

July 2014 Cooking Class

Corn Fritters with Spicy Zucchini Salsa

279 Calories per serving, 8 g. fat, 47 g. carbs, 5 g. fiber, 9 g. protein

Serves 4

Ingredients:

1 ½ cups cherry tomatoes, halved lengthwise	Olive Oil cooking spray
1 ½ cups diced zucchini	½ cup chopped cilantro, divided
1 medium red onion, diced, divided	2 Tablespoons fresh lime juice, divided
3 large cloves garlic, finely chopped	1 cup all-purpose flour
1 jalapeno chile, seeded and diced	½ teaspoon ground cumin
½ teaspoon sea salt, divided	¼ teaspoon baking powder
1 ½ Tablespoons extra-virgin olive oil	1 egg
	2 cups corn kernels (thawed if frozen)

Preparation

1. In a bowl, combine tomatoes, zucchini, ½ onion, garlic, jalapeno, ¼ tsp. salt and oil; toss to coat.
2. Heat a very small amt of olive oil on medium heat in an electric skillet. Sauté vegetable mix until tomatoes and zucchini are light brown, 20 to 25 minutes.
3. After browned, toss with ¼ cup cilantro and 1 Tablespoon juice; set aside.
4. In a second bowl, combine flour, cumin, baking powder and remaining ¼ teaspoon salt.
5. Add egg, remaining 1 Tablespoon juice and ½ cup water; stir until smooth.
6. Add corn and remaining ½ onion and ¼ cup cilantro.
7. Coat a large frying pan with cooking spray and heat over medium-high heat.
8. Form ¼ cup corn mixture into a patty; repeat with remaining corn mixture to form 12 patties.
9. Working in batches of 3 and coating pan with cooking spray as needed, cook patties, turning once, until brown, 5 to 8 minutes per side.
10. Divide patties and salsa among 4 plates.

Green Beans with Salsa Verde with Walnuts and Tarragon

Serves 4 to 6

Ingredients:

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| 1 ½ pounds beans, tipped
and tailed | 2 Tablespoons finely
chopped tarragon |
| 2 Tablespoons Extra Virgin
Olive oil | 2 Tablespoons chopped
rinsed capers |
| ½ cup walnuts, finely
chopped | 1 cup extra virgin olive oil |
| 2 small garlic cloves, finely
chopped | 1 teaspoon good-quality red
wine vinegar or to taste |
| 1 cup finely chopped
parsley, about 1 large bunch | Salt and Pepper |

Preparation:

For green beans:

1. Cut large green beans into pieces 2 to 3 inches long.
2. Drop them by handfuls into 1 inch of boiling salted water and cook, covered, for 3 to 4 minutes, although they may well take longer to cook.
3. When they are done, drain them, shake dry, and spread on a towel. (If they will be used later, rinse them first under cold water to stop the cooking.) Toss with olive oil, to taste for salt, season with pepper.

For Salsa Verde (makes about 1 ½ cups):

1. Everything in this recipe should be VERY finely chopped – by hand for the best texture and taste.
2. Combine nuts, garlic, parsley, tarragon, and capers in a small bowl.
3. Stir in the oil and vinegar, then season with salt and pepper to taste.

Toss warm green beans with ½ cup of this salsa verde.

Tomato and Avocado Salad with Lime-Herb Dressing

Serves 3 to 4

Ingredients for the Lime-Herb Dressing:

1 Tablespoon chopped mint	1 jalapeno chile, finely diced
1 Tablespoon chopped marjoram	2 to 3 Tablespoons fresh lime juice
½ cup chopped cilantro	¼ teaspoon sea salt
4 to 5 Tablespoons Olive oil	

Ingredients for the Salad:

1 ½ pounds tomatoes (try a variety of types and sizes)
1 large avocado, peeled
1 cucumber, peeled
1 sweet pepper – frying pepper, bell, or cubanelle
½ small sweet onion or several scallions, finely diced
2 cups chopped romaine hearts
Sea Salt
8 large pimento-stuffed olives, sliced (optional)
2 ounces feta cheese, crumbled (optional)

Preparation:

1. Combine all the dressing ingredients in a bowl. Taste to make sure there's enough acid.
2. Cut the tomatoes, avocado, cucumber, and pepper into bite-sized pieces and put them in a roomy bowl with the onion. Add the lettuce and a few pinches of salt. Toss, add the dressing, salt lightly, and toss again with the olives and feta cheeses (if using). Pile on plates and serve.