**September**

**Farmer’s Market Delights**

***Betty’s Chicken Cacciatori (serves 2)***

***Ingredients:***

2 chicken thighs- cut into bite sized, floured, salted and peppered

1 cup each celery, onion, carrots or to your taste, chopped small

2 cloves minced garlic

½ cup mushrooms

1 cup red wine

1 cup beef buillon/broth

16 oz can of crushed tomatoes

1 cup of frozen peas or green beans

Handful of small potatoes – cubed or

1 cup cooked elbow macaroni or

1 can white northern beans

***Instructions:***

Preheat oven 350 degrees

Brown chicken in 2 tbsp of oil

Add red wine and beef broth

Simmer over medium flame, scraping bottom of skillet.

Add crushed tomatoes

1 tsp Italian spices

Add potatoes, beans or macaroni – simmer until potatoes are soft.

Add peas/beans close to the end of cooking time.

Transfer to oven for about 30 -40 minutes, or sauce has thicken and potatoes are cooked through.

***Crispy Brussel Sprouts with Dijon Aioli***

***Ingredients:***

For the sprouts:

1 lb. fresh brussels sprouts, halved. or cut into wedges if they are bigger  
1-2 tbsp olive oil  
1/4 tsp garlic powder  
salt and pepper to taste

***For the Aioli:***

1/4 cup mayo  
2 tbsp olive oil  
1 & 1/2 tbsp dijon  
1 tsp minced garlic, garlic powder will also work  
salt and pepper to taste  
1/2 tsp fresh chopped or dried parsley

***Instructions:***

**Sprouts:**

**Oven Method**Preheat the oven to 400 degrees F.  
Toss your brussels sprouts with olive oil, garlic powder, salt, and pepper.  
Arrange them on a baking sheet in a single layer and bake for 18-20 minutes, or until they are crispy and golden enough to your liking! Toss them half way.   
Dip the brussels sprouts in the dipping sauce and enjoy!

**Air Fryer Method**Add brussels sprouts (mixed with olive oil, salt, and pepper) in a single layer on the air fryer basket.  
Cook at 380 degrees F for about 6 minutes.  
Toss them around and cook for another 5-7 minutes or until they’re crispy and golden. Every air fryer is different, I personally like mine super crispy so I keep them in longer! Just keep an eye on them.

**Aioli**Combine all the aioli ingredients besides the parsley.  
Mix together and chill until the brussel sprouts are ready.  
Serve aioli in a small dipping bowl and top with fresh or dried parsley.

***Grandma’s Zucchini Bread***

***Ingredients:***

* 3 eggs
* 1 cup oil
* 2 cups of sugar
* 2 cups raw grated zucchini
* 2 cups flour
* ¼ tsp baking powder
* 2 tsp baking soda
* 1 tsp salt
* 3 tsp cinnamon
* 2 tsp vanilla
* 1 cup chopped nuts (optional)
* 1 cup raisins (optional)

***Instructions:***

Preheat over to 350 degrees, Oil and flour pan. Beat eggs, add sugar, oil, zucchini. Add flour and dry ingredients. Mix well. Add vanilla, nuts and raisins. Pour into pan – bake for one hour, check for doneness.

***Hearty Minestrone Soup***

***Ingredients***

* Oil to saute
* Onions
* Celery
* Carrots
* Green & Yellow squash
* 1 quart chicken or vegetable stock
* 1 pkg spinach or kale
* 1 or 2 cans 15oz diced tomatoes – (garlic, oregano, basil)

Saute up the veggies, add stock and tomatoes – simmer, add spinach at the end.

***Italian Peasant Soup***

***Ingredients***

* 16 oz. ground sausage pork or turkey sausage
* 1 sweet yellow onion large
* 6 cloves garlic minced
* 1 chicken breast, boneless and skinless cut into 1 inch cubes
* 2 potatoes small, peeled and chopped in small cubes- roughly 1 1/2-2 cups
* 32 oz. chicken broth 1 container
* 2 cans cannellini beans 15 oz. each, drained. can substitute with other unseasoned white beans
* 28 oz. diced tomatoes canned, including juice
* 1 tsp. dried basil
* 1 tsp. dried oregano
* 6 cups fresh spinach
* Freshly shaved parmesan cheese optional, but highly recommended

***Instructions***

1. In a heavy pot, begin to brown sausage over medium to medium-high heat, breaking it up into small pieces. After a minute or so, throw in cubed chicken, garlic, and onions and cook for approximately 2 more minutes. Add potatoes, and continue to cook until meat is cooked through.
2. Pour in chicken broth. Then add strained beans and diced tomatoes. Be sure to add the juice from the diced tomatoes can as well. Add herbs and heat until boiling, stirring occasionally.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Add spinach, stirring in between each couple of handfuls and cook only until wilted.
5. Serve topped with freshly grated parmesan cheese.

***Mexican Grilled Corn Salad with Citrus Aioli***

***Ingredients:***

* 10 ears of corn, shucked or 2 ½ cups of corn cooked
* Salt
* Pepper
* 1/2 cup mayonnaise
* 1/2 teaspoon finely grated lime zest plus 3 tablespoons fresh lime juice
* 1/2 teaspoon finely grated lemon zest plus 1 tablespoon fresh lemon juice
* 1 tablespoon extra-virgin olive oil, plus more for brushing
* 1/2 teaspoon Dijon mustard
* 1 garlic clove, finely grated
* 1/8 teaspoon cayenne
* 4 tablespoons unsalted butter, softened
* ½ cup queso fresco, crumbled
* ½ cup cotija cheese, finely crumbled
* 1/4 cup chopped parsley
* 1/4 cup chopped cilantro

***Instructions:***

Bring a large pot of water to a boil. Add the corn and a generous pinch of salt and return to a boil. Remove from the heat, cover and let stand for 5 minutes. Drain the corn and let cool slightly.

Meanwhile, in a small bowl, whisk the mayonnaise with the lime and lemon zests and juices along with the 1 tablespoon of olive oil, the mustard, garlic and cayenne. Season the citrus aioli with salt.

Light a grill or preheat a grill pan. Brush the corn with olive oil and season with salt. Grill over high heat, turning occasionally, until lightly charred all over, about 5 minutes. Transfer to a plate and let cool slightly, then cut the kernels off the cobs; discard the cobs.

In a large bowl, toss the corn with the softened butter. Stir in the citrus aioli. Add the queso fresco, cotija, parsley and cilantro. Season with salt and pepper and serve warm.

## Make Ahead - The aioli can be refrigerated overnight.