

# Tomato and Strawberry Salad

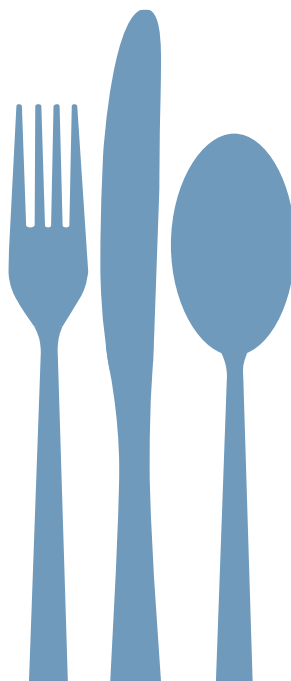
## DIRECTIONS

1. Mix all ingredients together
2. Keep refrigerated until ready to be served



## INGREDIENTS

- 2 cups of chopped strawberries
- 2 cups of chopped cherry tomatoes
- 1/3 cup of chopped basil
- 1 tablespoon chopped fresh oregano
- 1 teaspoon of lemon zest
- Pinch of salt and pepper



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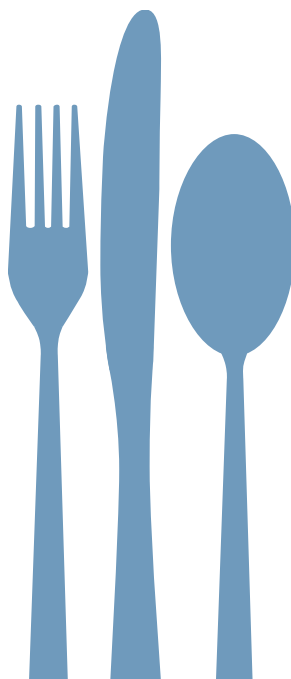
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# Feta Bruschetta

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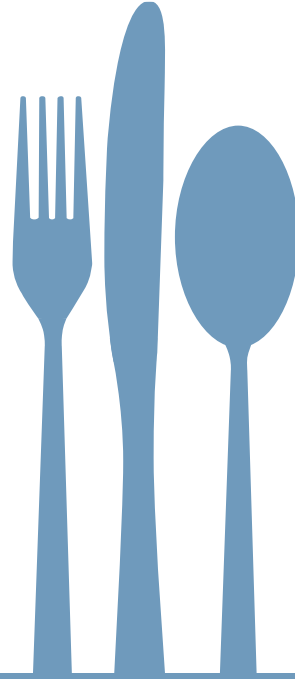
1. Cook corn for 2 minutes in the microwave.
2. Place corn, zucchini, pepper, red onion, scallions, and lemon zest in a medium bowl and combine.
3. Add lemon juice and olive oil.
4. Add feta cheese and thyme leaves, add ground black pepper to taste.
5. Serve on baguettes or pita chips.



CABARRUS  
HEALTH  
ALLIANCE

## INGREDIENTS

- 2 ear fresh corn (removed from husk)
- 1 small zucchini (diced)
- 1 bell pepper (diced)
- 1 cup diced red onion
- 4 medium scallions
- Lemon zest
- 3 Tbsp. lemon juice
- 4 Tbsp. olive oil
- 1 cup feta cheese
- 3 Tbsp. fresh thyme leaves
- Fresh ground pepper



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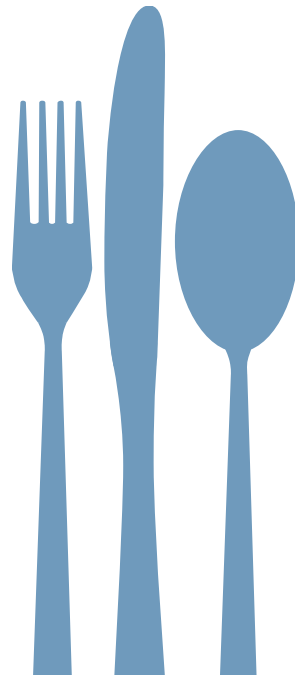
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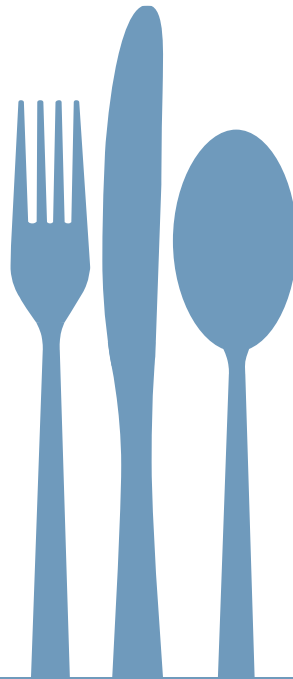
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# Spicy Cucumber and Green Bean Salad

