

Easy Corn on the Cob

Microwave 1 ear of corn in the husk for 3 minutes.

Tortilla de Patatas

Adapted from *The Mediterranean Way* by Ric Watson and Trudy Thelander

A Spanish Tortilla is similar to an omelet or a frittata.

No corn or flour like the Mexican tortillas! Serves 2
1 large potato or 3-4 smaller potatoes, cut into small cubes

2 Tablespoons extra virgin olive oil

3 scallions, chopped, or ½ red onion chopped

2 gypsy peppers, seeds removed and finely diced (or ½ large red bell pepper)

4 large eggs

1 tablespoon finely chopped parsley, or green onion tops!

½ teaspoon sea or kosher salt

¼ teaspoon black pepper, or to taste

Preheat the broiler.

Steam the potato pieces until just soft enough to eat. (test with a fork. Start testing after about 4 minutes, depends on the size of the cubes)

Heat the oil in a medium skillet over medium heat and cook onion and peppers, stirring occasionally, until softened, about 5 minutes. Add the potato and cook, stirring to combine, for another 2 minutes.

Whisk the eggs together in a bowl with the parsley, salt and pepper. Pour the eggs over the vegetables in the skillet, cover, and cook gently over low heat for 8 minutes. Remove the lid and place under the preheated broiler to cook for 1 minute or until the top is set. Cut into wedges and serve. This can easily be served at room temperature or cold.

<http://www.mariquita.com/recipes/potatoes.html>

Potato Scallion Curry

1 inch ginger, minced

2 cloves garlic, minced

1 medium onion, chopped

1 bunch scallions or spring onions, chopped

4-6 potatoes boiled, chopped (big pieces) optionally remove peel

2 small green chilis

2 tsp curry powder

"Popu"

1 1/2 tbsp oil (olive, sesame, canola, etc.)

1 pinch fenugreek

1/4 tsp mustard seed 1 tsp cumin seed

In a large saucepan, prepare the popu. When the seeds crackle, add garlic and stir until aroma emerges. Add scallions, onion and green chilis. Stir until onions soften and become translucent. Add potatoes and ginger. Stir for 1-2 minutes. Add curry powder, stir for 1-2 minutes. Remove from heat. Can be served as a filling for dosas, with rice, or chappatis.

Unfried French Fries

adapted from In the Kitchen with Rosie by Rosie Daley

1 pound potatoes

oil cooking spray

1-2 egg whites

1 tablespoon cajun spice or chile powder or curry powder...

Preheat oven to 400 degrees Slice each potato into 1/4 inch ovals lengthwise then each oval into matchsticks. Coat a baking sheet with 3 sprays of the oil spray. Combine egg whites and spice in a bowl. Add the potato sticks and mix to coat. Pour the coated potatoes onto the sprayed baking sheet (I use a jelly roll pan) and spread them out into a single layer, leaving a little space in between. Place baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately.

Grilled Summer Squash with Basil & Parmesan

This preparation can be made with zucchini, yellow, or patty pan squashes...or a combination.

Trim and halve **summer squash** lengthwise. Place on large baking sheet, brush with **olive oil**. Sprinkle with **salt** and **pepper** to taste. Place on a hot grill and cook until squashes are tender and browned, about 10 minutes, turning occasionally. Transfer to a plate and cool. Cut vegetables diagonally into 1-inch pieces. Place in a bowl and add chopped fresh **basil**, to taste. Sprinkle with freshly grated **Parmesan cheese**, **balsamic vinegar** and **olive oil**, to taste. Toss and season with **salt** and **pepper**.

Easy Cucumber, Bell Pepper & Sprout Salad

Mix together:

1 peeled cucumber, diced

1 green bell pepper, diced

1 cup fresh raw mung bean sprouts

Toss with a bottled or homemade blue cheese salad dressing, to taste.

Serves 2 or 3.

Baked Summer Squash & Onion with Goat Cheese

3 large summer squash, diced

1 onion, peeled, diced

3 tablespoons melted butter

2 tablespoons fresh parsley, chopped

Salt and pepper to taste

1 cup Italian-style bread crumbs

4 ounces goat cheese, crumbled

2 teaspoons chopped fresh oregano for garnish, optional

Preheat oven to 450 degrees F.

In a large mixing bowl, toss together squash, onion, butter, parsley, salt and pepper and breadcrumbs until crumbs are well distributed. Gently stir in crumbled goat cheese and spoon mixture into large heatproof baking dish.

Bake for about 20 minutes. Remove from oven and garnish with oregano. Serve immediately. Serves 4.

Summer Squash & Orzo Salad with Basil for Two or Three

1/4 to 1/2 pound orzo

2 medium summer squash

1 small garlic clove, minced

1/4 teaspoon dried oregano

1/2 cup olive oil

1/8 cup fresh lemon juice

salt and pepper, to taste

1/8 cup grated Parmesan cheese

fresh basil to taste, roughly chopped

Cook orzo according to package directions. Cool.

Grate squash and sprinkle with salt. Let sit for 10 minutes and squeeze dry. Combine garlic, oregano, olive oil and lemon juice. Whisk until thoroughly blended.

Combine orzo, squash, Parmesan cheese and basil. Toss with dressing. Chill before serving.