

## Salad with Summer Fruit and Creamy Goat Cheese Dressing

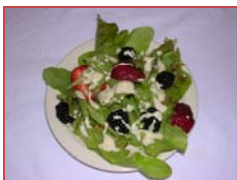
Serves 8

Salad:

8 cups mixed greens

2 cups mixed berries

(such as strawberries, raspberries or blueberries)



Dressing:

2 tablespoons white wine vinegar

2 tablespoons buttermilk

2 tablespoons honey

1 tablespoon Dijon mustard

¼ teaspoon salt

1 teaspoon black pepper

3 ounces soft goat cheese

Directions:

1. Combine dressing ingredients together in a blender. Set aside until ready to use.
2. Combine mixed greens and berries. Drizzle dressing over salad. Toss gently.

*Using Berries:*

*Berries, such as strawberries and raspberries, are very fragile. These berries should be washed just before using.*

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## Seasoned New Potatoes

Serves 6

Ingredients:

1½ pounds new potatoes

½ teaspoon dried dill

2 tablespoons butter or margarine, melted

3 tablespoons chopped fresh parsley

1 tablespoon minced chives

1 tablespoon fresh lemon juice

Directions

1. Wash potatoes. Peel a ½-inch strip around center of each potato. Combine potatoes and dill in a medium saucepan. Cover with water and cook covered for about 20 to 25 minutes or until tender. Drain.
2. Combine butter, parsley, chives, and lemon juice. Spoon over hot potatoes. Stir to coat potatoes.



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# SUMMERTIME COOKING 2009

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## Cooking with Fresh Herbs

Adding fresh herbs to foods is a quick way to transform meals from *ordinary* to *extraordinary*. Here's how.

- A general guideline is to use three times as much fresh herbs as dried. You'll be more successful substituting fresh herbs for dried herbs, than the other way around.
- Purchase fresh herbs close to the time you plan to use them.
- Store fresh herbs in an open or perforated plastic bag in a refrigerator crisper drawer for a few days. Or make several small holes in a regular plastic bag.
- Wash herbs when you're ready to use them. Wash smaller amounts of herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner. Pat off any remaining moisture with clean paper towels.
- When washing a larger amount of herbs, treat them as you would salad greens. Place in a clean sink or deep bowl filled with cold water and swish around. Lift from water and transfer to another bowl. Pour out the water and repeat the washing process until dirt and grit are gone and the water is clear.
- Unless otherwise directed, mince herbs into tiny pieces. Chop with a chef's knife on a cutting board or snip with a kitchen scissors.
- Fresh herbs are usually added toward the end in cooked dishes to preserve the flavor. Add the more delicate herbs, such as basil, chives, cilantro, dill leaves, parsley, marjoram, and mint a minute or two before the end of cooking or sprinkle on food before it's served. Less delicate herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking.

## What is it?

Quark is a soft, unripened cheese with the texture and flavor of sour cream. Quark can be used as a sour cream substitute to top baked potatoes, and as an ingredient in a variety of dishes



Chèvre is French for goat. Chèvre is a white goat's milk cheese with a tart flavor. Excellent in salads, eaten on crackers, or makes a great addition to cheese and fruit plates.

## Green Bean Salad

Serves 8

Ingredients:

1½ pounds green beans, trimmed  
1 cup vertically sliced red onion  
3 Tablespoons red wine vinegar  
2 Tablespoons Dijon mustard  
1 Tablespoon olive oil  
¼ teaspoon salt

Directions:

1. Cook green beans in boiling water for 6 minutes or until crisp-tender; drain. Combine green beans and onion in a large bowl.
2. In a small bowl, combine vinegar, mustard, olive oil, salt and black pepper. Pour over green beans, toss well to coat.

## Fettuccine with Spring Vegetables

Serves 6

Ingredients:

8 ounces dried fettuccine  
1 tablespoon olive oil  
1½ cups sugar peas, cut in half, crosswise  
or asparagus  
1 cup carrots, sliced on the diagonal  
1 garlic clove, minced  
¼ cup fresh basil, thinly sliced  
¼ teaspoon salt  
¼ teaspoon black pepper  
¾ cup milk  
2 ounces soft cheese, such as cream or chèvre\*

Directions:

1. Cook pasta according to package directions; drain and keep warm.
2. Heat olive oil in a large skillet. Add sugar peas and carrots. Cook until crisp tender, about 3 minutes. Add garlic, basil, salt, and pepper. Cover and remove from heat.
3. In a large saucepan, combine milk and cheese. Cook until cheese is melted and sauce is thickened. Remove from heat. Add pasta and stir to coat. Add vegetable mixture and toss gently.

\* *Chèvre is a soft goat's milk cheese*

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