## DIRECTIONS

1. Mix all ingredients
2. Store (covered) in fridge until chilled



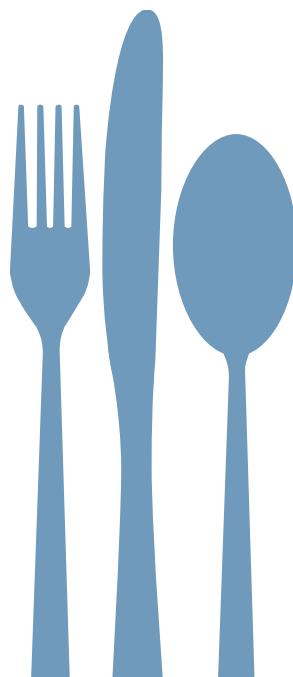
## INGREDIENTS

- 2 cups of chopped, cooked green beans
- 1 cup of finely chopped, peeled cucumber
- 1/2 cup of diced red onion
- 2 tablespoons of chopped cilantro
- 2 tablespoons of red wine vinegar
- 1/4 teaspoon of red pepper
- 1 teaspoon of honey

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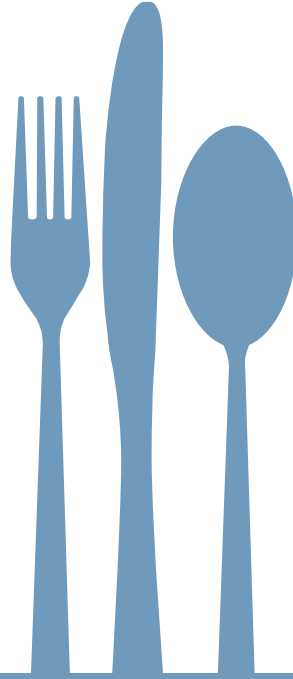
# Asparagus and Tomato Frittata

## DIRECTIONS

1. Preheat oven to 450 degrees
2. Whisk eggs, egg whites, milk, and 1/2 cup of cheese together
3. Heat olive oil over medium heat; add asparagus and onions for 2-3 minutes
4. Add tomato and cook for additional minute
5. Pour in the egg mixture and cook until the eggs begin to set but don't burn, about 4-6 minutes
6. Sprinkle top with remaining feta cheese and place in the oven. Bake for 8-12 minutes until eggs are completely set and cooked through.



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## INGREDIENTS

- 1/2 tablespoon of olive oil
- 2 cups of asparagus, cut into 1" pieces
- 4 green onions, chopped
- 3/4 cup of tomatoes, chopped and seeds discarded
- 3 large eggs
- 6 large egg whites
- 1 cup of skim milk
- 3/4 cup of feta cheese

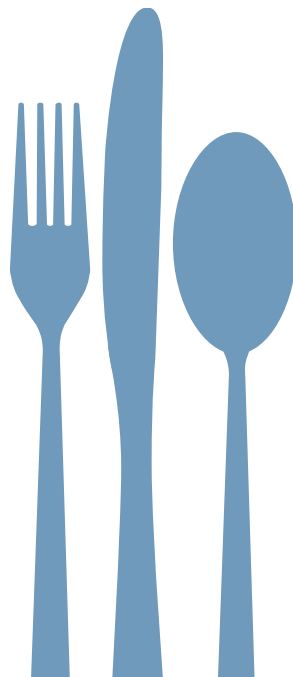
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# Farmers Market Potato Salad

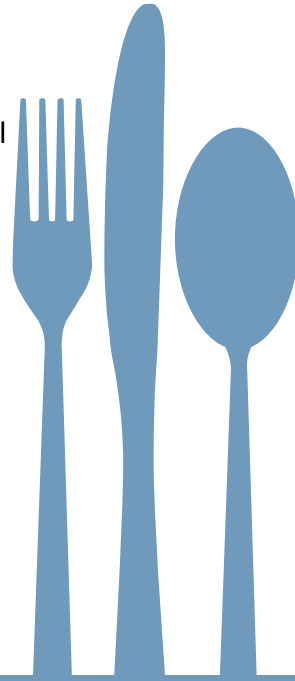
## DIRECTIONS

1. Preheat oven to 425 degrees. Place potatoes on baking sheet, drizzle with olive oil and optional black pepper, tossing to coat. Bake for 30 minutes.
2. Remove from oven and add corn and roast for another 15 minutes or until tender.
3. Place peppers, zucchini, onion and tomatoes on another baking sheet drizzled with olive oil and cook for 15 to 20 minutes or until tender, remove to cool.
4. In a food processor, combine shallot, garlic, vinegar, mustard, parsley, dill and chives and add the olive oil.
5. Combine the vegetables and toss with vinaigrette.



## INGREDIENTS

- 2 pounds potatoes, cubed
- 2 cups fresh corn
- 1 orange bell pepper (diced)
- 1 yellow bell pepper (diced)
- 1 zucchini (diced)
- 1 red onion (diced)
- 1 pint grape tomatoes (diced)
- 1 medium shallot (diced)
- 1 clove garlic (chopped)
- 3 Tbsp. white balsamic vinegar
- 1 Tbsp. Dijon mustard
- 1/4 cup fresh parsley
- 2 Tbsp. fresh dill
- 2 Tbsp. fresh chives
- 1/3 cup olive oil



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