



2024 WSU CHELAN-DOUGLAS MASTER GARDENER TOMATO GALA

ENJOY SOME FAVORITE TOMATO RECIPES PROVIDED BY THE MASTER GARDENERS.
THE RECIPES WERE PRINTED AS PROVIDED - ENJOY!

Food Safety Tip: Before starting any food preparation, please wash your hands with soap and warm water and prepare a clean working surface. Keep pets out of the kitchen.

Sausage, Tomato and Cheddar Quiche

Ingredients:

2 tsp. olive oil	4 large eggs
1 large onion, chopped	3/4 cup sour cream
Kosher salt and pepper	1/2 cup whole milk
6 oz. Italian sausage. casing removed	1/4 tsp. freshly grated nutmeg (optional)
1 cup grape tomatoes, halved	4 oz. extra sharp cheddar, grated (1 cup)
3/4 cup flat leaf parsley, chopped	1 prebaked pie crust



Preparation:

1. Preheat oven to 450°F. Prepare pie crust, either made or purchased. Roll out dough and fit into a 9 inch pie pan, fold edges underneath to create a thicker 1/2 inch border, then crimp. Place on a rimmed baking sheet and prick bottom of pie crust all over with a fork. Bake until golden brown, 12 - 15 minutes. Remove from oven.
2. For Quiche heat oven to 375°F. Heat oil in large skillet on medium heat. Add onion, 1/4 each salt and pepper, and cook stirring occasionally, until softened, 5 - 7 minutes. Add sausage and cook, breaking up with spoon, until no longer pink, 4 - 6 minutes. Stir in tomatoes and parsley and remove from heat.
3. In large bowl whisk together eggs, sour cream, milk, 1/4 tsp. each salt and pepper, and nutmeg. Gently stir in sausage mixture and cheese.
4. Pour filling into crust and bake at 375°F. Bake until just set, when knife inserted in center comes out clean, 35 - 40 minutes. Let sit 5 minutes before serving.

Master Gardener: Diane Lee

Source: Good Housekeeping – April/May 2024

Yann Nury's Cherry Tomato Tart

Ingredients:

3 pounds cherry tomatoes
1 tablespoon Dijon mustard
1 red onion
Dried oregano to taste

Ingredients for the Crust

150 grams all-purpose flour
150 grams whole wheat flour
100 grams warm water
100 grams olive oil
12 grams dry instant yeast (or 24 grams fresh yeast)
10 grams salt



Preparation:

1. Lightly brush a 12-inch round metal tart pan with olive oil.
2. **Make the dough:** Mix the warm water, olive oil and yeast in a small bowl until completely incorporated. Combine the salt and flour in a medium bowl. Add the liquid to the flour mixture, first mixing with a fork or wooden spoon and then kneading by hand until smooth.
3. Place the dough in the oiled pan and spread it evenly with your fingers to the edge of the pan. Cover with a towel and let sit for one hour.
4. **Make the coulis:** Slice the onion and toss it with a half-pound of the cherry tomatoes and enough olive oil to coat. Sprinkle with a bit of dried oregano and roast on a sheet pan at 450°F until the tomatoes are lightly browned, about 15 minutes. Let cool slightly. Using a blender, purée with 1 tablespoon of Dijon mustard until smooth. Taste and adjust salt.
5. Slice the remaining tomatoes into halves. Spread a thin layer of the tomato mustard coulis onto the dough, adding an additional pinch of oregano to taste. Arrange the halved tomatoes atop the dough, packing them as tightly as possible. Drizzle with olive oil and sprinkle with sea salt.
6. Bake at 425°F for 25 to 30 minutes, until the crust is golden brown and the tomatoes are slightly charred. Serve warm, as is or finished with a bit of lemon zest, a few torn basil leaves, some shaved Parmesan and a sprinkle of capers or your favorite caviar.

