

today's main ingredient





Herbed Summer Vegetables.

INGREDIENTS - serves 4 to 6

1/4 cup loosely packed mixed fresh herbs, such as basil, chives & oregano 8 ounces feta cheese 3 Tablespoons olive oil, divided 1 pound yellow patty-pan squash 8 ounces green beans 1 pound ripe tomatoes 1/4 cup loosely packed fresh dill Salt and pepper

STEP 1 - Mince the mixed herbs. Visit https://www.ciafoodies.com/vimeo/howto-work-with-fresh-herbs/ for how to chop and mince fresh herbs, from the Culinary Institute of America.

STEP 2 - Crumble feta cheese into a small bowl, drizzle with 2 Tablespoons olive oil, and stir in the mixed herbs until thoroughly incorporated.

STEP 3 – Heat the remaining Tablespoon olive oil in a large heavy skillet or wok over medium-high heat. When the oil is hot but not smoking, add the squash and cook, stirring constantly, until it begins to soften, 3 to 4 minutes.

STEP 4 - Add the beans and toss to mix. Cook, stirring constantly, until they begin to turn vivid green, 3 to 5 minutes.

STEP 5 - Add the tomatoes and cook, stirring constantly until the squash is translucent, the beans are bright green and crisp-tender, and the tomatoes have softened, 4 to 5 minutes.

STEP 6 - Season with salt and generously with pepper. Mince the dill and add to the vegetables, mixing well so it is evenly distributed. Transfer the vegetables to a serving platter and distribute the seasoned feta cheese on top. Serve immediately.

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Check out our weekly interviews with local farmers and chefs as our podcast series focuses on one locally grown ingredient in each episode. From kale to radishes to peas to garlic and mushrooms, and more, listen to farmers discuss how they grow that ingredient and hear chefs discuss what to do with it once you get it into the kitchen. This podcast can also be heard on radio at WDNH-FM (93.5) and WYCY-FM (103.5) on Sunday mornings at 7:05 a.m. and 7:20 a.m. respectively.