

Giambotta

Any and all veggies out of the garden (I used: Zucchini, Summer squash, Tomatoes, Green beans
Eggplant, Green pepper)

Olive oil

Black pepper

Drizzle a little olive oil into large fry pan... Roughly cut veggies, place into fry pan sprinkle with black pepper. Cook on medium high with lid on for 30-40 minutes so veggies really cook down. Stir occasionally. (You can add potatoe as well, or crack an egg over and stir in at the end. Yummy topped with Parmesan cheese!)

Cooled cucumber soup

1 seedless cucumber

1/4 red onion

Fresh Dill

1 clove of garlic

2 cups of plain Greek yogurt

Black Pepper

Roughly cut cucumber & red onion, place into food processor. Blend quickly. Add yogurt, garlic clove, 3 teaspoons of dill, couple pinches of black pepper to food processor, blend again. Put soup into container, chill for an hour before serving

Fruit Salsa

Fresh berries from your Berry bushes (I used a hand full of: Blueberries,

Raspberries, Blackberries, Strawberries)

Jar of Jam (raspberry, strawberry)

1-2 table spoons of sugar

Cinnamon & Sugar pita chips

Cut strawberries into chunks. Place berries in bowl, pour sugar over them & stir. (Let set for about 20 minutes. The sugar will bring out the juices.) Add jar of jam to fruit & stir together. Serve with cinnamon & sugar pita chips!