“What’s Cooking at the Farmers Market?”

Guest Chef: Jeff Yourdon

Grilled Peaches with Blueberries

8 Peaches sliced off the pit
4 ozs Blueberries
1 ½ ozs of Orange Juice (more if needed)
1 tbsp of Splenda (more depending on sweetness of peaches)

1. Grilled peaches until a little char on them. Put peaches in bowl & cover with a tight lid or wrap for about 3 minutes. Take out and dice about the same size as blueberries. Add Orange Juice and Splenda. Ready to serve

Grilled Corn Salsa

4 ears of corn cleaned
2 large ripe tomatoes
½ cup chopped onions
¼ cup chopped cilantro
2 limes
Black Pepper
Garlic
Salt if desired

Grilled corn until nice char marks. Slice onions in large rings – then grill as corn. Dice tomatoes into small pieces the size of corn kernels. Chop onions about the same size. Cut corn off cob. Chop cilantro. Add the corn, tomatoes, onions, cilantro into a bowl. Add juice from limes, add 1 first then taste – add more if needed. Add black pepper, garlic and salt to personal taste. Ready to serve

Tuesdays - June 14, June 28, July 12, July 19  11:30 AM – 1:00 PM

Learn quick, easy, healthy ways to enjoy locally grown food!