

HEAVENLY (FARMER'S MARKET) HASH

(4- 6 servings)



August is the month in the Chicagoland area to take advantage of the great foods available at local farmer's markets. Support your local farmers, eat foods picked at perfection, sharpen your knife and enjoy this versatile, simple vegetable dish. Be creative and add any veggies you love to eat. Breakfast, lunch or dinner, this dish is a pleaser.

1 TBS. olive oil

1 cup minced onion (red, sweet, yellow – your pick of the market!)

½ cup minced poblano chile (about ½ medium sized)

1 tsp. ground cumin

1 tsp. unsalted butter

2 ears freshly shorn sweet corn (about 2 cups)

1 small zucchini or summer squash, diced

1 small red bell pepper minced (about 1 cup)

¼ tsp. salt or more to taste

1 tsp. minced garlic (or more to taste)

Freshly ground black pepper or more to taste

- Heat a large sauté pan over medium heat and add olive oil to coat bottom and sides.
- Once the oil is heated add onion, chile and cumin and sauté until onion is soft (about 5 minutes).
- Add butter. Once melted, stir in corn, zucchini or squash and bell pepper.
- Add salt and garlic. Stir thoroughly. Sauté for 5 to 8 minutes until veggies are cooked through.
- Add pepper and any additions (see below).
- Dish can be served hot, warm or at room temperature.

Suggested additions:

- 2 scallions, finely minced
- Fresh basil leaves cut into thin strips (about 10)
- 12 small cherry tomatoes, halved
- Grated mild cheese (1/2 cup) or 2 TBS. sour cream (or yogurt)

Shopping list: olive oil, onion, poblano chile, ground cumin, unsalted butter, sweet corn, zucchini, summer squash, red bell pepper, kosher salt, fresh garlic, ground black pepper.

Tool list: chef knife, cutting board, large skillet, wooden mixing spoons, measuring cups and spoons, serving platter and serving spoon.