

## Easy Turnip, Apple & Lettuce Salad

*No need to measure...just use as much of each ingredient as suits your taste!*

Cut off ends of turnips. Do not remove skin. Cut into large dice. Core and dice apple and mix with diced turnip.

Toss with a favorite salad dressing to taste. Stir in candied walnuts, or other favorite nuts. Serve on a bed of Laguna Farm lettuce mix.

## Turnip Salad with Scallions, Lettuce & Gruyere

*This is an excellent recipe to adapt to what's in the harvest. For example, if you don't have a carrot on hand, use another turnip, sugar snap peas, radishes, cucumber, raw zucchini or something else you have available. It's totally up to you.*

1 turnip, cut into 3-inch matchsticks  
1 carrot, cut into 3-inch matchsticks  
scallions to taste, trimmed, and cut into 3-inch strips  
1/4 pound Gruyère cheese, cut into matchsticks  
1 bunch Laguna Farm salad mix  
1 tablespoons olive oil  
juice from 1/2 lemon  
salt to taste  
freshly ground black pepper to taste  
Toss the lettuce in a medium bowl with a little olive oil and lemon juice, then divide between plates. Divide prepared vegetables evenly on top of the greens. Drizzle with remaining olive oil and lemon juice.  
Season to taste with salt and pepper.  
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## Stuffed Cucumber Snacks

cucumbers  
deli ham salad or garlic-and-herb spread  
thin orange or lemon slices, cut into small wedges, optional  
Using a vegetable peeler, cut lengthwise strips of peel down 4 side of cucumber, making a square shape (some peel will remain). Cut cucumber into 1-inch slices. Make indentation in center of each slice by scooping with a melon baller or spoon. Fill each

indentation with about 2 teaspoons deli salad or garlic-and-herb spread. Top each with orange or lemon wedge, if desired.

## No-Crust Summer Squash Quiche

Note: Laguna Farm has a wealth of fresh farm eggs from chickens fed on Laguna Farm veggies...yummy and so healthy.

6 cups coarsely shredded summer squash  
1/2 pound coarsely shredded Swiss cheese  
4 eggs  
1 cup buttermilk baking mix  
1/4 cup salad oil\*  
1/2 teaspoon salt  
1/4 teaspoon Italian seasoning  
Preheat oven to 400 degrees F. Grease a 9-inch pie plate. Combine all ingredients in a large bowl and mix well with a fork or wire whisk and pour into the prepared pie plate. Bake 30 to 35 minutes, until golden brown and a knife inserted in the center comes out clean.  
*\*Substitute applesauce for oil to reduce calorie count. Serves 6.*

## Baked Squash Chips on the Go

"A quick, healthy way to make a veggie snack for your summer on the run. Great make ahead for the car or plane.

PREP TIME 5 Min  
COOK TIME 10 Min  
READY IN 15 Min

2 medium zucchini or other summer squash  
equivalent quantity, cut into 1/4-inch slices  
1/2 cup seasoned dry bread crumbs  
1/8 teaspoon ground black pepper  
2 tablespoons grated Parmesan cheese  
2 egg whites

Preheat the oven to 475 degrees F  
In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip squash slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.  
Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

## Sweet Pepper and Lentil Soup

inspired by a recipe in Not Your Mother's Slow Cooker Cookbook by Hensperger and Kaufmann  
2 Tablespoons olive oil  
1 onion, or 2 leeks, chopped  
3-5 cloves of garlic, chopped  
1 teaspoon freshly purchased paprika or smoked paprika  
1-3 sweet peppers, depending on their size, seeded and finely chopped  
1 cup dried brown or black lentils, picked over and rinsed  
5 cups broth or water  
S & P to taste (at least an entire teaspoon of salt for this one)  
1-2 Tablespoons champagne or sherry or rice vinegar to finish the soup  
Cook the onion in 1 Tablespoon oil over medium heat in a skillet until the onion/leeks begin to soften. Stir in paprika and allow it to cook for about a minute more.  
Add the chopped sweet pepper and cook for another 2-3 minutes, until everything begins to soften. Scrape all this into a slow cooker. Add the lentils or broth (or water) and stir to combine. Cover and cook on low until the lentils are completely soft, 7-9 hours.  
Season the soup with S & P (more salt if you used water, less if you used purchased broth), and last Tablespoon olive oil. Stir in 1 Tablespoon of one of the vinegars, adding more if needed. Serve hot.

## Shelling Peas Pasta: Easy

Pasta= your favorite  
Shelling peas = shelled  
Fresh tomato & scallion or onion  
Chile flakes  
Olive oil

In a pan I added some fresh peas (not blanched at all) to some hot olive oil and chile flakes, and let them cook while I boiled some salted water for the pasta. As the linguine went into the water, I added the tomatoes to the peas, having first sliced the tomatoes lengthwise. I seasoned them with salt and pepper, then added some rough chopped scallion and let it all soften. When the pasta was just about ready I added it to the pan with the peas along with a little pasta water and cooked it for about a minute like that. To finish I splashed a little more olive oil on top and then grated a ton of Parmesan cheese over the top.