



Island Harvest
Fighting Hunger. Touching Lives.

Harvest News You Can Use

Some Great Recipes For Outdoor / Summer Cooking

BBQ Potato Roast

10 potatoes, peeled and halved
2 tablespoons seasoned salt
1/2 cup vegetable oil

Preheat grill for high heat. Place potatoes in a large saucepan with enough lightly salted water to cover. Bring to a boil. Cook 15 minutes, or until tender but firm. Drain potatoes, and pat dry. Coat thoroughly with vegetable oil and seasoned salt. Place potatoes on the preheated grill. Cook approximately 20 minutes, turning periodically.

Steak House Grilled Sirloin

1/3 cup A.1. Roasted Garlic Steak Sauce
1/4 cup finely chopped onion
3/4 tsp. hot pepper sauce
1 beef sirloin steak (1-1/2 lb.), 3/4 inch thick

Preheat grill to medium heat. Mix steak sauce, onion and hot pepper sauce; set aside. Grill steak 4 minutes on each side or until cooked through, turning occasionally brushing with steak sauce mixture. Cut steak into 6 pieces to serve. You can cook steak in broiler instead of on the grill.

Grilled Eggplant

1 large eggplant cut into 1/4" slices
2 Tablespoons mixed Italian herbs (basil, oregano, marjoram, etc.)
1 cup balsamic vinegar
1 clove garlic, finely chopped
1/2 cup olive oil
salt

Sprinkle the eggplant slices with salt and drain in a colander for 30 minutes. Rinse and pat dry. Combine remaining ingredients in a large bowl and add the eggplant slices, tossing to coat well. Marinate refrigerated 4 hours or overnight. Grill over moderate heat for 5 minutes on each side. Portobello mushrooms can be used in this recipe. Do not sprinkle with salt first.

Asian Honey BBQ Chicken Drumettes

**1 cup Honey Barbecue Sauce
1 Tbsp. Plus 1-1/2 tsp. Soy sauce
1/2 tsp. Ground ginger
1/4 tsp. Garlic powder
15 chicken drumettes (about 1-1/2 lb.)**

Mix barbecue sauce, soy sauce, ginger and garlic powder. Place chicken on greased grill over medium coals. Grill 15 minutes or until chicken is cooked through. Turning and brushing barbecue sauce mixture. Serve with additional barbecue sauce, if desired.

Gourmet Grilled Vegetable Salad

**1/4 cup cider vinegar
1lb.Small red potatoes cut into quarters
2 Tbsp. Water
1 zucchini cut into 1/2-inch chunks
1 envelope Parmesan Italian Salad Dressing Mix
1 yellow squash, cut into 1/2-inch chunks
1/3 cup olive oil
1 cup slivered red onion**

Mix vinegar, water, salad dressing mix and oil in cruet or small bowl. Toss with vegetables. Spoon mixture evenly onto double layer of heavy-duty foil; close foil to form tight pouch. Grill over medium coals or medium heat for 30 minutes or until vegetables are crisp, turning and shaking pouch halfway through cooking time. You can use your stove - Prepare dressing as directed; set aside. Boil potatoes in 6 quarts boiling for 10 minutes. Boil zucchini, squash, and onions for five minutes or until vegetables are tender. Drain, add dressing; serve immediately or cover and refrigerate until ready to serve.

Green Bean and Potato Salad

**1 Pound green beans (snipped)
1Tsp sugar
2 Pounds Florida Red Potatoes (halved)
1Tbsp Dijon mustard
1 Cup Red Bell Pepper (Diced)
4 Tbsp. balsamic vinegar
1/2 Cup red onion (minced)
1/2 Cup salad oil
2 Tsp. garlic (minced)
3 Tbsp. fresh dill
Salt and Freshly cracked black pepper to taste**

Cook green beans in boiling, salted water until tender –crisp, approximately 5 minutes. Drain and cool with cold water. Cook potatoes until fork tender. Cool and place in bowl with beans and peppers. Whisk together remaining ingredients and pour over vegetables. Toss gently.

Fruit Salsa – Great with chicken or fish

1 Cup fresh peaches, mangoes or papayas, diced

1Tbsp. zest from lemon, lime or orange
1/2 Cup red onion, diced
1Tbsp. chili powder
1/4 Cup fresh lime, lemon or orange juice (or combination)
2 Tbsp. finely chopped fresh jalapeno pepper
1 Tbsp. cider vinegar
1/2 cup diced fresh tomato
1 Tbsp. honey
1 Tbsp. fresh cilantro chopped

Mix all ingredients. Let stand at least 30 minutes. Keeps covered in the refrigerator for 2 or 3 days.

