



Stuffed Squash Blossoms with Blistered Cherry Tomatoes

Makes 6 servings ~ \$19.11 (\$3.19 per serving)

Squash Blossom Ingredients

1 1/2 cup Fresh Goat Cheese

12 Squash Blossoms

Fresh Herbs (Basil, Chives, Thyme, Parsley, etc.)

Lemon Zest (1/2 of a lemon)

Vegetable oil (Canola) 1/2" deep in your sauté pan

Squash Blossom Flower Batter

1 1/2 cups Cornmeal

1/2 tsp. Baking Soda

Salt & Pepper

1/2 cup Cornstarch

1 cup Milk

1 cup Egg Whites

Directions

1. Clean blossoms – take off spikes where flower joins stem. Remove pistil and stamen. Cut a lengthwise slit in blossom.
2. Fill a baggie with goat cheese and cut off one of the bottom corners. Squeeze filling into blossoms.
3. Lightly beat the egg whites by hand until they are a little frothy. Mix dry ingredients, then add milk, then fold in egg whites.
4. Bring oil in pan to about 350 degrees – Drop a little batter into oil to test. Dip blossom into batter and shake off excess. Fry until crispy.

Blistered Cherry Tomatoes

1 pint Cherry Tomatoes

Fresh Herbs (Basil, Chives, etc.)

2 – 3 cloves Garlic

2 Tbsp Extra Virgin Olive Oil

Directions

1. Put garlic through a press, or slice really thin.
2. Heat up sauté pan. Let it get really hot. Add tomatoes, do not move in the pan. Let them get a little charred, then turn down the heat and add oil and garlic. Be sure not to burn garlic. When tomato starts to release juices. Remove mix from pan. Season to taste with salt and pepper. When cool add chopped basil.

Recipe courtesy of Harry Shapiro, Harry's Roadhouse

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