

Summer Tomato Salad

3 large well-shaped tomatoes, garden fresh, if available

One-half red onion, finely diced

8-10 fresh whole basil leaves (washed)

1-2 oz. blue cheese, crumbled

Salt and pepper to taste

Drizzle of extra virgin olive oil

With a paring knife, score an X on the bottom of the tomatoes. Put a pot of water on to boil, large enough to hold the tomatoes. Have a big bowl of ice water ready.

Core tomatoes, and put in boiling water, just until the skin begins to blister. Remove from boiling water, then submerge in ice water for about one minute. At this point, the skins should easily peel off.

Now, make thick, hearty slices crossways. To assemble, shingle tomato slices on platter, and tuck basil leaves between slices. Sprinkle diced red onion and blue cheese crumbles on top. Lightly drizzle with olive oil, and season with salt and pepper to taste.



FROM THE EXPERTS

Chef's Notes:

This can be a beautiful dish when artfully arranged. Try to slice your tomatoes evenly and consistently, and select pretty basil leaves. This is honestly one of my very favorite summer salads. It is simple and so good!

Susan Says:

Tomatoes provide vitamin C, potassium, chromium, biotin, lutein and zeaxanthin, alpha- and beta-carotene, the B vitamins (B₆, niacin, folate, thiamine and pantothenic acid), and lots of lycopene. Lycopene, in addition to being a pigment that contributes to the tomato's red color, is a member of the carotenoid family and an important part of the antioxidant defense network of the skin. In combination with other nutrients, it can raise the sun-protection factor (SPF) of the skin. Numerous epidemiological studies have found that people who eat lots of tomatoes are significantly less likely to get cancer (according to a review published in the *Journal of the National Cancer Institute* in 1999). Study results were strongest for prostate, lung and stomach cancer, although there's some evidence that tomatoes protect against breast, ovarian and other cancers too. Lycopene again appears to be the source of the protective benefit.



*As each day dawns, I recommit
to living a healthy life.*

Italian Soup

1 quart vegetable stock
1 can tomatoes
1 onion
1/3 cup flour
Small bay leaf
3 sprigs thyme
1/4 cup carrot
1/4 cup celery
1 cup macaroni
1/2 tsp. peppercorns
3 cloves
3 Tbsp. butter



Cook onion, carrots and celery in butter for five minutes; add flour, peppercorns, bay leaf, cloves and thyme. Cook three minutes, add tomatoes and cook one hour, slowly. Rub through a strainer, add hot stock, salt, pepper and macaroni, which has been cooked for 30 minutes and drained.

Split Pea Soup

2 cups split peas
1 turnip
1 stalk celery
1 carrot
2 onions
4 Tbsp. butter



Soak peas overnight and boil in same water for one hour. Add vegetables that have been cut up and sautéed in butter. Add two quarts water and boil gently for two hours. Put through a sieve, season, reheat and serve with croutons.

Adama Bread

2 cups boiling water
1/2 cup corn meal
1/2 cup sorghum (or molasses)
2 Tbsp. shortening
1 1/2 tsp. salt
1 cake yeast
1/2 cup water
5 cups sifted flour



Put corn meal into large mixing bowl and add boiling water. When thoroughly mixed add shortening, salt and sorghum. Cool to lukewarm. Crumble yeast into 1/2 cup warm water and add to mixture. Add flour until a stiff dough is formed. Knead for about 12 minutes. Put back into bowl, grease top, let rise in warm place until doubled in size. Punch down, fold over edges and let rise to same height again. Form into two loaves and place in two 10-by-5-by-3-inch bread tins. Grease tops. Let rise until center is above top of pan. Bake at 375 degrees. Check for brown crust after 45 minutes. If crust is as brown as desired, cover with foil and continue baking for another 15 minutes.

The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden.—ISAIAH 58:11