a great recipe using locally grown fruits or vegetables?*

*For this year's 11<sup>th</sup> Annual Farmers Market, we are collecting recipes featuring Connecticut grown produce in partnership with the Health Department's "5 a day" campaign.*

*All recipes must use at least one fruit or vegetable grown in Connecticut for it to be featured in any of our publications.*

*Please either mail or e-mail your recipes to:*

Ashley McClellan  
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West Haven, CT 06516

[McClellan@westhaven-ct.gov](mailto:McClellan@westhaven-ct.gov)  
203-937-3559



## Berry Crumble

1-2 pints of blueberries  
2-3 Nectarines (unpeeled) (sliced)  
1-2 Bananas (sliced)

*Butter a baking dish and place fruit in it. Squeeze fresh lemon on it.*

*Topping:*

1/4 cup Brown sugar  
1/3 cup Flour  
2 tbsp. Butter or Margarine  
Pinch Cinnamon  
Pinch Salt

*Mix together and cut in the butter until it is a crumbly mixture.  
Put on top of fruit.*

*Bake at 375° for 15 minutes.*

*Eat it hot, warm, room temp. or cold (But there won't be any left!)  
May be served with ice cream or shipped cream, but it doesn't need either.*

Mariann Callahan

