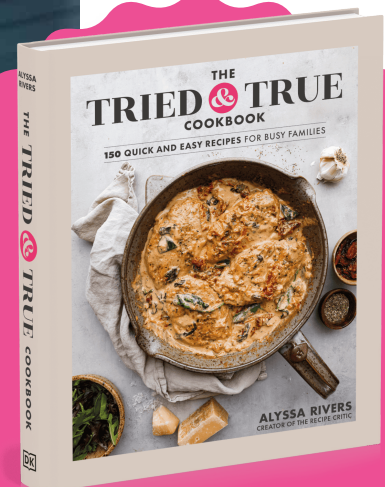




# Summer Garden Vegetable Recipes







## Meet Alyssa

Welcome to my kitchen! I am Alyssa Rivers, published cookbook author of **'The Tried and True Cookbook'** and I am the foodie behind **The Recipe Critic**. This website launched in 2012 as a place to share my passion for cooking. The Recipe Critic is home to thousands of recipes that have been tried, tested, and approved by the world's most honest critics...kids and families from all over the world.

My goal is to provide families with quick and easy meals that don't sacrifice taste. From slow cooker meals to one-pot meals, air fryer recipes, baked casseroles, grilled delights, and desserts galore, my recipes are everything that you need! Your family and guests will keep coming back for more!

## Summer Corn Salad

I love it when I start seeing fresh corn available at the grocery store. it gives me permission to believe that summer is finally here! So, in celebration, I decided a fresh summer salad recipe was the perfect thing to share. This summer corn salad is so light and refreshing, it is the perfect side dish on a hot day or any day!



**PREP TIME:** 15 minutes  
**COOK TIME:** 15 minutes  
**TOTAL TIME:** 30 minutes

**SERVINGS:** 8



### INGREDIENTS

6-8 ears corn  
2 Tablespoon olive oil  
1/2 red onion , diced  
1/2 red bell pepper , diced  
1 avocado , seeded, peeled  
and chopped

#### Dressing:

4 Tablespoon olive oil  
6 Tablespoon apple cider vinegar  
1 teaspoon sugar  
1 teaspoon dijon mustard  
Juice from 1 lime  
Salt and pepper

### INSTRUCTIONS

- 1 Whisk dressing ingredients together and set aside.
- 2 Add 1-2 inches of water to a large skillet. Bring to a boil. Add shucked corn ears and cook for 3-4 minutes, rotating to cook on all sides. Drain water.
- 3 Heat grill on medium-high heat. Brush corn lightly with olive oil and grill for a few minutes, rotating it as it cooks, until golden on all sides.
- 4 Allow the corn to cool and then cut corn off of the cob and add to a bowl. Add remaining salad ingredients and drizzle with desired amount of dressing (you may not use it all). Toss to combine. Refrigerate until ready to serve.



### SUMMER CORN SALAD TIPS AND VARIATIONS

**Take this to your next BBQ and you will be the hit of the party! Summer corn salad uses fresh or frozen corn. See how to make the best summer corn salad for your next get together.**

**Variations:** I wanted to keep this salad simple, and really let the corn be the ingredient to shine, but you can definitely add more vegetables and adapt it to your liking. Some ideas include adding black beans, cherry tomatoes, cucumber, feta cheese, edamame, fresh basil, or grilled zucchini.

**Can I use Frozen Corn?** Yes! If fresh corn on the cob is not available, frozen corn is a great substitute. Thaw the corn in your fridge overnight, or warm in the microwave just until thawed. Add the corn and a little bit of oil to a very hot skillet and cook it for a few minutes, tossing occasionally, until many kernels are lightly browned.

## Zucchini Bars with Brown Butter Frosting

Zucchini Bars with Brown Butter Frosting are so deliciously moist and absolutely heavenly. This is one of the best ways to use up those extra summer zucchini!



**PREP TIME:** 20 minutes  
**COOK TIME:** 30 minutes  
**TOTAL TIME:** 50 minutes  
  
**SERVINGS:** 24 Bars



### INGREDIENTS

1 1/2 cups granulated sugar  
1 cup vegetable oil  
3 large eggs  
2 cups all purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 1/2 teaspoons ground cinnamon  
2 cups shredded zucchini about  
3 medium  
1 1/2 cups pecans chopped

#### **Brown Butter Frosting:**

6 tablespoons butter  
6 cups powdered sugar  
1 teaspoon vanilla  
8 to 10 tablespoons milk

### INSTRUCTIONS

- 1** Preheat oven to 350 degrees and grease a 15x10x1 inch pan. In a medium mixing bowl, add flour, baking powder, salt, and cinnamon. Set aside.
- 2** In a mixer, add sugar, oil, and eggs and mix until smooth. Add the dry ingredients to the wet ingredients until incorporated.
- 3** Stir in zucchini and chopped pecans. Spread evenly in prepared pan. Cook for 30-40 minutes or until a toothpick inserted in the center comes clean. Let bars cool completely.

#### **To make the Brown Butter Frosting**

- 1** Heat a medium-sized saucepan to medium heat. Add butter and whisk until it turns brown. Add in powdered sugar, vanilla, and milk. Stir together until smooth. Spread over cooled bars.



### THE BEST ZUCCHINI BARS TIPS

**These are decadent, luscious, and easy-to-make dessert bars. Zucchini is so easy to shred and prepare for this simple zucchini bar recipe. Add in nuts or chocolate chips even to make it a variety of zucchini bars!**

**Zucchini:** When shredding your zucchini, do it finely, especially if you are worried about kids figuring out what's hiding in their dessert. The smaller, the easier it is to hide. You can also peel the zucchini, but it isn't necessary. Do not to squeeze out any extra liquid. You want the moisture to create the best bars ever.

