



Gazpacho for Nacho

VEGETABLE LESSON

Recipes to try at home

CREATE

FOOD, FUN & READING

Cultural Adventure

Gazpacho for kids (Rainbow Salsa)

Serves: 6

Ingredients

- 6 tomatoes
- 1 orange bell pepper
- 1 can sweet corn, drained and rinsed
- 1 jalapeño (optional)
- 1 lime
- 1 bunch cilantro
- 1 purple onion
- 1 can low sodium black beans, drained and rinsed
- 1 TBSP cumin
- 1 tsp Salt



Instructions:

1. Dice tomatoes, bell pepper, cilantro, and purple onion. Finely dice jalapeño (if using) and remove all seeds to keep mild.
2. Juice lime, set aside.
3. Mix all ingredients in a large bowl. Stir to combine.
4. Allow to chill in the refrigerator at least 30 minutes. Serve with tortilla chips.

Ratatouille

Serves: 8

Ingredients

- 5 tablespoons olive oil
- 1 Large Eggplant, diced
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds zucchini and/or summer squash (3 to 4 medium squash), large dice
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 tsp dried thyme
- 3-4 medium tomatoes, large dice
- 1 large bell pepper, large dice
- 1/4 cup loosely packed fresh basil leaves, thinly sliced or 2 tsp dried

Instructions:

1. Heat 2 tablespoons of the oil in a large pot over medium-high heat. Add the eggplant, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to a large bowl.
2. Add 2 tablespoons of the oil to the pot. Add the zucchini, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to the bowl with the eggplant.
3. Reduce the heat to medium. Add the remaining 1 tablespoon oil and the onion, season with salt and pepper, and cook, stirring occasionally, until softened and just beginning to brown, 6 to 8 minutes. Add the garlic and thyme and cook until fragrant, about 30 seconds. Add the tomatoes and bell peppers. Add the reserved eggplant and zucchini and gently stir to combine.
4. Bring to a simmer, then turn down the heat to medium-low. Simmer, stirring occasionally, for at least 20 minutes or up to 1 1/2 hours. A shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking times will break the vegetables down into a silky stew.
5. Just before serving, stir in the basil. Taste and season with salt and pepper as needed. Serve, sprinkling each serving with more basil and drizzling with more olive oil.

Extension

UtahStateUniversity.



CREATE
BETTER HEALTH. SNAP-ED