Master Gardener: Jeff Martin

Source: New York Times

Summer Tomato Tart

Ingredients: Dough

1¼ cups all-purpose flour
1/4 cup polenta or cornmeal
2 teaspoons sugar
1/2 teaspoon salt
3 ounces unsalted butter, chilled and cubed
5 tablespoons ice water, plus more if necessary

Ingredients: Tart

1/4 cup Dijon or whole-grain mustard
3 medium tomatoes (1½ pounds)
Salt and freshly ground pepper
6 ounces whole-milk ricotta



1½ tablespoons melted butter
Parmesan cheese

Preparation: To Make the Dough

1. Mix together the flour, polenta, sugar, and salt in the bowl of a stand mixer fitted with the paddle attachment, or make it by hand by putting the dry ingredients in a medium bowl and use a pastry blender or your fingers to mix the dough.
2. Add the cubed, cold butter and mix until the pieces of butter are the size of large corn kernels. Add the water and continue to mix until the dough starts to come together. Use your hands to gather the dough and shape it into a disk. If the dough feels too dry to do that, add more water, 1/2 tablespoon at a time, until it comes together.
3. Wrap the dough in plastic wrap or your favorite eco-friendly alternative and chill for at least an hour. The dough can be made up to 3 days in advance.

Preparation: To Make the Tart

1. Remove the dough from the refrigerator. Unwrap it and holding the disk of dough perpendicular to the counter, rap the sides of the dough on the counter, turning it as you go to soften the edges, which helps them stay together and not get too ragged when you are rolling out the dough.
2. On a lightly floured countertop, roll the dough out to a 14-inch circle, turning the dough and sprinkling more flour on the counter and the dough to keep it from sticking as you are rolling.
3. Place the dough on a baking sheet lined with parchment paper or a silicone baking mat. Preheat the oven to 400°F while you assemble the tart.
4. Spread a layer of mustard on the dough, leaving a few inches empty around the perimeter, which you will fold over the filling later.
5. Slice the tomatoes about 1/3-inch thick and layer them in concentric circles, overlapping them a little, over the mustard. Sprinkle the tomatoes with a little salt and freshly ground pepper.
6. Fold the edges of the dough over the tomatoes to make an outer crust.
7. Place chunks of ricotta cheese over and in some places, partially tucked under the tomatoes.
8. Brush the edges of the dough with melted butter and grate Parmesan cheese over the entire tart, including the crust.
9. Bake until the tomatoes are soft and cooked through and the crust is dark golden brown, about 35-40 minutes. Slide onto a cooling rack and cool about ten minutes before serving.

Additional Comments:

- ✓ Polenta will make the dough a little less smooth to roll out, but I do like the taste and texture of the coarse bits of ground corn, so it's worth it for the flavor. You can use fine polenta or cornmeal or additional all-purpose flour (or a whole-grain flour, such as teff or buckwheat) in place of the polenta if you want to leave it out.
- ✓ I love fresh ricotta with this tart, but you could try it with another cheese that's relatively moist but won't melt into a puddle, such as feta or provolone.
- ✓ I've added corn kernels to this tart before baking when I had a hankering for corn. Fresh or frozen will work. You can finish the tart with a flurry of fresh herbs, such as basil, tarragon, savory, or parsley. I also like it with swipes of pesto or Calabrian chili paste on it, added after it comes out of the oven.

Master Gardener: Mark Kulaas

Author: David Lebovitz

Serves: 8

BLT Salad

Ingredients:

Tomatoes in a variety of colors and sizes, including cherry, grape or pear, to serve 4
Kosher or sea salt and freshly ground black pepper
Red or white wine vinegar
4 thick slices apple wood-smoked bacon, cut into 1-inch pieces
1/2 cup favorite salad dressing
4 small handfuls of arugula, mizuna, or other soft baby greens

Preparation:

1. Slice the large tomatoes and arrange them on a serving platter. Season with salt and pepper and sprinkle with vinegar. Cut small tomatoes in half and set aside.
2. Put the bacon in a large skillet and set over low heat. Cook, turning the bacon often, until pieces are crisp, about 8 minutes. Transfer to paper towels to drain.
3. Spoon the dressing over the tomatoes. Top with the arugula, and scatter the halved small tomatoes and the crisp bacon on top. Serve immediately.

Master Gardener: Mary Fran McClure

Source: Eating Local, Janet Fletcher

Tomato and Fennel Soup

Ingredients:

1 large leek (about 1 pound)
1 large fennel bulb, stalks and leaves removed (about 12 oz)
2 T extra-virgin olive oil
2 cups homemade or canned low-sodium chicken or vegetable stock
2 pounds vine-ripened tomatoes (about 6 medium), peeled, seeded and coarsely chopped
About 3/4 teaspoon salt, less if using canned stock
2 T coarsely chopped fresh French tarragon leaves
Freshly ground black pepper

Preparation:

