

# HOME COOKING

*with Cathy*



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A basket of fresh lavender - just picked!

Summer time is such a wonderful time of year to be excited about cooking. I hope you enjoy the following recipes. I tried to keep them fairly easy and also using ingredients that will be readily available this time of year. If you don't have access to fresh lavender for the biscotti recipe, I have also substituted slivered almonds or chocolate. The grilled Greek salad is delicious and I never get tired of the black bean dip. Enjoy!!!

## *Black Bean Spread with Lime and Cilantro*

*This is a really quick tasty dip to serve any time of year but especially in the summer time.*

### *Ingredients:*

1 can (19 oz.) black beans	2 tbsp. chopped fresh cilantro
3-4 green onions	½ tsp. salt
1 tsp. balsamic vinegar	Pinch black pepper
1 tbsp. fresh lime juice	¼ cup cherry or grape tomatoes

### *Preparation*

Drain beans and rinse well under cold water. Place in food processor. Coarsely chop green onion, and add to food processor. Add balsamic vinegar, lime juice, chopped cilantro, salt and pepper. Process until smooth. Adjust seasoning. Transfer to a bowl and stir in chopped tomatoes. Cover until ready to serve. Serve with baked tortilla or pita chips. Makes 1 ½ cups spread.

## *Grilled Greek Salad*

*This is a fun recipe to try for barbecue season.*

### *Dressing Ingredients:*

2 tbsp. olive oil  
1 tbsp. fresh lemon juice  
1 tbsp. chopped fresh oregano  
1 tbsp. chopped fresh mint  
¼ tsp. black pepper

### *Salad Ingredients:*

1/2 English Cucumber  
1 sweet yellow or red pepper  
4 green onions  
2 medium tomatoes  
½ cup feta cheese  
¼ cup slivered black olives

### *Preparation*

For dressing, combine dressing ingredients in small bowl. Set aside. For salad, cut cucumber in quarters, lengthwise. Seed, core and halve the pepper. Trim root ends of green onions. Put vegetables on a plate. Spread about ½ the dressing over the vegetables. Over medium heat, grill cucumber and pepper for 5 minutes on each side. Grill green onions for 3 minutes each side. Place grilled vegetables back on plate and let cool for about 10 minutes. Cut into bite-size chunks. Put vegetables into a bowl with the dressing, along with any juices. Cut tomatoes into chunks. Add tomatoes, feta cheese and sliced olives to grilled vegetables. Serve salad at room temperature. Makes 4-6 servings.

## *Lavender Lemon Biscotti*

*I had to include this recipe in this issue as I have spent the last few days picking fresh lavender from my daughter-in-law's garden.*

### *Ingredients:*

1 ¾ cups all-purpose flour	¾ cups sugar
2 tsps. Baking powder	1/3 cup butter, melted
1 Tbsp. lavender blossoms	2 tsps. Vanilla
2 tsps. grated lemon zest	1 egg white, lightly beaten.
2 eggs	

### *Preparation*

Preheat oven to 350F. In large bowl, combine flour, baking powder, lavender blossoms and lemon zest. In a separate bowl, whisk together eggs, sugar, melted butter and vanilla. Stir into flour mixture until soft, sticky dough forms. Transfer to lightly floured surface and form into a ball. Divide dough into half and roll each half into a log about 12 inches long. Transfer to a baking sheet lined with parchment paper. Brush tops with egg white. Bake for 20 min. Remove from oven and let cool on pan about 5 minutes. On cutting board, slice rolls diagonally into ¾ -inch thick slices. Stand cookies upright on baking sheet. Return to oven and bake about 15- 20 minutes longer until golden brown. Place on rack and let cool. Makes 24 biscotti.