



GARDEN ON A STICK

Recipe Serves: 5

Ingredients

3 Zucchini, cut into 1 inch to 1 ½ inch slices on the bias
3 Yellow Squash, cut into 1 inch to 1 ½ inch slices on the bias
2 Red Pepper, roasted and julienned
2 Carrots, cut into ½ to 1 inch slices on the bias
3 Vine Ripe tomatoes, quartered
A Bunch of Fresh Basil
2 Minced Garlic Cloves
1/3 Cup Balsamic Vinegar
2/3 Cup Extra Virgin Olive Oil
1 Tablespoon Crushed Red Pepper Flakes
1 Tablespoon Butter
1 Teaspoon Sugar
Salt and Pepper to taste
10 Wooden skewers, soaked in water

Directions

In a bowl whisk the balsamic vinegar, sugar, garlic and extra virgin olive oil together until the sugar has fully dissolved into the mixture.

Coat the red peppers with olive oil. Roast red peppers directly on grill. Cut zucchini, yellow squash, and carrots. Coat zucchini and yellow squash with olive oil and grill until tender.

Heat a sauce pan. Add butter into hot pan. Add carrots. Once carrots are coated with butter, sauté for two to three minutes on medium to high heat. Once carrots have softened add crushed red pepper flakes, salt, and pepper. Quarter tomatoes.

Build 10 layered skewers in this order: yellow squash, red pepper, zucchini, carrot, tomato, and fresh basil leaf. Lightly dress skewers with vinaigrette. Serve at room temperature. Salt to taste.



GRILLED ZUCCHINI

Recipe Serves 4

Ingredients

- 4 – 6 mid-sized zucchini
- 2 cloves garlic
- 2 sprigs oregano
- 2 tablespoons lemon juice
- 4 tablespoons extra virgin olive oil, plus a bit for brushing the zucchini
- Salt and pepper to taste

Directions

Mince the two cloves of garlic and the leaves of oregano/marjoram. Mix these two items with the lemon juice and olive oil to make a light, spicy, vinaigrette. Heat your grill or grill pan to medium high. Take the zucchini and cut them in to 1/4” planks, lengthwise. Brush lightly with olive oil and season with salt. Grill the zucchini until tender, with a light char around the edges. Remove to a platter and season to taste with the vinaigrette, salt and pepper.

Yield: 4 Servings