



Resident Recipes

Photos and writing by Morgan Wood, Resident Food Section Editor and blogger of "Raisin & Fig"

Get Your Grill On!

Mill City Farmer's Market is in full swing, and there's nothing better than spending a weekend morning, coffee in hand, strolling from booth to booth.

Sometimes I go with a plan, other times I go looking for inspiration. I always come home with what looks good that day - and it's fun to see how the offerings change as the season progresses. No matter what I pick up, there's a good chance it's going on the grill!

Grilling vegetables brings out their natural sweetness. Other than a bit of olive oil and salt and pepper, they don't need anything else. One of the great things about a platter of grilled veggies is that it's an easy make-ahead buffet item or side dish that is wonderful served at room temperature. If I'm asked to bring a dish to a picnic or summer dinner with friends, this is it -- I'm not taking up their oven space, and it's ready when they are! And isn't it gorgeous?!

You can make these a few hours in advance, leaving the grill free for burgers, and you free to enjoy your guests.

Added bonus: a big batch of grilled veggies can be used in a number of other simple summer dishes.

Here's what you'll need to create the platter above, but you can easily substitute other veggies.



GRILLED VEGETABLES

Ingredients

- 1 eggplant, sliced thin (use a mandolin if you have one)
- 1 bunch asparagus (about 1 pound), ends snapped off
- 3 white onions, cut into 1/2" slices
- 4 medium zucchini, cut in half, then quartered
- 1/2 pound cremini mushrooms, stems trimmed
- 3 medium yellow squash, cut into 1/2" slices
- 1 red onion, quartered
- 1/2 pound sweet peppers

Instructions

1. Prepare vegetables. Toss each (in a bowl, or Ziploc bag) with a bit of olive oil to coat lightly. Preheat grill to medium high.
2. Working in batches, grill vegetables until tender and lightly charred. Don't move the vegetables too much; otherwise you won't get those great grill marks. The onion slices will take the longest - about 9 minutes, peppers

about 7 minutes, zucchini and squash about 5 minutes and asparagus, about 4. Place a perforated grill pan on the grill grate and let it heat up for about 2 minutes. Place mushrooms in pan and toss occasionally until they release moisture and begin to brown, about 5 minutes.

3. Note: cooking times vary depending on your grill. Just pour yourself a beverage and keep a watchful eye!
4. Arrange vegetables on platter and serve. Garnish with fresh basil, or other fresh herbs.
5. Can be made 2-3 hours ahead. Cool slightly, cover loosely with plastic wrap and refrigerate. Bring to room temperature before serving.

Here are just a few other ways to use these delicious grilled veggies:

- **Pasta Primavera:** Stir chopped grilled veggies into your favorite cooked pasta and toss with a bit of olive oil, or purchased pesto. (Or for goodness sake,

if you're at the farmers' market, grab a big bunch of basil and make your own!) Sprinkle with fresh grated parmesan.

- **Pizza:** Slice into smaller pieces to use as toppings on your favorite pizza crust
- **Fajitas:** Add grilled onions and peppers to grilled chicken or steak, wrap in a tortilla and top with sour cream, salsa and cilantro.
- **Bruschetta:** Finely dice vegetables. Serve atop crostini spread with a little flavored cream cheese for an easy summer app'oeuvre
- **Summer Soup:** Stir chopped grilled vegetables into vegetable stock and add some orzo or pasta for a light but satisfying soup
- **Hearty Salad:** Place vegetables atop your favorite salad greens or cooked quinoa, and toss with your favorite dressing and shaved parmesan cheese
- **Amped up Meatloaf:** Finely dice onion, zucchini and peppers, and mix with into your favorite meatloaf recipe.
- **Breakfast Frittata:** Gently heat chopped vegetables in a large skillet on the stove. Add baby spinach and stir until wilted. Mix 8 eggs with a dash of Tabasco, a handful of grated cheese and a splash of cream and pour over vegetables. Stir briefly and then move skillet to oven to finish cooking. (Frittata is done when knife inserted in center comes out clean.)
- **Veggie Sandwich:** Thinly slice onion, zucchini and peppers and place on ciabatta bread spread with pesto and a slice of cheese

I freeze batches of the onions so that I always have some on hand for whatever recipe calls for them. The peppers freeze nicely too (though there will some liquid to drain when they thaw) and we use these for pizza toppings and in some of the cooked recipes, above.

Next up on the grill: Turkey Burgers!

Maybe you've had a bad turkey burger experience. I've been there! I'm betting the burgers you've tried were either dry or flavorless or both. Several versions I've experimented with were too. But when Merritt Beh introduced me to these... WOWZA!

Filled with healthy stuff and served on a toasted thin bun, there's no need to feel guilty eating these - but you will feel like you're indulging.

COWGIRL TURKEY BURGERS

Author: adapted from Mar-a-Lago club's recipe

Ingredients

- 1/4 cup thinly sliced scallions
- 1/2 cup finely chopped celery
- 3 Granny Smith apples, peeled and grated
- 2 Tbsp. salt
- 1 Tbsp. black pepper
- 2 tsp. Tabasco® or other hot pepper sauce
- 1 lemon, juiced and grated zest
- 1/2 bunch parsley, finely chopped
- 1/4 cup Major Grey's Chutney, pureed if chunky
- 4 pounds ground turkey breast

Instructions

1. Mix the scallions, celery and apples in a large bowl. Add remaining ingredients except turkey and thoroughly mix. Add turkey and gently mix until all ingredients are incorporated.



2. Shape into 12 burgers. Refrigerate for 2 hours, or freeze for 30 minutes.
3. Season the turkey burgers with salt and pepper.
4. Place on a preheated, lightly oiled grill. Grill each side for about 8 minutes, until meat is thoroughly cooked. Let sit for 5 minutes.

Make the patties early in the day and refrigerate. I recommend popping them in the freezer for about 1/2 hour before grilling, which helps hold them together better.

Top with sliced avocado if you like, and enjoy!

A note about freezing: Because this recipe makes a dozen burgers, I want to freeze most of them when I'm cooking for just John and me. I tried freezing the raw patties, and then grilling them later. Whether thawed first, or put on the grill straight from the freezer, they didn't hold together well.

So now, I grill the whole batch when I make them. Place cooled burgers in a freezer bag, and freeze. When the mood strikes, pull out what's needed and microwave on high for 2 minutes. Delicious!

Share your favorite family recipe or the dish you just can't put down! Can be simple, fun or exquisite...as long as it is delicious! E-mail the ingredients, detailed instructions and photos of your finished masterpiece to morganwood1@gmail.com.