



## today's main ingredient

A  LOCAL FOOD PODCAST



# 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/how-to-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.