

## Try these Recipes from the Maine Nutrition Network using Fresh Maine Foods!

### Vegetable and Cheese Casserole

1 tablespoon Oil	½ cup chopped onion
1 large clove garlic, peeled and minced	2 large tomatoes, chopped
2 pounds zucchini or yellow summer squash, cut into ½ inch pieces	1 ½ to 2 cups corn kernels (from 2-3 large ears or frozen kernels)
6 ounces grated cheese	salt and pepper, to taste

1. In a large skillet, heat the oil and add onion. Cook the onion over medium-low heat until the onion is softened.
2. Add the garlic, tomatoes, squash and corn, and cook the mixture – stirring it for 8-10 minutes or until the squash is tender.
3. Reduce the heat to low, stir in the cheese, salt and pepper (if desired), cover the pan, and simmer the casserole for 30 seconds to melt the cheese.

### Salsa

2 medium tomatoes, chopped	½ teaspoon chili powder
4 oz. Can chopped green chilies	½ teaspoon sugar
1-cup corn	¼ teaspoon oregano
½ cup chopped onion	1/8-teaspoon cayenne pepper
¼ teaspoon salt	

1. Combine all ingredients in a microwave safe container.
2. Cover tightly. Microwave on high for 5 minutes or until boiling.

### Broccoli Salad

Serves 6

1 head fresh broccoli (about 1 pound)	½ cup raisins
1/3-cup low-fat mayonnaise	optional: ¼ cup walnuts or ¼ cup chopped red onion. Shredded carrots or chopped apples can also be added.
3 tablespoons sugar	
1-½ teaspoon vinegar	
1-½ teaspoon low-fat milk	

1. Wash broccoli, cut heads into florets. Dice stems. Place florets and diced stems in a bowl.
2. In a small bowl, combine low-fat mayonnaise, sugar, vinegar and low-fat milk. Mix well. Add to diced broccoli.
3. Add raisins, walnuts and onions to mixture. Stir to coat all pieces.
4. Chill at least two hours before serving.

## Cantaloupe Shake

Serves 4

3 cups cubed cantaloupe  
1 (8 ounce) carton vanilla low-fat  
or non-fat yogurt  
2 tablespoons sugar  
1/8-teaspoon ground nutmeg  
1 cup crushed ice or cubes

Place cantaloupe in electric blender. Cover and process until smooth.  
Add yogurt, sugar and nutmeg. Cover and process for 30 seconds.  
Add ice. Cover and process until smooth.

**Serve Immediately! Enjoy!**

## Twice Baked Potatoes

Serves 4

4 medium potatoes, baked  
1-cup low-fat cottage cheese  
1/2 cup low-fat milk  
1 tablespoon chopped onion  
salt and pepper to taste  
paprika  
dried parsley flakes (optional)

1. Cut hot potatoes in half lengthwise. Scoop out potatoes, leaving skins intact for re-stuffing.
2. With a wire whisk beat potatoes with cottage cheese, milk and onion. Spoon the mixture back into skins.
3. Sprinkle with paprika and parsley flakes.
4. Bake 10 minutes at 375 ° F or until just golden.

## Sweet and Sour Cucumbers

1/2 cup sugar  
1/3 cup vinegar  
1/4 teaspoon garlic powder  
1/8-teaspoon celery seeds  
dash salt  
4 medium cucumbers, sliced thin  
1 medium onion, peeled and chopped

1. Combine the first five ingredients in a salad bowl. Stir to mix.
2. Add sliced cucumbers and onions to dressing. Toss and serve.

This keeps well refrigerated for three days. Serve with a slotted spoon.

## Pasta Primavera

1 cup fresh or frozen peas	½ cup cherry tomatoes, diced
1-cup broccoli florets, diced	¼ cup Parmesan cheese
1 cup yellow squash or zucchini, diced	¼ cup low-fat Italian dressing
½ cup carrots, diced	optional – ¼ cup chopped fresh basil
½ pound spaghetti, fettuccini or linguine	or parsley

1. Cook and drain the spaghetti according to package directions.
2. Put peas, diced broccoli, squash or zucchini, and carrots into boiling water for two minutes. Remove from heat and drain.
3. In a bowl, mix cooked vegetables, tomatoes, Parmesan cheese and Italian dressing.
4. Pour overcooked pasta and serve.

## Berry Crumble

### Serves 6

3 cups fresh blueberries, raspberries blackberries or strawberries	½ cup oatmeal
¼ cup frozen orange juice, concentrate, thawed	¼ cup white or whole wheat flour
2 tablespoons margarine, cut into small	2 tablespoons brown sugar pieces

1. Preheat oven to 375 ° F.
2. Combine first three ingredients in an 8-inch square baking dish. Set aside.
3. Combine oats, flour, brown sugar in a bowl; cut in margarine with a pastry blender (or two knives), until mixture resembles coarse meal. Sprinkle over berries.
4. Bake for 30 minutes. **Top with low-fat frozen yogurt. Enjoy!**