

Savor the Summer

FRUITS AND VEGGIES WILL NEVER BE FRESHER AND MORE DELICIOUS THAN THEY ARE OVER THE NEXT FEW MONTHS. THESE SIMPLE, SATISFYING RECIPES WILL COAX EVERY BIT OF FLAVOR FROM YOUR FARMERS MARKET OR BACKYARD GARDEN BOUNTY.

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PHOTOGRAPHY BY **TINA RUPP**

PEAK
JUNE-
OCTOBER

« **HEIRLOOM TOMATOES AND BEETS WITH GINGER VINAIGRETTE AND PISTACHIOS**

We used yellow tomatoes and golden beets, but you'll get equally tasty results with any other vibrant color combination.

SERVES 6 // ACTIVE: 10 MINUTES // TOTAL: 1 HOUR 10 MINUTES

- 3 medium golden or red beets (about 1¾ pounds)
- 3 medium heirloom tomatoes (about 1¾ pounds), sliced into thin rounds
- ¼ cup safflower oil
- 2 tablespoons rice wine vinegar
- 1½ teaspoons grated fresh ginger
- ½ teaspoon honey
- ¼ teaspoon salt
- ¼ cup shelled pistachios, chopped

1. Preheat oven to 400° F. Wrap beets individually in foil and place on a baking sheet. Roast for 1 hour, or until beets are pierced easily with a fork. Let cool, then peel beets and slice into ½- to ¾-inch rounds.
2. Arrange alternating beet and tomato slices on a large plate or platter in concentric circles, allowing the slices to overlap slightly.
3. Whisk oil, vinegar, ginger, honey and salt in a small bowl. Drizzle over beets and tomatoes. Scatter pistachios over top and serve.

NUTRITION SCORE PER SERVING

168 calories, 12g fat (1g saturated), 4g protein, 15g carbohydrates, 4g fiber, 193mg sodium

YOU CAN ROAST
THE BEETS UP TO
A DAY AHEAD.

PEAK
MAY-
OCTOBER

GREEN BEANS WITH CRUNCHY BREADCRUMBS

Sautéed lemons add a lightly tangy flourish to the crisp vegetables.

SERVES 6 // ACTIVE: 25 MINUTES // TOTAL: 25 MINUTES

- 2 tablespoons olive oil, divided
 - 1 teaspoon chopped fresh thyme
 - 2 cloves garlic, minced and divided
 - ½ cup panko breadcrumbs
 - ¼ teaspoon salt, plus more to taste
 - 2 tablespoons grated Parmesan cheese
 - ½ large lemon, thinly sliced, seeds removed
 - 1 pound green beans, ends trimmed
1. In a large pan over medium heat, sauté thyme and half the garlic in 1 tablespoon of olive oil for 1 minute. Add the breadcrumbs and salt. Stir occasionally until breadcrumbs are golden brown, 4 to 6 minutes. Transfer the mixture to a bowl and stir in cheese. Set aside.
 2. Add remaining oil to pan and increase heat to medium-high. Add lemon slices and sauté until the peel begins to brown, 5 to 7 minutes. Add green beans, remaining garlic and a pinch of salt. Sauté until green beans are bright green and crisp-tender, 5 to 7 minutes.
 3. Transfer green beans to a serving dish. Scatter breadcrumb mixture over top and serve warm.

NUTRITION SCORE PER SERVING

102 calories, 6g fat (1g saturated), 3g protein, 11g carbohydrates, 2g fiber, 147mg sodium



PEAK
JULY-
AUGUST

SPICY PEACH GAZPACHO

Swap the usual tomatoes for peaches in this chilled, no-cook summer soup, made savory by the addition of red bell pepper and spicy jalapeño.

SERVES 6 AS A MAIN DISH, 12 TO 16 AS SHOOTERS
ACTIVE: 10 MINUTES // TOTAL: 40 MINUTES

- 1¼ cups sliced almonds, divided
- 6 medium peaches (about 2 pounds), pitted and sliced
- 2 red bell peppers, seeded and diced
- ½ cup diced white onion
- ½ cup fresh basil leaves
- 1 jalapeño pepper, seeded and diced
- ¼ cup fresh lime juice
- ½ teaspoon salt

1. Toast almonds in a wide skillet over medium-high heat until fragrant and just beginning to brown, 2 to 3 minutes. Set aside ¼ cup of toasted almonds. Transfer remaining 1 cup of almonds to a food processor and process until very finely ground. Remove from food processor and set aside.
2. Add peaches, bell pepper, onion, basil, jalapeño, lime juice and salt to the food processor and process until slightly chunky. Add the ground almonds and process until just mixed.
3. Transfer the gazpacho to a covered container and chill for at least 30 minutes, or up to 1 day. Serve chilled gazpacho in bowls or shooter glasses garnished with the remaining ¼ cup sliced almonds.

NUTRITION SCORE PER SERVING (AS A MAIN DISH)
194 calories, 10g fat (1g saturated), 6g protein, 24g carbohydrates, 7g fiber, 197mg sodium



SERVE THIS SOUP
IN SHOT GLASSES
TO MAKE IT A
REFRESHING
PARTY APP.

CORN AND OYSTER MUSHROOM TACOS WITH SALSA VERDE

Fresh corn meets its flavor match in this tart, pesto-like sauce.

