

Back to School!! As school starts again and days are quickly filled with activities, it's easy to forget to prioritize healthy meals. Although processed, packaged meals may be alluring, eating local, organic & all-natural fresh foods is the healthiest choice for you and your family. These easy dinner dishes make use of current seasonal foods, and will also be great as lunch the next day!

CORN AND SUMMER SQUASH RATATOUILLE

1 onion, coarsely chopped (Fair Mountain Farm, Four Seasons Farm, Prairie Sun Farm, Rice Family Farm, Wood River Organics)

1 clove garlic, crushed (Ecology Patch, Four Seasons Farm, Sleeping Bison)

3 med. yellow summer squash, halved lengthwise and thinly sliced

(Fair Mountain Farm, King's Crown Organics, M&M Heath Farms, Prairie Sun Farm, Rice Family Farm)

2 large tomatoes, crushed (Fair Mountain Farm, M&M Heath, Peaceful Belly, Prairie Sun Farm, Rice Family Farm)

4 ears fresh corn, kernels removed (Peaceful Belly, Rice Family Farm, Prairie Sun Farm, Rice Family Farm)

1/4 C. chopped fresh basil (Fair Mountain Farm, Peaceful Belly, Purple Sage, Sleeping Bison, Springs of Life, Ecology Patch)

Salt and freshly ground black pepper, pinch allspice, 3 tbsp. olive oil

Heat oil in skillet and cook the onion over low heat for 10 minutes or until it is soft, but not brown. Add garlic, squash, tomatoes, basil, salt and pepper and allspice. Continue cooking, stirring occasionally for 20 minutes or until squash is soft. Add corn and stir thoroughly. Cook 20 minutes or until squash almost falls apart. This side dish is delicious served with grilled chicken or steak. Add a tossed green salad and you've got a complete meal.



GAY'S LOCAL GREEN BEAN PESTO SALAD

1 1/2 lb. French filet green beans, washed and trimmed (M&M Heath, Peaceful Belly, Rice Family Farm, Wood River Organics)

1 pint cherry tomatoes (Fair Mountain Farm, M&M Heath, Peaceful Belly, Prairie Sun Farm, Sleeping Bison, Rice Family Farm, Waterwheel)

1/2 C. crumbled sheep's milk feta cheese (Blue Sage Farm)
1/2 a jar of basil pine nut pesto sauce (Fair Mountain Farm)
2 T. chopped fresh basil, optional (Fair Mountain Farm, Peaceful Belly, Purple Sage, Sleeping Bison, Springs of Life, Ecology Patch)
Salt and freshly ground black pepper



Bring a pot of lightly salted water to a boil over high heat. Add the beans and cook until barely tender, about 5 minutes, stirring occasionally. Drain and rinse with cold water. Pat dry with paper towels.
Toss the green beans, whole tomatoes, feta, pesto, and basil together in a large bowl. Season to taste with salt and pepper. Serve immediately, or refrigerate and use later!

OVEN BAKED TROUT WITH VEGGIES

One large trout (boned, head off, from Fish Breeders of Idaho)

1/2 sweet onion, minced (Fair Mountain Farm, Four Seasons Farm, Prairie Sun Farm, Rice Family Farm, Wood River Organics)

2 tablespoons chopped dill (Fair Mountain Farm, Prairie Sun Farm, Purple Sage Farm)

1 clove garlic, minced (Ecology Patch, Four Seasons Farm, Sleeping Bison)

1 lb fresh baby spinach (Fair Mountain Farm)

2 or 3 large carrots thinly sliced (Fair Mountain Farm, Prairie Sun Farm, Rice Family Farm, Wood River Organics)

Salt and freshly ground black pepper, 2 teaspoons lemon zest, 1/4 cup olive oil, divided

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or aluminum foil sprayed with cooking spray. Spread spinach leaves on parchment and layer sliced carrot over the spinach.

Toss onion, dill, lemon zest and garlic with half of the olive oil. Add salt and pepper to taste. Press onion mixture into the trout, then brush the trout with the remaining olive oil, and season with salt and pepper. Place the trout on the veggie. Bake about 30 minutes, until the skin of the fish begins to brown and the flesh flakes easily with a fork.

Imagine
Knowing where your food comes from, who is producing it, and their ethics and farming practices
Working in support of the health of your local community food shed where energy stays local and supports our rural economy