

## **Recipes Using June Vegetables from the Farmer's Market**

### **Pea Pods with Orange-Ginger Butter**

Pea pods taste good all by themselves, but this easy sauce takes them to a whole new level! Frozen pea pods can also be used for a wintertime version. Pea pods are a good source of fiber, Vitamin C, and also Vitamin K.

3 cups (about 12 oz. as purchased) pea pods or sugar snap peas  
a pinch of dried powdered ginger (or use 1 tsp. fresh ginger, grated)  
1 tablespoon butter  
1 tablespoon orange marmalade  
1 scant teaspoon apple cider vinegar  
dash of black pepper

Method: Cook pea pods in a small amount of boiling water for about 2-3 minutes, or until crisp-tender. No need to add salt to the cooking water, the sauce adds plenty of flavor!

In a small saucepan, melt butter. Add powdered ginger and stir to combine. If using fresh ginger, cook and stir for about 1 minute. Add orange marmalade and heat and stir until melted. Add cider vinegar and pepper and stir until combined. Pour over hot cooked pea pods. Makes 4 servings, about 2/3 cup each. Nutrition Info per serving: 115 calories, 3 gm total fat, 2 gm sat. fat, 17 gm carbs, 4 gm fiber. (Recipe from Better Homes and Gardens)

### **Creamy Raspberry Salad Dressing for Green or Spinach Salads**

This tasty dressing is easy to make. The calories and sodium are both about half (or less) than a typical bottled dressing.

2 and ½ teaspoons raspberry jam  
½ cup light mayonnaise (I used Kraft reduced fat with Olive Oil)  
2 tablespoons plus 2 teaspoons sugar  
1 tablespoon raspberry vinegar  
1 tablespoon milk  
2 teaspoons poppy seeds

Method: In a small bowl, whisk raspberry jam until smooth, then whisk in mayonnaise until combined. Add sugar, vinegar and milk and whisk until smooth. Stir in poppy seeds. Makes about ¾ cup. Nutrition Info. per tablespoon = 45 calories, 3 gm fat, 65 mg. sodium, 5 mg. cholesterol, and 5 gm carbohydrates. (Recipe adapted from Taste of Home)

## New Potato Salad

This potato salad is lighter and healthier than the traditional mayonnaise and egg kind. You can add any other vegetables you like, too. For a Greek variation, you can use Greek seasoning instead of the Italian seasoning, and add sliced olives, cherry tomatoes, and maybe some crumbled Feta cheese.

2 lbs. new red potatoes, scrubbed  
¾ cup chopped red pepper  
½ cup chopped green onions

### Dressing:

1/3 cup olive oil  
1/3 cup white wine vinegar  
2 teaspoons Dijon-style mustard  
1 and ½ teaspoons Italian seasoning  
½ teaspoon salt  
¼ teaspoon black pepper

Method: Place potatoes in a pot and cover with cold water. Bring to a boil and cook for about 20 minutes or until potatoes are tender. Drain and set aside while making dressing. (the potatoes will absorb more flavor if dressing is added while they are still warm) Slice or dice potatoes and place in medium bowl. For more fiber, leave the peelings on. Add red pepper and green onion.

For dressing: Whisk together olive oil, vinegar, mustard, Italian seasoning, salt and pepper until well combined. Pour over potatoes, red pepper and onion mixture. Refrigerate for at least 4 hours to blend flavors. Makes about 12 servings, ½ cup each. Nutrition info per serving: 120 calories, 6 gm fat, 1 gm saturated fat, 0 cholesterol, 125 mg. sodium, 13 gm carbohydrates, 1 gm fiber, and 35% of daily Vitamin C. (Recipe adapted from Better Homes and Gardens)

## Classic Vinaigrette

This makes about ¼ cup, enough for 8-10 cups of salad greens, or 4-5 servings. A small wire whisk is the ideal tool to use to make this dressing. The mayonnaise and mustard act as ‘emulsifiers’ in this recipe, which means they keep the vinegar and oil combined so that they don’t separate so quickly.

½ teaspoon light mayonnaise (I used Kraft reduced fat with Olive Oil)

½ teaspoon Dijon mustard

1 Tablespoon white-wine vinegar

1 and ½ teaspoons grated onion

1/8 teaspoon table salt

dash of ground black pepper

3 tablespoons extra-virgin olive oil

**Method:** In a small bowl, combine mayonnaise and mustard and whisk together. Add vinegar, onion, salt and pepper and whisk until no lumps remain. Then, slowly whisk in olive oil. If you see pools of oil on the surface, stop adding oil and whisk until they disappear. When all oil is added, no oil should be visible on the surface. For best results, use dressing soon after preparing, but it can be left at room temperature for about an hour before it will start to separate. Nutrition information per tablespoon: 90 calories, 11 gm fat, 1.5 gm sat fat, 95 mg. sodium, 1 gm carbohydrate. Recipe adapted from Cook’s Illustrated.