1. Cut off and discard top of leek where it turns from light to dark green. Split the remaining portion lengthwise in half, keeping the roots attached so that the layers will not fall apart, and wash the leek thoroughly. Thinly slice into half circles.
2. Cut the fennel bulb in half and slice it 1/4 inch thick.
3. Heat the olive oil in a medium saucepan over medium heat. Add the leek and cook until soft and translucent, but not browned, about 8 minutes. Add the fennel, stock, tomatoes, and salt. Bring to boil, reduce to low, cover, and simmer until the fennel is very soft, about 30 minutes. Add the tarragon.
4. Transfer the soup to a food processor, filling it no more than half full, and pulse until the soup is partially pureed but still has some texture. Return the soup to the saucepan and reheat if necessary.
5. Taste and season with pepper and additional salt if needed.
6. Serve immediately or freeze in 1-2 cup portions as needed for future meals.

Master Gardener: Jan Clark

Source: The Herbfarm Cookbook – Jerry Traunfeld

Roasted Tomato and Garlic Pasta Sauce

Ingredients:

5 pounds Roma or paste tomatoes, thickly sliced
2 onions, chopped
4 whole garlic pods
1 teaspoon Italian herbs blend or Oregano
Salt and pepper to taste
Olive oil

Preparation:

1. Preheat oven 425°F.
2. Cut whole garlic into halves. Arrange thickly sliced tomatoes and garlic pods on a baking tray with at least 1 inch depth for juices. Brush tomato slices and garlic with olive oil. Sprinkle with salt and pepper.
3. Bake for 1 ½ hours.
4. While tomatoes are baking, heat 3 T oil in pan and add chopped onions. Sauté until golden brown and take off heat. After tomatoes and onions cool, transfer into a blender or food processor until smooth. Smooth with more salt and pepper to taste and enjoy with your favorite pasta. Note: You can also season with herbs to taste. Transfer extra sauce into sterilized glass jars and freeze once cooled.

Source: Lifescoops.blogspot.com 6-15-13

Quantity: 4 cups of sauce

Italian Bruschetta Appetizer

Ingredients:

3 firm Roma tomatoes, diced
1 shallot, diced
1/2 cup Feta cheese, crumbled
2 Tablespoons olive tapenade mix (preferably with green and kalamata olives)
1 teaspoon dried basil or 6 fresh basil leaves, sliced
1/8 cup olive oil
1/8 cup balsamic vinegar
Salt to taste

Preparation:

1. Toss lightly and allow to let sit for 15 minutes before serving with toasted slices of Italian Baguette.

Master Gardener: Heidi Desmarais

Fresh Tomato, Basil and Prosciutto Pasta

Ingredients:

12 ounces spaghetti
Salt and pepper, to taste
6 garlic cloves
1½ pounds ripe tomatoes, any variety
1/3 cup olive oil, plus more for drizzling
1½ cups fresh basil leaves
3-4 ounces thinly sliced prosciutto, preferably at room temperature
1/2 cup fresh ricotta, preferably at room temperature

Preparation:

1. Cook pasta according to package instructions in a large pot of salted boiling water until al dente, then drain.
2. While the pasta is cooking, thinly slice the garlic and cut the tomatoes into large bite-size pieces 3/4 to 1-inch chunks, wedges or slices, or just halves if using cherry tomatoes.
3. Heat the olive oil in a large skillet or sauté pan over medium. After 2 minutes, add the garlic and let sizzle for about 1 minute without browning, then add the tomatoes and use tongs to toss in the garlic oil.
4. Season with salt and cook, tossing gently, until tomatoes are warmed through and have started to release their juices but are still intact, about 3 minutes. Turn off heat.
5. To serve, transfer warm pasta onto plates, tear the prosciutto into pieces and drape them over top. Dollop on the ricotta, season with salt and pepper and finish with a drizzle of olive oil.

Additional Comments:

This summertime pasta of lightly sizzled garlic and tomatoes with torn basil is satisfyingly easy and delicious. It's also a reminder that with really great ingredients, not a lot of cooking is necessary to create a stand-out meal. Melt-in-your-mouth prosciutto and dollops of ricotta add a little richness to contrast with all the freshness, leaving you with a colorful main that doesn't really need much else, but a sprinkle of crushed red-pepper flakes or a few thin rings of jalapeño or sweet red pepper could be welcome additions.