**Pecans:** If you do not like pecans, you can leave them out or use walnuts.



## Air Fryer Stuffed Peppers

A super easy and delicious dinner begins here with Air Fryer Stuffed Peppers. Filled with a savory mixture and cooked to tender perfection, it is going to be a family favorite!



**PREP TIME:** 15 minutes

**COOK TIME:** 15 minutes

**TOTAL TIME:** 30 minutes

**SERVINGS:** 4 Stuffed Peppers



### INGREDIENTS

- 4 whole bell peppers
- 1 tablespoon olive oil
- 1 small onion diced
- 1 pound lean ground beef
- 1 15 ounce can of diced tomatoes
- 1 8 ounce can of tomato sauce
- 2 cups rice cooked
- 1 Tablespoon Italian Seasoning
- 1 teaspoon garlic powder
- Salt and pepper
- 2 cups Colby Jack cheese shredded

### INSTRUCTIONS

- 1 To prepare the peppers, slice the tops off and remove any veins or seeds inside. In a medium sized saucepan over medium high heat add the olive oil and onion. Cook until almost tender. Add in the ground beef and cook and crumble until no longer pink.
- 2 Add in the diced tomatoes, tomato sauce, rice, Italian seasoning, garlic powder, and salt and pepper.
- 3 Stuff the peppers with the mixture and place in the basket of the air fryer.
- 4 Cook the peppers at 360 degrees until tender for for 10 minutes. Top with cheese and then cook for an additional 2-3 minutes.



### TIPS FOR STORING AND FREEZING STUFFED PEPPERS

**Air fryer stuffed peppers are actually ideal for freezing. They keep their shape and the filling stays flavorful when properly stored. Make extras and freeze them for another day.**

**Refrigerate:** Store leftovers tightly sealed and covered in the fridge for up to 4 days. Reheat in the air fryer for 2-3 minutes.

**Freeze:** Allow the air fryer stuffed peppers to cool completely. Individually wrap in plastic wrap and then aluminum foil to prevent freezer burn. Place in a freezer safe bag or container and keep for up to 6 months. Thaw the stuffed peppers in the fridge overnight and reheat in the air fryer for 3-5 minutes checking half way through to check for doneness. They can also be reheated straight from the freezer if needed. Just add a few minutes to your cooking time.

## The Best Tomato Pie

Filled with a mozzarella cheese mixture layered in between thick slices of summer tomatoes makes this the best tomato pie. There's no better way to close out summer than making this delicious southern recipe.



**PREP TIME:** 20 minutes  
**COOK TIME:** 45 minutes  
**TOTAL TIME:** 1 hour, 5 minutes  
**SERVINGS:** 10 Servings



### INGREDIENTS

- 1 9-inch pie shell
- 6 large tomatoes very ripe
- 1 tablespoon kosher salt
- 8 ounces shredded mozzarella cheese
- 1/2 cup mayonnaise
- 1/4 cup fresh basil chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

### INSTRUCTIONS

- 1 Preheat the oven to 350°F and if making prepare the pie dough.
- 2 Slice the tomatoes to about 1/4-inch in thickness and arrange them in a single layer on a paper towel-lined baking sheet. Coat the tomatoes in salt and cover again with another layer of paper towels. Let sit for 10 minutes.
- 3 In a medium bowl combine the shredded cheese, mayonnaise, fresh basil, and spices together until mixed well. Set aside.
- 4 Place the 9-inch pie shell into your pie dish and arrange a single layer of sliced tomatoes on the bottom. Cover the tomatoes with half of the cheese mixture and repeat this step.
- 5 Layer the last of the tomato slices on top, overlapping is okay, and firmly press them into the pie. This helps the ingredients come together.
- 5 Place the pie into the oven and bake for 35 to 45 minutes, until the cheese begins to bubble and the crust turns a golden brown.



### HOW TO STORE LEFTOVER TOMATO PIE

Tomato pie leftovers are SO delicious. Plus, they keep for quite a few days so it makes a great lunch the next day too!

**In the Refrigerator:** Once your pie has cooled, then you can wrap it in plastic wrap and store it in your fridge. It will last about 4-5 days.

**To Reheat:** You can reheat your tomato pie in the microwave or even in the oven at 325 degrees for 5-10 minutes. We also don't even mind eating a slice of it cold!

## Best Blender Salsa

There is nothing better than going to a good Mexican restaurant and eating all of the chips and salsa in sight. Fresh homemade salsa is the best and I especially like making a big batch at home. What is it about chips and salsa that is so good and addicting? I especially love eating salsa with some whole grain chips for a healthy snack.



**PREP TIME:** 5 minutes  
**CHILL TIME:** 30 minutes  
**TOTAL TIME:** 35 minutes  
**SERVINGS:** 8 Minutes



### INGREDIENTS

1 28 oz can whole peeled tomatoes with juice  
1/2 small red onion, coarsely chopped  
2 jalapeños, seeds removed, and coarsely chopped  
2 garlic cloves  
1 cup fresh cilantro, loosely packed  
1 teaspoon cumin  
1 teaspoon salt (or to taste)  
Juice of one lime

### INSTRUCTIONS

- 1 In a blender, or food processor, add tomatoes, onion, jalapeños, garlic, cilantro, cumin, salt and juice of one lime.
- 2 Blend until the salsa is as chunky or smooth as you would like. Taste and add more salt if desired.
- 3 Chill for at least 30 minutes or overnight.



### SALSA TIPS

**How long can you keep salsa in the fridge?:** Store the salsa in an airtight container for up to two weeks in the fridge.

**Is it OK to freeze fresh salsa?:** It may not look as fresh and perky as fresh salsa, but it can definitely be done. It is a great alternative to canning. There will be some watery liquid after it is thawed but you can drain off the liquid.