

FOOD FUN

4 - H W Y O M I N G

GIFTS FROM THE GARDEN



As we are coming to the end of our gardening season with the cooler night time temperatures, now is the time to take in those lasting flavors from the garden. What better way than through a delicious Chimichurri marinade or dressing. Let's say it together, "Cheeee-meee chooo-rrri!" So, what exactly is chimichurri? It is an Argentinian flavor that is full of herbs, oil, garlic, vinegar and onion. It can be a smooth puree or a rough chop of flavors. It can be used as a marinade or dressing and is great on grilled meats (beef, pork, poultry, venison, elk), vegetables, fish, eggs, potatoes and more.

If you like your food with a little bit of spice, feel free to add some of the those amazing jalapenos you have grown. They give a nice amount of heat to the sauce, if you chose to leave in the seeds! Any peppers will be a great addition to this.

Traditionally, chimichurri is made from parsley, but you can add fresh cilantro and/or oregano. Add a squeeze of lemon juice for a bit of brightness.

Be sure to split your chimichurri sauce! Once you marinate raw meat in it, you do not want to use it as a dressing on the finished product. Let us know how you chose to use the chimichurri in your dish. If you are up for the challenge, make some homemade tortillas to enjoy the grilled meat with. Or grab some of those homegrown sweet potatoes, grill and toss in chimichurri as a great side. Throw some fruit on the grill for a fun and fresh dessert.



THE BEST Chimichurri Sauce



TOTAL TIME: 15 Minutes

YIELD: 16 Servings

Fresh parsley and garlic give this easy Argentinian chimichurri sauce a bright and zippy flavor and is the perfect compliment to lighten up grilled steak, chicken or vegetables.



INGREDIENTS

- 1 cup fresh Italian flat-leaf parsley , leaves only, stems removed
- ¼ cup fresh cilantro , leaves only, stems removed
- ¼ cup fresh oregano , leaves only, stems removed
- ½ cup roughly chopped red onion or shallots
- 3 cloves garlic , peeled
- ½ teaspoon red pepper flakes
- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt

Equipment

- Food processor or high speed blender

NUTRITION FACTS

Serving: 2tablespoons | Calories: 67kcal | Carbohydrates: 1g
| Protein: 1g | Fat: 7g | Saturated Fat: 1g | Sodium: 149mg |
Potassium: 40mg | Fiber: 1g | Sugar: 1g | Vitamin A: 365IU |
Vitamin C: 6.6mg | Calcium: 19mg | Iron: 0.6mg

DIRECTIONS

1. To the container of a blender or food processor, add the parsley, oregano, cilantro, onion, and garlic and pulse to mince. Add the red pepper flakes, olive oil, vinegar, and lemon juice and pulse 2-3 times to mix. Season with kosher salt and add more to taste. Or, finely mince all of the ingredients with a sharp knife, then whisk with the olive oil, vinegar, and lemon juice in a bowl or shake in a covered glass jar. Make ahead and store in the refrigerator 1-3 days or until ready to serve.

NOTES

- Make this sauce ahead of time and refrigerate for 1-3 days before serving.
- Feel free to omit the cilantro or oregano, and make up the amount by using the Italian parsley instead.

Recipe source: www.foodiecrush.com



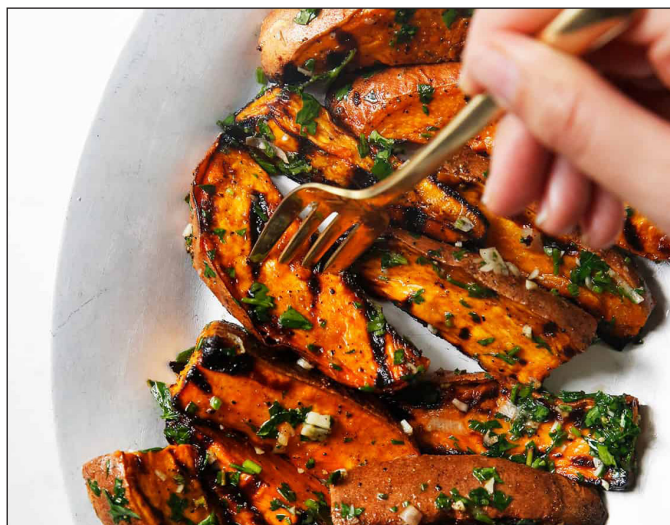
Grilled Sweet Potatoes with Chimichurri



TOTAL TIME: 25 minutes (Prep: 5 minutes, Cook: 20 minutes)

YIELD: 4 Servings

These Grilled Sweet Potatoes are a hit! Slices of sweet potato are coated in a delicious blend of seasonings and grilled until soft in the middle with a slightly crispy edge, then tossed with an easy chimichurri.



