

Grilled Ratatouille

Serves 8 as an appetizer portion, 4 as a side dish

2 zucchini, diced
2 yellow squash, diced
1 Maui Onion (medium dice)
2 red bell peppers, stemmed, seeded and medium dice
2 green bell peppers, stemmed, seeded and medium dice
2 Medium Tomatoes, Seeded and Diced
1/2 cup olive oil, plus 2 tablespoons
4 cloves garlic, finely chopped
2 tablespoons finely chopped fresh oregano leaves
1/4 cup finely chopped flat-leaf parsley leaves
2 Tablespoons chopped basil
Salt and freshly ground pepper

Pre Heat your grill to medium-high.

Place the “vegetables” (zucchini, squash, onion, bell peppers, and tomatoes) in a large bowl and add the 1/2 cup olive oil. Season with salt and pepper and stir to coat.

Place a grill wok or other perforated pan over the fire to heat, then carefully (it will be hot) remove from the flame and spray lightly with non-stick spray. Add the vegetables to the perforated grill pan and return to the BBQ placing it over medium heat. Cook until vegetables are tender and brown adding the garlic and tomatoes during the last 5 minutes. Remove from heat, add a touch more olive oil and the herbs, then taste and adjust seasoning.

Bruschetta

Serves 8

1 large French baquette, sliced 1/2-inch thick, diagonally
3 cloves garlic, peeled
2 Tablespoons extra-virgin olive oil
8 Oz's Farmers Cheese

Preheat your grill to medium high

Place the bread slices directly on the grill and toast about 2 to 3 minutes on one side, watch closely as the heat from your BBQ varies and you want these brown and toasted. Remove from the grill, rub garlic clove on the toasted side of each slice and then drizzle with olive oil.

To serve spread farmers cheese on 1/2 of each slice of the bruschetta, top with grilled ratatouille.



Botanically, a tomato is a fruit: the ovary, together with its seeds, of a flowering plant. However it is considered a vegetable for most culinary purposes. Did you know that eggplants, cucumbers, and squashes of all kinds (such as zucchini and pumpkins) are also all botanically fruits.

Blackened Chicken

Serves 2 to 4



2 to 4 skinless boneless chicken breasts

2 Tablespoons Blackened Seasoning

½ Stick of Butter, melted

Preheat your grill to medium high

Moisten chicken breast with butter and then generously apply blackened seasoning mixture on both sides. Lightly oil your grill grate and then place chicken on the grill over medium heat. Cook for about 2 minutes until you can see the sides starting to turn white. Turn and cook the other side. The chicken breast is done when its center has reached an internal temperature of 155-160 degrees. Remove from the heat and allow to rest a few minutes.

Black Bean and Maui Onion Quinoa

Serves 4 to 8

1 teaspoon canola oil

1 medium Maui onion, chopped

3 cloves garlic, peeled and chopped

2 cups uncooked quinoa

3 cups water, vegetable or chicken broth

1 teaspoon ground cumin

1/4 teaspoon cayenne pepper (optional)

1 (15 ounce) can black beans, rinsed and drained

1/2 cup chopped fresh cilantro (optional)

2 Tomatoes, seeded and diced

Salt and pepper to taste

Heat the oil in a medium saucepan over medium heat. Stir in the onion and sauté until lightly brown, and then add garlic and sauté 2 minutes more. Mix quinoa into the saucepan and cover with broth. Season with the cumin, cayenne pepper (optional), salt, and pepper. Bring to a boil and then reduce heat, cover and simmer 20 minutes, Mix in the black beans, cover and simmer about 5 minutes more, stir in chopped cilantro and tomato, taste and adjust seasoning.

Quinoa (KEEN wah), is a crop grown primarily for its edible seeds. It is not a member of the grass family but is closely related to beets, spinach, and tumbleweeds.

Watermelon Salsa

- 3 cup diced red Watermelon
- 1 medium yellow bell pepper, diced
- 1 fresh Jalapeno chili, diced small
- ½ bundle fresh Cilantro (about 2 Tablespoons)
- 1 Lime, Juiced
- salt to taste

Combine all ingredients in large bowl, mix with a spoon gently to blend. Season with Salt

Strawberries with Aged Balsamic Vinegar

Serves 4 to 6.

- 2 pint strawberries, hulled, washed, and halved
- 1 to 2 tablespoons aged (6 years or more) Balsamic Vinegar
- Fresh Cracked Black Pepper
- 1 cup heavy whipping cream
- 3 tablespoons powdered sugar, sifted

Place strawberries into a bowl, add balsamic vinegar and fresh cracked pepper, toss gently to coat. If you want cover bowl and refrigerate for 2 to 4 hours.

In a cold bowl, with a cold whip add the heavy whipping cream and whip cream until soft peaks form; add powdered sugar and continue whipping until stiff. Taste and gently blend in more powdered sugar if desired. Do not over whip.

To serve, place a portion of berries in a bowl, top with a dollop of whipped cream.

Reggio Emilia and neighboring Modena. Produce true balsamic vinegar; made from a reduction of pressed Trebbiano and Lambrusco grapes. The resulting thick syrup, called mosto cotto in Italian, is subsequently aged for a minimum of 12 years in a battery of seven barrels of successively smaller sizes. The casks are made of different woods like chestnut, acacia, cherry, oak, mulberry, ash, and, in the past, juniper.