Grilled Garlic Potatoes

6 Medium baking potatoes, peeled and thinly sliced
3 Cloves garlic, minced
1 Tsp. chopped fresh parsley
1Large white onion, sliced
1 Cup shredded Cheddar Cheese
3 Tbsp. butter, sliced
Salt and pepper to taste

Preheat grill for high heat. Arrange potato slices, separated by onion and butter slices, on a large piece of aluminum foil. Top with garlic and season with parsley, salt, and pepper. Tightly seal potatoes in the foil. Place on the preheated grill, and cook 20 minutes, turning once, or until potatoes are tender. Sprinkle potatoes with cheddar cheese, reseal foil packets, and continue cooking 5 minutes, until cheese is melted.

Black Bean Salsa

3 (15 ounce) cans black beans, drained and rinsed
2 Tomatoes, diced
2 bunches green onions, chopped
cilantro leaves, for garnish
1 (11 ounce) can Mexican-style corn, drained
2 (10 oz) cans diced tomatoes with green chili peppers, partially drained

In a large bowl, mix together black beans, Mexican-style corn, diced tomatoes with green chile peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.

Cucumber Salad

6 Cups sliced cucumber
1Tbsp. celery seed
1 Cup sliced onion
1 cup distilled white vinegar
1 Cup sliced green bell pepper
1 1/2 cups white sugar
2 Tbsp. salt

In a mixing bowl, combine the cucumber slices, onions, and green peppers. In a saucepan over medium heat, combine the salt, celery seed, vinegar and sugar. Bring the mixture to a boil. Allow the mixture to cool for 10 to 15 minutes. Combine the mixture in the mixing bowl with the mixture in the saucepan. Cover tightly and refrigerate for 24 hours.

Grilled Cheese and Bacon Potatoes

**8 Slices bacon
4 (1ounce) slices processed cheese food
4 large baking potatoes, cut into wedges
Salt and pepper to taste**

Preheat an outdoor grill for high heat. Place 2 slices bacon each in 4 separate pieces of aluminum foil. The foil pieces must be large enough to fully wrap a potato. Place one potato in each piece of foil. Top each potato with a slice of processed cheese. Salt and pepper to taste.

Tightly wrap potatoes with the foil. Place on the prepared grill. Cook approximately 30 minutes, or to desired doneness.

Cilantro Tomato Pasta Salad

**1 Cucumber
1 Cup ripe red tomatoes, diced
1/2 cup red onion, finely chopped
2 Tbsp. fresh lime juice, fresh
1 Tbsp. cilantro, chopped
1 Tsp. granulated sugar
1/4 Tsp. salt 1/4 Tsp. black pepper
1 cup dry small shell pasta, cooked and drained**

Peel the cucumber and cut in half lengthwise. Use a spoon to gently scrape away the seeds. Cut in half again lengthwise and dice the cucumber. Place cucumber, tomato, red onion, lime juice, cilantro, sugar, salt and pepper in a bowl with pasta. Toss gently. Transfer to a serving bowl; chill at least 15 minutes before serving.

Your Basic Burger

**2 lb ground beef
salt to taste
1 1/2 ts onion powder
1/4 ts pepper**

Using a fork, gently mix meat, salt, onion powder and pepper. Shape into patties, handling meat as little as possible and taking care not to press meat tightly together. Broil, grill or pan-fry the patties.

Cowboy Kabobs

**18 Wooden skewers (10 inch)
9 Pearl onions
1/3 cup Steak Sauce
1 large red or green pepper, cut into strips
1/3 cup BBQ sauce**

2 Tsp. horseradish

1-1/2 lb. Beef top round steak, cut into 1/2 -inch strips

Soak skewers in water for at least 30 minutes. Meanwhile, mix steak sauce, barbecue sauce and horseradish until well blended; set aside. Thread steak strips onto skewers; place and onion or pepper strip on the end of a skewer. Place kabobs in glass dish; coat with steak sauce mixture. Cover. Refrigerate for one hour, turning occasionally. Place kabobs on grill over medium coals. Grill 4 to 6 minutes or until steak is thoroughly cooked, turning occasionally. Broiler Directions – Broil kabobs 4 to 6 inches from heat 4 to 6 minutes or until cooked through, turning occasionally.

