

**Laguna Farm CSA member
Chelle Mcdonell
Sent you all this recipe from Sunset
Magazine, July 2009.**

Chelle writes:

We had this simple salad tonight and it was amazingly sweet and cooling

FRESH CORN AND AVOCADO SALAD

serves 6, time 30 min

6 ears corn
2 c halved cherry tomatoes
1/2 c thinly sliced red onion
1 large avocado, cut into 1/2" cubes
1/3 c chopped fresh basil leaves
2 tbsp champagne vinegar
1 tsp Dijon mustard
1/4 c evoo
1/4 tsp each kosher salt and freshly ground black pepper

1. in a large pot of boiling water, cook corn until warmed through - 3-5 minutes. rinse with cold water until cool.
2. meanwhile, combine tomatoes, onion, avocado and basil in a large bowl. in a small bowl, combine the remaining ingredients to make the vinaigrette, whisking until blended.
3. cut corn kernels off cobs and add to salad, then pour in vinaigrette and toss gently to combine.

Thank you Chelle!

Green Beans with Goat Cheese and Fresh Lemon Vinaigrette

Created by Celia Barbour

From Great Food in the August 2007 issue of O, The Oprah Magazine

Serves 8

The vinaigrette can be made up to 1 day in advance, covered, refrigerated and brought to room temperature before serving.

2 pounds green beans, trimmed
Zest of 1 lemon
2 Tbsp. lemon juice (about 1 lemon)
3 Tbsp. olive oil

1 tsp. kosher salt
1/2 tsp. cracked black pepper
2 ounces goat cheese, softened and crumbled

In a large pot, bring salted water to a boil. Add green beans. Cook 3 minutes; drain well. Set beans aside in colander; do not rinse (they will continue to cook). In a large bowl, whisk together lemon zest, juice, olive oil, salt and pepper. Add beans to bowl and toss. Transfer to a serving platter and sprinkle with crumbled goat cheese.

The Kid's Corner: Kale Smoothie or Kale Popsicles

"This doesn't even taste green! Feel free to play with the ingredients. I'm not sure how well other greens go in this smoothie, but the taste of kale is really easy to cover up!"

1 banana, thickly sliced, frozen
2 cups chopped kale
1-tablespoon flax seed meal (optional)
1-tablespoon coconut oil (optional)
1/4-cup milk
1/3 cup orange juice

Place the banana, kale, flax seed meal, and coconut oil into a blender, pour in the milk and orange juice. Cover, and puree until smooth; serve.

★★★★★

<http://allrecipes.com/Recipe/Green-Smoothie/Reviews.aspx>

wow, this was great. I made it for my 2-year-old thinking it would be healthy, but never thinking I would drink it and I ended up loving it as much as my son did. the only thing I did different was I didn't freeze the banana before blending, **instead I made Popsicles out of it.** Great summer time treat and healthy too.

Basil, Tomato and Mozzarella Sandwich

"This is a quick and refreshing no cook vegetarian meal. Basil, mozzarella and tomato on Italian bread. Great for those hot summer evenings when you don't feel like cooking."

1 (1 pound) loaf Laguna Farm or Italian bread

6 fresh basil leaves, chopped

2 tomatoes, sliced (or red peppers)

4 ounces fresh mozzarella cheese, sliced

1/8 teaspoon red pepper flakes

1/2 cup balsamic vinegar

Slice the loaf of bread in half lengthwise. Layer the basil, tomato slices, and mozzarella cheese between the two halves of bread. Cut into four sandwiches.

In a small dish, stir together the balsamic vinegar and red pepper flakes. Use as a dipping sauce.

★★★★★

<http://allrecipes.com/Recipe/Basil-Tomato-and-Mozzarella-Sandwich/Detail.aspx>

One of my favorite sandwiches to make for lunch for my husband and I. I have also tried out a few alternatives that are equally delicious. I always use good season's Italian salad dressing mix and use balsamic for the vinegar part and olive oil for the oil part and drizzle over the inside of the bread instead of dipping. The added seasoning and the olive oil/balsamic give it such a great flavor. I have added a slice of provolone, which adds wonderful flavor. I have added roasted red peppers instead of tomatoes and grilled chicken. I have also used all kinds of different breads but we like the Italian or harder crusted breads best. The original recipe and all the different ways I make this are all 5 stars! You can't go wrong.