

# GET CORTLAND COOKING HEALTHY!

A Project of Seven Valleys Health Coalition



## RECIPE #1 SALD WITH HERB DRESSING

### Ingredients needed:

- Red leaf (torn or chopped)
- Cucumbers (sliced)
- Onion (diced)
- Turnip (shaved or sliced thin)
- Summer squash (cubed)
- 1/3 cup vinegar
- 2/3 cup olive oil
- 1 teaspoon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup fresh herb mix (chopped)

\*Can use dry herbs as a substitute

### Instructions:

1. Chop or tear lettuce into small bit-sized pieces, adding to a large bowl.
2. Chop vegetables: slice cucumbers, dice onions, shave or mince turnip, cube summer squash.
3. Combine vegetables into the large bowl with lettuce.
4. Combine the herb dressing ingredients and whisk and stir (vinegar, olive oil, mustard, salt, pepper, herbs).
5. Drizzle dressing in desired amount, toss with vegetables to lightly coat.

## RECIPE #2 SAUTEED SUMMER SQUASH WITH ONION

### Ingredients needed:

- 1 Summer squash (thinly sliced)
- 1 Onion (diced)
- 1 Tablespoon olive oil
- Salt and Pepper (to taste)

### Instructions:

1. Drizzle olive oil into pan, turning stove top to low-medium heat.
2. Add onion and squash.
3. Stir to coat with olive oil, and saute until softened (5-8 minutes).
4. Add herbs as desired