SERVES 6 // ACTIVE: 30 MINUTES // TOTAL: 30 MINUTES

- 1 bunch parsley, trimmed and coarsely chopped
- 2 scallions, trimmed and coarsely chopped
- 1 clove garlic, minced
- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- ¼ teaspoon salt, plus more to taste
- ½ cup plus 1 tablespoon olive oil, divided
- 1 medium shallot, chopped
- 3 cups fresh corn (from 6 medium ears)
- 1 pound oyster mushrooms, torn into large pieces
- 6 12-inch whole wheat tortillas

PEAK
AUGUST-
OCTOBER

1. Make the salsa verde. Add the parsley, scallions, garlic, vinegar, lemon juice, water, salt and ¼ cup of the olive oil to a food processor and process until a smooth sauce forms, 1 to 2 minutes. Transfer to a container and set aside.
2. In a large pan over medium heat, sauté the shallot in the remaining 1 tablespoon olive oil until it starts to soften, 2 to 3 minutes. Raise heat to medium-high and add corn along with a pinch of salt to taste, stirring occasionally until it starts to caramelize, 7 to 8 minutes. Transfer the corn to a bowl and set aside.
3. Add the mushrooms to the pan and sauté, stirring occasionally, until softened and beginning to brown, 5 to 7 minutes. Add the corn back to the pan and cook until warmed through, 1 to 2 minutes.
4. Divide corn and mushroom filling among tortillas and top each with 1 to 2 tablespoons of the salsa verde. (You may have some left over; refrigerate it in a covered container for up to 5 days and use as a spread for sandwiches or drizzled over roasted vegetables or scrambled eggs.) Fold the filled tortillas into tacos and serve.

NUTRITION SCORE PER SERVING

535 calories, 24g fat (4g saturated), 10g protein, 72g carbohydrates, 10g fiber, 789mg sodium



IF YOU CAN'T FIND
OYSTER MUSHROOMS,
SLICED SHIITAKE
MUSHROOMS TASTE
GREAT, TOO.

PEAK
JULY-
OCTOBER

CHARRED EGGPLANT-POMEGRANATE DIP WITH WALNUTS

Greek yogurt enhances eggplant's inherent creaminess, while punchy pomegranate juice brightens the final result.

MAKES 16 2-TABLESPOON SERVINGS
ACTIVE: 10 MINUTES // TOTAL: 1 HOUR

- 1 large (1¼-pound) eggplant
- 1 tablespoon plus 1 teaspoon olive oil, divided
- ⅓ cup walnuts, divided
- ⅓ cup pomegranate juice
- ¼ cup 2% Greek yogurt
- 2 cloves garlic, minced
- ⅓ cup chopped fresh parsley, divided
- 1 teaspoon honey
- ½ teaspoon salt

Sliced cucumber and whole wheat pita chips, for dipping

1. Preheat grill to medium. Use a fork to poke several holes in the eggplant; rub eggplant with 1 teaspoon of olive oil. Grill whole eggplant, turning occasionally, until completely softened and starting to collapse, about 45 minutes. Set aside until cool enough to touch. Remove the stem and discard, then coarsely chop eggplant (including skin).
2. Place ¼ cup of walnuts in a food processor and process until very finely chopped. Add eggplant, pomegranate juice, yogurt, garlic, ¼ cup of parsley, the remaining 1 tablespoon of olive oil, honey and salt. Process until nearly smooth.
3. Transfer the eggplant dip to a bowl. Garnish with the remaining walnuts and chopped parsley. Serve with cucumber and pita chips for dipping.

NUTRITION SCORE PER SERVING
42 calories, 3g fat (0g saturated), 1g protein,
4g carbohydrates, 1g fiber, 76mg sodium

**GRILLING YOUR EGGPLANT
WILL ADD A SMOKY
FLAVOR, BUT YOU CAN ALSO
ROAST IT FOR AN HOUR IN
THE OVEN AT 400° F.**



PEAK
JUNE-
AUGUST

STRAWBERRY-BASIL GRANITA

It takes a few hours to make this icy treat, but don't be intimidated: Most of the time, the granita will just be chilling in the freezer.

SERVES 6
ACTIVE: 10 MINUTES
TOTAL: 2 HOURS 10 MINUTES

- 1 pint strawberries, hulled and halved
- 2 tablespoons chopped fresh basil
- 2 tablespoons fresh lemon juice
- 2 tablespoons agave nectar

1. Place the strawberries in a food processor and process until nearly smooth. Add the basil, lemon juice and agave nectar. Process again just until mixed.
2. Transfer the mixture to an 8 by 8-inch baking dish and freeze until icy around the edges, about 30 minutes. Use a fork to scrape the icy portion into the middle of the pan. Freeze for 1½ to 2 hours more, scraping the frozen edges towards the center every 30 minutes, until the mixture is no longer liquid and has the consistency of flaky crystals. Serve immediately in bowls or parfait glasses, or cover the granita and keep in the freezer for up to 1 day. The dessert will stay scoopable if kept frozen.

NUTRITION SCORE PER SERVING
38 calories, 0g fat (0g saturated), 0g protein,
10g carbohydrates, 1g fiber, 1mg sodium



**SCRAPING THE FRUITY MIXTURE WITH
A FORK EVERY SO OFTEN AS IT FREEZES
CREATES A LIGHT, FLUFFY TEXTURE.**