

FROM BONNIE'S KITCHEN TO YOURS

July 9, 2011 Market Talk, Minneapolis Farmers Market

DehnsGarden.com

CAPRESE SALAD

Shopping List:

Fresh tomatoes--3
Fresh mozzarella cheese
Roasted garlic
Fresh Basil leaves--20-30 leaves
Olive oil
Balsamic vinegar
Bakery baguette

Caprese Salad

Wash and pat dry--tomatoes and basil--use individual leaves of basil
Slice tomatoes--1/4 inch thick
Place tomato slice--then cheese --then basil leaf onto the baguette.
Drizzle olive oil on some and balsamic vinegar on others. Serve.

This is a light and very tasty salad as well as a delightful appetizer!!

TASTY KOHLRABI SLAW

Shopping List:

3 kohlrabi --washed and peeled
1 Apple--Granny Smith or Harolson
2 T. Rice vinegar
2 T. Sugar
2 T. Olive oil
1 T. Chopped chives--garlic chives optional
1 T. Chopped parsley--flat leaf

Whisk the vinegar, sugar and olive oil together--mix well and sugar needs to be dissolved. Add chives and parsley.

Shred kohlrabi--2 Cups of shredded slaw.

Wash and slice apple thin.

Place kohlrabi slaw in a bowl add the vinegar dressing. Toss and add the apple slices. Serve chilled.

The apple adds a fruity dimension to this slaw.

I love kohlrabi raw--and in a salad!!

FROM BONNIE'S KITCHEN TO YOURS

July 9, 2011 Market Talk, Minneapolis Farmers Market

DehnsGarden.com

FESTIVE GREEN BEAN SALAD

- 1 lb. Fresh green beans (wax beans are fun too)
- 1 Red Sweet Pepper
- 3 T. Red wine vinegar
- 3-4 cloves of roasted garlic (2 T.)
- 2 T. Olive oil
- 1 T. Chives--chopped fine
- 1 T. Savory--chopped fine
- 2 T. Honey

Wash green beans, pepper, and herbs. Prepare the green beans--leave them whole with the stems removed.

Blanch or steam the green beans--tender crisp. Rinse with ice water, drain and chill.

Green beans should be cold to touch for the salad.

Sliver the red bell pepper--thin julienne strips.

Combine the red wine vinegar, roasted garlic-smashed, olive oil, and honey in a small bowl--Whisk until all are blended well.

Add the herbs and stir.

Arrange beans on a serving dish, add red bell pepper pieces.

Pour the vinaigrette over the green beans and peppers.

This salad is a favorite at picnics and barbeques--it may be prepared ahead of time.

IMPRESSIVE VEGGIE DIP

- 1 C. Sour cream (light)
- 2/3 C. Light Mayo
- 2 T. Chopped dill weed
- 2 T. Chopped chives
- 1/2 tsp. ground horseradish

Combine sour cream and mayo--mix well. Add horseradish, dill, and chives, stir until all is mixed well.

Serve with your favorite veggies of the summer---kohlrabi, sliced summer squash, cucumbers, carrots and peppers---plus many more!!!

FROM BONNIE'S KITCHEN TO YOURS

July 9, 2011 Market Talk, Minneapolis Farmers Market

DehnsGarden.com

FRUITY LEMON TORTE

This recipe has 2 steps.

STEP 1:

Line a "jelly roll" pan (cookie sheet 16X11X1) with parchment paper.

CAKE:

3 eggs

1 C. fine sugar

1 tsp. lemon juice

1/3 C. water

In a measuring bowl--Add:

3/4 C. flour

1 tsp baking powder

1/4 tsp. salt

2 T. lemon zest

BEAT eggs in a small bowl for 5 minutes at high speed. The beaten eggs should thicken and lemon colored.

POUR beaten eggs into a larger bowl and slowly beat in sugar.

ADD water and lemon juice at low speed. Mix well.

ADD flour mixture to the batter slowly, continue at slow speed. Beat only until batter is smooth.

POUR into the "jelly roll" pan-smooth to corners.

PLACE pan into oven--375.

BAKE 12-15 minutes.

Remove from oven and turn upside down onto a breadboard draped with a "flour sack" dish towel.

Carefully move into to a cooling rack.

SPRINKLE lightly with powdered sugar.

STEP 2:

COMBINE:

1 C. sour cream (light)

1 C. cream cheese-lowfat

1/2 C. sugar

2 T. lemon zest

3 T. lemon verbena and or lemon balm leaves chopped fine

Mix well. The filling should be somewhat smooth.

SPREAD over the cake.

ADD-summer-time fruit--raspberries, sliced strawberries and blueberries--favorites!!

Garnish with chopped lemon verbena leaves.