

Eat Fresh

# Recipes



Featuring Fresh Ingredients from Iowa's Farmers Markets

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Iowa Farmers Markets



Salsa

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Corn on the Cob

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Garlic Green Beans

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Pepper Medley

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Easy Broccoli Casserole

You can savor the flavor of the season. Fresh Iowa produce will make your recipes the talk of the table!

With 180+ farmers markets, you can buy fresh, eat fresh, and enjoy the diverse horticultural crops grown in our great state.

To locate a farmers market in Iowa, visit the Iowa Department of Agriculture and Land Stewardship website at:

[www.agriculture.state.ia.us](http://www.agriculture.state.ia.us)

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## Salsa

- |     |                                 |     |                     |
|-----|---------------------------------|-----|---------------------|
| 2   | medium tomatoes, chopped        | 1/2 | tsp. sugar          |
| 1   | 4 oz. can green chiles, chopped | 1/4 | tsp. oregano        |
| 1   | cup corn                        | 1/8 | tsp. cayenne pepper |
| 1/2 | cup onion, chopped              | 1/4 | tsp. salt           |
| 1/2 | tsp. chili powder               |     |                     |

1. Combine all ingredients in a microwave safe container.
2. Cover tightly. Microwave on high for 5 minutes or until boiling.
3. Refrigerate at least 4 hours before serving.

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## Corn on the Cob

4 quarts of water for every 6 cobs of corn

1. Remove husks and silk from corn.
2. Boil water in pan, add the corn to boiling water, cover. Cook 3- minutes.
3. Remove corn from water, butter and salt to taste.

## Grilled Corn

1. Soak sweet corn with husk on in salt water for 4-5 hours. Twist the silk ends of the corn before soaking.
2. Place corn on coals for about 10 minutes.
3. Remove husks, butter and salt to taste.

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## Garlic Green Beans

Serves 4-6

- |   |  |
|---|--|
| 2 | lbs. Fresh green beans, washed and trimmed |
| 3 | Tbsp. oil                                  |
| 3 | Tbsp. vinegar                              |
| 1 | clove garlic, minced                       |
|   | Pepper to taste                            |

1. Cook beans by steaming for 5 minutes. Drain.
2. Combine oil, vinegar, garlic, and pepper in a jar with a tight fitting lid. Place lid on jar and shake until well blended.
3. Pour over drained beans and toss.

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## Pepper Medley

- |   |                            |   |                          |
|---|----------------------------|---|--------------------------|
| 2 | Tbsp. oil                  | 2 | cups red cabbage, sliced |
| 1 | lb. zucchini, sliced       | 4 | tsp. vinegar             |
| 2 | sweet red peppers, diced   |   | salt and pepper to taste |
| 2 | sweet green peppers, diced |   |                          |
| 2 | large carrots, sliced      |   |                          |

1. In a large skillet, heat the oil until it is hot. Add the zucchini, red and green peppers, and carrots. Cook the vegetables over medium heat, stirring them, for about 5 minutes.
2. Add the cabbage, vinegar, salt and pepper. Continue to cook the mixture 5 minutes or longer or until the vegetables are tender-crisp.

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## Easy Broccoli Casserole

- |     |                               |
|-----|-------------------------------|
| 1   | large bunch broccoli, chopped |
| 1/2 | cup low fat yogurt            |
| 1/2 | cup shredded cheese           |
| 1   | tsp. mustard                  |
| 1/8 | tsp. cayenne pepper           |

1. Wash and trim broccoli, chop into 1 inch pieces. Cook in a covered pot, in a small amount of boiling water about 8-10 minutes. Drain.
2. Place broccoli in a 1 quart casserole dish.
3. Combine remaining ingredients. Spoon over broccoli. Bake, uncovered at 400° for 10-15 minutes or until bubbly.

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