

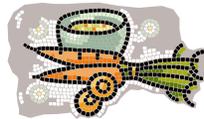


## Late Summer Vegetable Soup

4 ears corn, husks and silks removed (or 2 cups of kernels)  
2 Tbsp olive oil  
1 medium onion, chopped (3/4 cup)  
1/4 tsp black pepper, more to taste  
3 cans (14.5 oz each) vegetable or chicken broth  
1 small zucchini, halved lengthwise and thinly sliced (3 cups)  
8 oz green beans (stems removed), cut into thirds (2 cups)  
14.5 oz tomatoes, diced

1. Cut off tip of each ear of corn. One at a time, stand ears in a wide bowl and, with a sharp knife, carefully slice downward to release kernels. Discard cobs, set kernels aside.
2. In a Dutch oven or a 5 quart pot, heat oil over medium heat. Add onion, season with black pepper to taste. Cook, stirring frequently, until onion is translucent (3 to 5 minutes)
3. Add broth, bring to a boil.
4. Add zucchini, green beans, corn, tomatoes, and orzo; cook, uncovered, until orzo is tender, 8 to 11 minutes.
5. Season with black pepper, if desired, and serve.

Makes: 15 servings



### Nutrition Information:

CALORIES 70 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN 2g; CALCIUM 2%; IRON 4%

## Cool Cucumber Grape Salad

6 cups (about 2 medium) thinly sliced peeled cucumbers  
2 cups local seedless grapes, halved  
1/4 cup chopped chives or green onion  
1/3 cup white wine vinegar  
1 teaspoon olive oil  
1 tablespoon honey  
1 teaspoon salt  
1/4 teaspoon bottled hot pepper seasoning

1. Combine cucumber, grapes and chives.
2. Mix vinegar, olive oil, honey, salt and hot pepper seasoning. Add to cucumber/grape mixture and mix well.
3. Refrigerate at least 30 minutes.



Makes: 6 servings

### Nutrition Information:

CALORIES 70 (10 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 400mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%