Master Gardener: Linda Christianson

Source: New York Times, Christina Reynoso, July 9, 2024

Southern Tomato Pie

Ingredients:

- 1/2 (14.1 ounce) package refrigerated pie crusts, at room temperature
- 3 medium ripe tomatoes
- 1 1/4 teaspoons kosher salt, divided
- 1/2 cup mayonnaise
- 2 ounces cream cheese, softened
- 1 1/2 cups shredded sharp Cheddar cheese, divided
- 1 large egg, lightly beaten
- 1 tablespoon all-purpose flour
- 1 large clove garlic, minced
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground black pepper
- 1/4 cup shredded Parmesan cheese
- 1 tablespoon thinly sliced fresh basil

**Preparation:**

1. Preheat oven to 400°F. Fit pie crust inside a 9-inch pie plate, pressing into the bottom and up the sides of the plate. Fold crust edges under; crimp as desired. Place a piece of parchment paper over crust in pie plate, leaving a 3-inch overhang. Fill with pie weights or dried beans.
2. Bake in the preheated oven for 10 minutes. Carefully remove parchment paper and pie weights. Continue baking until crust is light golden brown, 5 to 8 minutes more. Transfer to a wire rack; cool to room temperature, about 30 minutes. Reduce oven temperature to 375°F.
3. Meanwhile, slice tomatoes crosswise into 1/4-inch thick slices; arrange tomato slices in a single layer on paper towels. Sprinkle with 3/4 teaspoon of the salt; let stand for 20 minutes. Pat tomato slices dry with paper towels.
4. Whisk together mayonnaise and cream cheese until combined and smooth. Fold in 1 1/4 cups Cheddar cheese, egg, flour, garlic, cayenne, black pepper, and remaining 1/2 teaspoon salt until combined.
5. Spread half of the Cheddar mixture in the pie crust. Layer with 1/3 of the tomato slices in slightly overlapping circles. Repeat procedure with remaining Cheddar mixture and another third of tomato slices. Top with

remaining tomato slices in slightly overlapping circles. Sprinkle with Parmesan and remaining 1/4 cup Cheddar cheese.

6. Bake pie in the preheated oven until filling is set and lightly browned on top, 30 to 35 minutes, tenting crust with aluminum foil to prevent excess browning, if needed. Let stand for at least 30 minutes before serving. Garnish with thinly sliced basil before serving.

Master Gardener: Joy Castellente

Source: All Recipes – Test Kitchen

Gazpacho - Cold Fresh Tomato Soup

Ingredients:

- 1.5 pounds of vine-ripened tomatoes (that's about 4 tomatoes 3.5" in diameter each), stem scar and any thick white core cut out, but use the gel, seeds, and juice
- 1 cup cucumber, about 5" long, peeled
- 1/2 cup red bell pepper (that's about 1/2 of a bell pepper)
- 1/2 cup sweet white onion, such as a Walla Walla
- 1 Serrano pepper, seeded; more if you like it hot
- 1 clove of garlic, about 1/2 tsp. size
- 1/4 cup extra virgin olive oil
- 2 T lime juice
- 2 tsp. Balsamic vinegar
- 2 tsp. Worcestershire sauce
- 1/2 tsp. ground cumin
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper



Preparation:

1. Prepare ingredients and blend together until smooth.
2. Chill well before serving.
3. The soup freezes well for use at a later time.

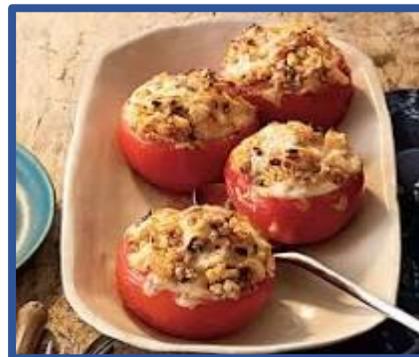
Master Gardener: Susan Sampson

Quantity: About 2 1/2 cups of soup

Baked Tomatoes with Quinoa, Corn and Green Chiles

Ingredients:

- 2 poblano chili
- 2 cups fresh corn kernels – about 4 ears
- 1 cup chopped onion
- 1 T chopped fresh oregano
- 1 T olive oil
- 1 T fresh lime juice
- 1 tsp salt, divided
- 3/4 tsp ground cumin
- 1 tsp freshly ground black pepper
- 6 large ripe tomatoes – about 4 pounds
- 1 cup uncooked quinoa
- 1/4 cup water
- 4 ounces Colby-Jack cheese, shredded – about a cup packed



Preparation:

1. Preheat broiler to high.
2. Cut chiles in half lengthwise; discard seeds and membranes. Place chili halves, skin side up, on a foil-lined baking sheet, flatten with hand. Broil 8 minutes or until blackened. Place in a paper bag; close tightly. Let stand for 10 minutes. Peel chiles. Coarsely chop chiles and place in a bowl.
3. Add corn and onion to pan, broil 10 minutes, stirring twice. Add corn mixture to chopped chiles, stir in oregano, oil, lime juice, 1/4 teaspoon salt, cumin and black pepper.
4. Cut tops off tomatoes, set aside. Carefully scoop out tomato pulp, leaving shells intact. Drain pulp through a sieve over a bowl pressing with the back of a spoon to extract liquid. Reserve 1 1/4 cups liquid and discard remaining liquid. Sprinkle tomatoes with 1/2 teaspoon salt. Invert tomatoes on a wire rack, let stand for 30 minutes. Dry insides of tomatoes with a paper towel.
5. Place quinoa in a fine sieve and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds, rinse and drain. Repeat the procedure twice. Drain well.
6. Combine reserved tomato liquid, quinoa, 1/4 cup water and the remaining salt in a medium saucepan and bring to a boil. Cover, reduce heat and simmer for 15 minutes or until liquid is absorbed. Remove from heat and fluff with a fork. Add quinoa mixture to corn mixture and toss well.
7. Preheat oven to 350°F.
8. Spoon about 3/4 cup corn mixture into each tomato. Divide cheese evenly among tomatoes. Place tomatoes and tops, if desired, on a jelly-roll pan. Bake at 350°F for 15 minutes. Remove from oven. Preheat broiler. Broil the tomatoes 1 1/2 minutes or until cheese melts. Place tomato tops on tomatoes, if desired.

Master Gardener: Emily Gale**Source:** Cooking Light**Serves:** 6**Black Bean, Avocado, Cucumber and Tomato Salad****Ingredients:**

- 1 seedless cucumber, peeled and diced
- 2 medium ripe tomatoes, diced
- 2 avocados, diced
- 15.5 oz can black beans, rinsed and drained
- 2 T red onion, minced
- 2 T cilantro, minced
- 2 limes, juice from the limes
- Salt and fresh pepper, to taste

Preparation:

1. Combine all ingredients and season with salt and pepper.
2. Keep refrigerated until ready to serve.

Additional Comments:

- ✓ A touch of lime and a little cilantro makes this salad a perfect companion for grilled chicken or steak.

Master Gardener: Mona Kaiser**Serves:** 10 – ½ cup servings

Cream of Tomato Soup

Ingredients:

- 1 onion, chopped
- 2 T butter
- 1 clove garlic, crushed
- 1 tsp paprika
- 1 T tomato puree
- 2 1/2 pounds tomatoes, chopped
- 2 tsp sugar
- 1 bay leaf
- 2 1/2 cups chicken or vegetable stock
- 1/2 cup heavy cream

Preparation:

1. Sauté onion in butter until softened, about 10 minutes. Stir in garlic and paprika and cook for one minute. Add the puree and cook 2 more minutes.
2. Add the tomatoes, sugar, bay leaf and stock. Bring the soup to a boil and simmer for 20 minutes.
3. Remove the bay leaf. Blend the soup in batches in a food processor or blender until smooth. Push through a sieve to remove any skin or seeds and return the liquid to the pan.
4. Stir in the heavy cream and reheat the soup gently.

Master Gardener: Barb Rooke

Triple Tomato Salad

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1 cup cherry tomatoes (use variety of red and gold), halved
- 1/2 clove garlic, thinly sliced
- Pinch dried thyme
- Smoked flaky salt (if you have it)
- Kosher salt and freshly ground black pepper
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- 1 to 2 teaspoons minced Calabrian chiles, depending on how spicy you want it!
- 1 tablespoon plus 2 teaspoons white wine vinegar
- 1/4 red or sweet white onion, sliced paper-thin
- 2 heirloom tomatoes, cored and sliced into various sizes
- 1/4 cup fresh basil, torn
- 1/4 cup fresh dill, torn

Preparation:

1. Preheat the oven to 350°F.
2. Drizzle 1 tablespoon oil on a small sheet pan. Add 3/4 cup of the cherry tomatoes, along with the garlic, thyme and smoked salt and pepper to taste. Toss together. Roast for 15 to 20 minutes. Allow to cool to room temperature.
3. In a small bowl, whisk together the mustard, honey, chiles, 1 tablespoon vinegar and the remaining 3 tablespoons olive oil. Add the onions and remaining 1/4 cup cherry tomatoes and toss. Season with kosher salt and pepper; allow to marinate for 10 minutes.