Italian Rotini Salad

1/2 of a one pound package of Rotini Pasta 1 cup sliced fresh mushrooms

1 cup diced pepperoni 1/2 cup shredded cheddar cheese

3 large green onions, sliced 1/2 cup olive oil

1/3 cup red wine vinegar 1 tsp. Italian seasoning

1/2 tsp. garlic powder 1/2 tsp. salt

1/4 tsp. pepper

Cook Rotini according to directions, rinse and drain. Combine Rotini, mushrooms, pepperoni, cheese, and green onions. Blend oil, vinegar and spices. Toss dressing with salad. Serve immediately or chill. Makes 6-8 servings.

Grilled Fish in Foil

1 lb. Fish Fillets, fresh or frozen

1 tbsp. chopped parsley

2 tbsp. margarine or butter

1 tsp. dill weed

1/4 cup lemon juice

1 tsp. salt

1/4 tsp. pepper

1/4 tsp. paprika

1 each medium onion, thinly sliced

On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish. In small saucepan, melt margarine; add lemon juice, parsley, dill weed, salt and pepper. Pour equal amounts over fish. Sprinkle with paprika; top with onion slices. Wrap foil securely around dish, leaving space for fish to expand. Grill 5 to 7 minutes on each side or until fish flakes with fork. Refrigerate leftovers. (Makes 4 servings)

Chili

2 onions, chopped well

2 stalks of celery, diced well

2 lbs. ground meat

28 oz can of stewed tomatoes

2 cans kidney beans

2 cans tomato soup

1/3 cup canned mushrooms

3 tb oil

4 tb chili powder

2 ts sugar
1 cup boiling water
1 ts salt

Combine celery and onions in a pan and heat. Add the meat and mushrooms to the pan. Cover and let cook for about 15 minutes. Add everything else and stir together, then let it uncovered to simmer for about 60 minutes. Stir occasionally.

Taco Salad Supreme

2 lbs ground beef
2 packages taco seasoning
1 1/4 cups water
1 4oz can chopped green chilies (mild)
1 12oz can pinto beans (drained)
1 head lettuce, chopped
4 medium tomatoes, chopped
1 bag shredded fiesta blend cheese
1 small onion, chopped (optional)
1 can black olives, sliced
1 chopped jalapeno (optional)
bag of plain nacho chips (broken in pieces)

Brown beef and drain grease. Add green chilies, pinto beans, taco seasoning, and water. Cook for about 8 minutes. In a big bowl, put in rest of ingredients and mix (or layer if you wish)). Then add meat mixture and mix again. Top it off with some nacho chips. Serve with sour cream or taco sauce.

Barbecued Pork Chops

8 lean pork chops
1/2 ts ground nutmeg
1/2 cup ketchup
1/3 cup distilled white vinegar
1 ts salt 1 cup water
1 ts celery seed 1 bay leaf

Preheat oven to 325 degrees. In a skillet, heat a small amount of oil and brown both sides of the pork chops. In a bowl, combine ketchup, salt, celery seed, nutmeg, vinegar, water, and bay leaf; pour over chops. Bake in oven for 90 minutes. Turn chops once during baking.

Easy Barbecued Chicken Casserole

1 16 oz can Pork and Beans
4 chicken pieces
1/4 cup ketchup
2 tb peach preserves
2 ts instant minced onion
1/4 ts soy sauce
1/4 cup brown sugar

Place beans in a two-quart casserole; top with chicken. Mix together remaining ingredients; pour over chicken and beans. Cover and bake in preheated 325 degree oven for 1 3/4 hours.

Chicken and White Bean Chili

3 undrained 16oz cans Great Northern beans
1 14oz can fat-free chicken broth
1 ts dried onion flakes
1 1/2 ts cumin
1 ts sweet basil
1 lb cubed cooked chicken

Combine all ingredients except chick in dutch oven. Heat to a boil. Add chicken. Lower heat, simmer for 25 minutes. Optional: Add 3/4 cup elbow, spaghetti, or bow pasta during last 15 minutes.

Bruschetta

1 French baguette, cut into 1/2-inch thick slices
1/2 red onion, minced
8 plum tomatoes, diced
3 cloves garlic
1 cup chopped fresh basil
freshly ground black pepper

Preheat oven to 400 degrees. Combine tomato, basil, and red onion in small mixing bowl; stir well. Season with freshly ground black pepper. Set aside. Arrange bread on a baking sheet. Place in oven, and bake until well toasted, approximately 5 minutes. Remove bread from oven, and transfer to a large serving platter. Let bread cool 3 to 5 minutes. Rub garlic into the top of each slice of toast; the toast should glisten with the garlic. Spoon the tomato mixture generously onto each slice, and serve.