INGREDIENTS

- 2 pounds sweet potatoes
- 3 to 4 tablespoons extra virgin olive oil or avocado oil
- 1 teaspoon fine sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika

Optional for Chimichurri

- 1 cup firmly packed fresh flat-leaf parsley leaves finely minced
- 2 tablespoons fresh oregano leaves see note, finely minced
- 2 garlic cloves finely minced
- 1 small shallot finely minced
- 1 small serrano chili optional, seeds removed and finely minced
- 2 tablespoons red wine vinegar
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup extra virgin olive oil

DIRECTIONS

- 1.** Preheat grill or grill pan to medium-high heat and make sure to oil the grates.
- 2.** While the grill is heating up, slice lengthwise or on a diagonal, into at least 1/4 inch-thick pieces.
- 3.** Place sliced sweet potatoes into bowl and combine with olive oil and seasonings. Toss to combine.
- 4.** Lower heat to medium and place sweet potatoes on the grill. Cook for roughly 10 minutes on each side (depending on thickness) or until soft when pierced with a fork or tongs.
- 5.** While cooking, making the chimichurri: Add parsley, oregano, garlic, shallot, serrano pepper, vinegar, salt and pepper to a small bowl stir together. Drizzle in the olive oil while stirring. Taste and adjust seasoning, adding in more salt or vinegar as desired.
- 6.** Transfer potatoes to bowl and season with more salt if desired. Toss with chimichurri, if desired, and serve warm.

NOTES

- Slice the same width. However you cut your potatoes, be sure that they are all about the same thickness so they cook evenly.
- If you don't want to cook the potatoes right on the grill grates, you can place them on a grill sheet or a pan.
- If you do cook right on the grill grates, be sure to grease the grates so the potatoes don't stick.
- Too high of heat, might make them burn!
- You'll know the potatoes are done cooking when they can be easily pierced with a fork.

Recipe source: www.lexiscleankitchen.com



Grilled Peaches

TOTAL TIME: 15 minutes (Prep: 5 minutes, Cook: 10 minutes)

YIELD: 12 Servings

Make easy grilled peaches for a delicious treat. This simple dessert is a Summertime staple and even better served with ice cream.



INGREDIENTS

- _ 6 peaches firm but ripe
- _ Olive oil
- _ ½ cup 1 stick unsalted butter
- _ ¼ cup granulated sugar
- _ 1 teaspoon ground cinnamon

Serving Ideas

- _ Ice cream
- _ Caramel Sauce optional

NUTRITION FACTS

Calories 285kcal, Carbohydrates 33g, Protein 3g, Fat 17g, Saturated Fat 3g, Cholesterol 12mg, Sodium 166mg, Potassium 215mg, Fiber 1g, Sugar 22g, Vitamin A 731IU, Vitamin C 5mg, Calcium 56mg, Iron 1mg

DIRECTIONS

- 1.** Preheat grill to medium heat
- 2.** Cut peaches in half and remove seed
- 3.** Brush peaches on cut side with olive oil
- 4.** Brush grill with olive oil (optional)
- 5.** Place peaches on grill cut side down and cook for 8-10 minutes
- 6.** While peaches are cooking, melt butter in microwave safe bowl
- 7.** Stir in sugar and cinnamon
- 8.** Remove peaches from grill and place on baking sheet with a rim
- 9.** Spoon butter mixture over peaches slowly so it soaks in
- 10.** Serve immediately with ice cream and any other toppings you would like.
- 11.** Store leftovers in refrigerator

EXPERT TIPS

- _ Type of Peaches - Make sure you choose ripe peaches but still firm. This helps to keep the peaches shape while grilling on charcoal grill or gas grill.
- _ Covering the Peaches - Gently cover the peaches with butter mixture so that it clings to the peaches for delicious flavor.
- _ Grilling Peaches - We placed the fresh peaches halves on the grill grates but you can also cook in a grill pan or check out the best grill baskets.

Recipe source: www.eatingonadime.com

