



Green Beans and Tomato Salad, Blueberry Yogurt Parfait, & Corn Fritters



Market Fresh Meals 2017 Episode three

Serves a family of 4

Green Beans and Tomato Salad

1 lb. green beans, trimmed

½ t. salt

¼ c. finely chopped fresh basil

2 T. minced shallots

2 T. fresh lemon juice

2 T. plain Greek yogurt

1 T. honey

1 pint grape or cherry tomatoes, halved

Cook beans in salted, boiling water for 2 minutes or until crisp-tender. Drain and rinse with cold water. Combine basil, shallots, lemon juice, yogurt and honey in a large bowl; stir with whisk. Add beans and tomatoes and toss gently to coat.

Corn Fritters

2 eggs

1 ½ c. milk

1 ½ c. flour

1 t. baking powder

1 c. corn, cut off the cob

½ c. shredded cheddar cheese

2 t. fresh chives

1 T. sunflower oil

Beat eggs and milk. Add flour and baking powder. Stir in corn, cheese and chives. Drop rounded table-spoonful of batter into heated oil. Cook 1-2 minutes per side, until fluffy and golden.

Blueberry Yogurt Parfait

1 pint blueberries

½ c. sugar

1 c. water

1 T. lemon juice

Plain Greek yogurt

Add 1 c. blueberries, sugar, water, and lemon juice to pot. Bring to a boil while stirring, to dissolve sugar. Simmer over low heat for ~20 minutes, until syrup begins to thicken. Remove from heat; cool. Layer yogurt, remaining fresh blueberries and blueberry syrup in parfait cup.

You can view this episode online at www.sheboygancountyinterfaith.org/farmers-market or through the WSCS Website.

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