

## Table for One #5 Recipes

### #1. Green Bean and Cherry Tomato Salad

1lb green beans

1pts cherry tomatoes

¼ cup balsamic vinegar

2T olive oil

Salt and pepper to taste

1/8<sup>th</sup> tsp red pepper flakes

½ red onion, finely chopped

1 bunch basil leaves loosely chopped

Blanch 1 lbs of cleaned green beans for 3-4 minutes in boiling water. Immediately immerse in an ice bath to stop cooking and cool beans. Combine oil, vinegar and seasonings in a bowl. Arrange tomatoes and green beans together on a platter. Pour oil mixture over top and sprinkle basil leaves and onion pieces over all. Flavor continues to develop overnight so cover with plastic wrap in the fridge if desired.

### #2. Marinated Pepper and Mozzarella appetizer

1 pint small mozzarella balls or sliced large mozzarella balls (2)

4 cups sweet peppers halved

4 garlic cloves

Lemon zest and juice of ½ lemon

½ cup basil leaves sliced into ribbons (chiffonade)

¼ cup good olive oil.

Arrange peppers on baking sheet in single layer and broil for 4-5 minutes to a char. Mix all other ingredients in a large bowl. Add roasted peppers once they have cooled. Best if left to marinate overnight. Makes a show stopping appetizer or entrée with grilled shrimp. Oil is wonderful on French bread or drizzled over cooked brown rice.

## Zucchini Pesto

4-5 medium zucchini (about 2 cups shredded)

4T Olive Oil

3-4 garlic cloves

1 bunch parsley

¼ cup mint leaves

1 cup basil leaves

½ lemon juice

½ cup parmesan cheese

½ cup almonds, cashews or mixed nuts

Cook shredded zucchini in a skillet with 2T olive oil and garlic cloves until slightly browned and soft. Put in food processor with all other ingredients and pulse until smooth adding water 1T at a time if needed to moisten. Add salt, pepper to taste. Serve over cooked pasta, on crostini, with crudité or as a spread on crackers. This is lower in fat than traditional pesto and has more fiber too!

## Green Tomato Salsa

6-8 small to medium green tomatoes (halved with stem removed)

½ red onion sliced thick

4 cloves garlic

1 whole jalapeno pepper

½ cup cilantro leaves

1 small lime

Red pepper flakes, salt and pepper to taste

Arrange tomato halves, onion, jalapeno and garlic on a foil lined baking sheet and broil for 4-5 minutes until soft. Set aside Jalapeno.

Combine all ingredients in a food processor until chunky smooth. Cut jalapeno off stem and discard seeds. Add ½ to whole jalapeno to taste. Add seasoning as desired. Great salsa! Works with chips, on enchiladas or as a taco topping.