



GROW IT EAT IT SUMMER 2020 RECIPES!

UNIVERSITY OF
MARYLAND
EXTENSION

MASTER
GARDENER 

Spaghetti w/ Zucchini

Recipe by Rachel Rhodes

30 mins | Average Difficulty

1 Clove Garlic
2 Medium Zucchini
8oz Spaghetti
1/3 Cup Parmigiano-reggiano cheese
6 Fresh Basil Leaves
3 Tbsp Olive Oil
1/3 Cup Pecorino Cheese
Kosher Salt

- 1) Bring large pot of salted water to boil. Add spaghetti and cook until al dente (around 9 to 11 minutes). Reserve 1-2 cups of pasta water. Drain pasta.
 - 2) Heat EVOO in large skillet over medium heat. Add the garlic and zucchini. Saute for a few minutes until tender. Add 1/4 teaspoon of salt and half of the basil.
 - 3) Add pasta to the skillet along with pasta water. Cook, tossing, until the liquid is absorbed. Remove from heat, add cheese and remaining basil. Top with extra Parmesan.
- **You can also add other veggies from the garden. Tomatoes, squash, and sliced mushrooms also go well with this.

Spaghetti Squash & Spinach Marinara

Recipe by Lauren Greenberger's sister

20 mins | Easy Difficulty

Spaghetti Squash
Spinach
Feta
Roasted red bell peppers
Capers
Good spaghetti sauce (marinara or other)
Olive oil

- 1) Pierce squash with knife 10 times and cook in microwave for 15 minutes or until soft.
- 2) Rake strands out with a fork (discard seeds).
- 3) Top with cooked spinach, roasted red bell peppers, capers, dollop of good spaghetti sauce, and crumbled feta cheese. Drizzle with olive oil.

Tomato Galette

Recipe by Andy Baraghani of Bon Appetit, Courtesy of Marty Hankins
3 Hrs | Average Difficulty | 4 Servings

2 Cups all-purpose flour, plus more for dusting
2¼ tsp. kosher salt, divided
¾ Cup (1½ sticks) chilled unsalted butter, cut into pieces
1 Tbsp. apple cider vinegar
1½ lb. heirloom tomatoes, sliced ¼" thick
2 Garlic cloves, thinly sliced
4 oz. Firm cheese (such as Asiago, cheddar, or Gouda), finely grated (about 1½ cups)
1 Large egg, beaten to blend
Flaky sea salt
Freshly ground black pepper
½ Lemon
1 Tbsp. finely chopped chives

Salting the tomatoes ahead of time and letting them release some of their liquid is essential. It will allow the tomatoes to caramelize and ensures that the bottom of the crust stays flaky.

RECIPE PREPARATION

Pulse 2 cups flour and 1¼ tsp. kosher salt in a food processor to combine. Add butter and pulse until mixture resembles coarse meal with a few pea-size pieces of butter remaining. Transfer mixture to a large bowl; drizzle with vinegar and ¼ cup ice water. Mix with a fork, adding more ice water by the tablespoonful as needed, just until a shaggy dough comes together. Turn out onto a work surface and lightly knead until no dry spots remain (be careful not to overwork). Pat into a disk and wrap in plastic. Chill at least 2 hours.

Preheat oven to 400°. Gently toss tomatoes, garlic, and remaining 1 tsp. kosher salt in a large bowl. Let sit 5 minutes (tomatoes will start releasing some liquid). Drain tomato mixture and transfer to paper towels.

Unwrap dough and roll out on a lightly floured sheet of parchment paper to a 14" round about ½" thick. Transfer on parchment to a baking sheet. Scatter cheese over dough, leaving a 1½" border. Arrange tomatoes and garlic over cheese. Bring edges of dough up and over filling, overlapping as needed to create about a 1½" border; brush dough with egg. Sprinkle tomatoes with sea salt and pepper. Chill in freezer 10 minutes.

Bake galette, rotating once, until crust is golden brown and cooked through, 55–65 minutes. Let cool slightly on baking sheet. Finely grate zest from lemon over galette; sprinkle with chives.

Do Ahead: Dough can be made 2 days ahead. Keep chilled.

Lavender Shortbread Cookies

Recipe courtesy of Nancy Allred

2 Hrs | Easy Difficulty

1½ cups butter, softened
2/3 white sugar
¼ cup sifted powdered sugar
2 tablespoons finely chopped fresh lavender leaves
1 teaspoon lemon/orange zest
½ cup cornstarch
¼ teaspoon salt
Optional: 1 tablespoon chopped fresh mountain mint leaves.

1. In a medium bowl, cream together the butter, white sugar and powdered sugar until light and fluffy. Mix in the lavender, mint and zest. Combine the flour, cornstarch and salt. Mix into the batter until well blended. Divide into halves. Shape each half into a roll, about 1½" in diameter. Wrap and refrigerate until firm, about an hour.
2. Heat oven to 325 degrees. Cut rolls into 1/8-inch slices. Place apart on ungreased cookie sheet. Bake until set and edges just begin to brown.

Rhubarb Tart

Recipe courtesy of Betty Allred

1 Hr | Easy Difficulty

For Fruit Mix

3 cups diced rhubarb (Option: you can supplement rhubarb with berries)
1 cup sugar
3 tablespoons flour
¼ teaspoon salt

For topping

¾ cup butter softened
1 cup brown sugar
1 cup flour
1 cup quick oats

Combine diced rhubarb, sugar, salt and flour and spread in 9" x 9" square pan. Cut butter into dry ingredients to form crumb topping. Heat oven to 375 degrees. Bake for about 40 minutes. Check for softness of rhubarb with a knife and look for browning of topping and juices appearing at edges. Serve warm with whipped or ice cream.

Watermelon Sorbet

Recipe by Lacy Baier, courtesy of Jean Burchfield

10 min (4 hrs freezing) | Easy Difficulty

3 1/2 Cups fresh seedless watermelon chunks, (about 1/2 medium watermelon)

2 tsp freshly squeezed lime juice

1/4 Cup warm water, as needed

Raw honey to taste (if watermelon isn't very sweet)

- 1) Freeze watermelon chunks overnight. I lay mine out on a rimmed baking sheet lined with parchment paper.
- 2) Place the frozen watermelon chunks in food processor or heavy duty blender, along with lime juice, and allow to sit for 5 minutes to slightly thaw.
- 3) Blend until smooth. You may need to add some of the warm water and press down with a spatula to help the process along.
- 4) Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

Squash Bruschetta

Courtesy of Teresa Cook

30 min | Easy Difficulty

The proportions of the topping ingredients are not particularly important. It can also be made with only shallots or only onions, but a mixture of both is nice.

3-4 Yellow squash diced

1-2 Shallots sliced

1 Small Onion diced

2 Garlic cloves minced

2 Tbsp Olive oil

Splash Balsamic vinegar

Salt and pepper

French or artisan bread sliced

Olive oil

Grated Parmesan cheese

Sauté squash, onion, shallot in olive oil until browned, tender. Add garlic, sauté a couple minutes more. Lightly salt and pepper. Drizzle on the balsamic vinegar.

Brush olive oil on the bread, sprinkle with cheese and toast/broil lightly in the oven.

Top the bread with the squash mixture and serve.