

Eat Fresh

Recipes



Featuring Fresh Ingredients from Iowa's Farmers Markets

Eat Fresh

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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

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Salsa

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|-----|---------------------------------|-----|---------------------|
| 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

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| 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

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|---|----------------------------|---|--------------------------|
| 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

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|-----|-------------------------------|
| 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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