4. Add the remaining 2 teaspoons white wine vinegar to the roasted tomatoes. Arrange the roasted tomatoes on a platter and drizzle with the liquid. Add the marinated tomatoes and drizzle with some of the mustard vinaigrette. Top with the heirloom tomatoes. Finish by garnishing with the basil, dill and smoked salt.

Master Garden: Mark Kulaas

Author: Geoffrey Zakarian

Peach and Tomato Caprese Salad

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon flaked salt, divided
- 2 large heirloom tomatoes, thinly sliced
- 2 ripe peaches - halved, pitted, and sliced into half moons
- 1 (8 ounce) ball fresh mozzarella, thinly sliced
- 6 leaves fresh basil



Preparation:

1. Whisk together olive oil, balsamic vinegar and 1 pinch of flaked salt in a small bowl until dressing is smooth.
2. Alternate tomato slices, peach slices, mozzarella slices and basil leaves in layers on a serving platter.
3. Drizzle dressing over salad and sprinkle flaked salt on top.

Master Garden: Mark Kulaas

Author: Julie Hubert – Allrecipes Test Kitchen

Tomato and Bacon Jam

Ingredients:

- 1/2 pound smoked bacon
- 2 pounds ripe tomatoes, chopped
- 1 sweet yellow onion, finely diced
- 1 cup white sugar
- 2 1/2 tablespoons apple cider vinegar
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 dash hot pepper sauce, such as Tabasco, optional



Preparation:

1. Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels. Crumble bacon when cool.
2. Stir tomatoes, sweet onion, sugar, apple cider vinegar, salt, black pepper, and hot sauce together in a saucepan and bring to a boil, stirring constantly to dissolve sugar. Stir in crumbled bacon and cook over medium heat, stirring often, until the spread is very thick, about 1 hour. Adjust salt and black pepper.
3. Cool and spoon into a clean 1-pint glass jar with a lid; store in the refrigerator for 1 week or freeze for 2 months. If freezing, put spread into small jars and let jars thaw in refrigerator overnight before using.

Master Garden: Mark Kulaas

Author: 3RDTIMESACHARM – Allrecipes Test Kitchen

Freezing Tomatoes

Preparation:

This is not a tomato recipe but an easy way to freeze tomatoes for later use.

1. Wash tomatoes, cut out the core and package in a freeze bag. Freeze whole or in halves if really large.
2. In the winter when you need tomatoes for a recipe, remove from the freezer the amount needed and thaw on the counter while preparing your recipe. When slightly thawed, the skins will slip right off or a quick rinse under running water will get it done.
3. Cut or chop the tomatoes for your favorite recipe.

Master Gardener: Kathi Ann Scheibner

Sunol Salsa

Ingredients:

1 ¾ cups fresh tomatoes, diced to ¼ inch, together with the seeds and juices

½ cup Walla Walla or other sweet onion, diced to ¼ inch

2 small serrano peppers, stemmed and seeded

If the serrano peppers are too hot for you, substitute a can of diced chiles or ¼ cup pickled jalapeño rings, diced.

1/3 cup cilantro leaves and tender parts of stems, chopped with knife or scissors

½ tsp salt

2 T lime juice

Preparation:

1. Combine the ingredients and let the mixture sit for 10 or 20 minutes to allow the flavors to combine.
2. Drain off some of the liquid if it's too watery for you.
3. No chips in the house, eat it plain and call it salad to help meet your daily quota of 5 servings of vegetables.

Master Gardener: Sue Sampson

Housekeeper's Salsa

Ingredients:

5 yellow peppers

5 jalapenos

5 tomatoes, peeled, seeded and diced

1 medium onion

1 chicken bouillon cube

10 shakes of pepper; salt to taste



Preparation:

1. Cut the peppers and jalapenos in half, quarter the onion and boil with a small amount of water for 20 minutes.
2. Cut the tomatoes in half and add with the other ingredients; boil another 15 minutes and blend.

Additional Comments:

This recipe arrived round-about from a housekeeper in Mexico with nothing written down. That's why it is imprecise and will call upon your culinary skills to interpret and adjust. One variation is to use green chiles, roasted and diced to replace the 5 yellow peppers, add a clove of garlic, oregano and 2-3 tsp of vinegar for flavor.

Master Gardener: Sue Sampson