

HEALTHY SOMERSET RECIPES

Nappa Cabbage & Cucumber Slaw

Ingredients:

- 6 cups thinly shaved or sliced cucumbers and/or Napa cabbage
- ¼ red or white onion, very thinly sliced
- ¼ cup seasoned rice vinegar
- 2 Tbsp. extra-virgin olive oil

Directions:

1. Combine vegetables and onion in a medium bowl
2. season generously with salt. Let sit until they start to release their water, 8–10 minutes, then begin to massage, gently at first so they don't break, then harder as they begin to expel their liquid, until softened to about the texture of coleslaw.
3. Pour off all excess liquid and add vinegar and oil; toss to coat.
4. Taste and season with more salt if needed.



Green Bean Saute'

Ingredients:

- 1 onion, chopped
- 1 cup sliced canned mushrooms
- 1 teaspoon garlic, minced
- 8 ounces of green beans, trimmed and washed
- Cooking oil spray

Directions:

1. Spray a skillet with cooking oil spray.
2. Add onions, mushrooms and garlic. Cook until soft.
3. Add green beans and cook for 5 minutes.



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Zucchini Apple Fritters

Ingredients:

- 1 medium zucchini, washed and grated
- 1 apple, washed, peeled, chopped, and grated
- 2 teaspoons cinnamon
- 1 egg, lightly beaten
- ¼ cup flour
- non-stick cooking spray

Directions:

1. Preheat the oven to 350 degrees.
2. Place grated zucchini in a doubled paper towel or use a clean cloth, to squeeze excess water out. Place in a medium bowl.
3. Add grated apple to the zucchini in the bowl.
4. Add the cinnamon, egg, and flour. Stir mixture thoroughly.
5. Lightly coat a baking sheet with non-stick cooking spray
6. Scoop mixture with ¼ cup measure to make 6 round even fritters, and place on the baking sheet.
7. Bake for 20-25 minutes or until golden brown on the edges and cooked through.
8. Remove from the oven. Let cool for a few minutes before serving.



Grilled Patty Pan

Ingredients:

- 2 Patty Pan Squash sliced ½ inch thick
- 2 cloves Garlic minced
- 2 tbsp Olive Oil
- 2 tbsp Rosemary fresh, finely chopped

Directions:

1. Combine olive oil, minced garlic cloves, fresh rosemary and olive oil in a bowl. Stir.
2. Slice the squash to create ½" disks. Smaller, younger squash will have more tender skins and there is no need to peel or remove the seeds.
3. Brush each side of the patty pan squash with the garlic/olive oil mixture.
4. Grilling Instructions
5. Heat the grill to 350 degrees
6. Grill each side for 3-5 minutes. Do not overcook or it will become soggy.
7. Serve!

