

Our State eats

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Summer Garden Salad

Yield: 2 to 4 servings.

- 1 medium cucumber, sliced
- 1 pint cherry or grape tomatoes, halved
- 1 orange bell pepper, cut into 1-inch strips
- 2 small zucchini, halved and sliced
- 4 to 6 leaves Bibb or butter lettuce
- 6 to 8 leaves fresh basil, torn

Goat cheese dressing:

- 4 ounces goat cheese, at room temperature
- Juice of 1 lemon
- 2 tablespoons honey
- ½ cup sour cream
- ¼ cup mayonnaise
- ½ teaspoon salt
- ½ teaspoon ground black pepper

For the dressing: Place all ingredients in a food processor or blender. Pulse until mixture is smooth. Refrigerate until ready to serve.

For the salad: In a medium bowl, toss together cucumber, tomatoes, bell pepper, and zucchini. Distribute lettuce leaves among salad plates. Spoon vegetable mixture on top of lettuce. Garnish with torn basil leaves. Serve with goat cheese dressing.



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Squash, Corn, & Tomato Salad

Yield: 6 servings.

- 4 summer squashes, sliced**
- Olive oil, enough to coat skillet**
- 4 to 6 ears fresh corn, cut from cob**
- 3 heirloom tomatoes, cut into wedges**
- ½ teaspoon salt**
- ½ teaspoon ground black pepper**
- 8 to 10 leaves fresh basil**
- Balsamic vinegar glaze**

In a large skillet, sauté squash in olive oil on medium-high heat for 2 to 3 minutes. Remove from skillet and place squash in a large bowl. Add corn, tomatoes, salt, and pepper; toss ingredients together. Just before serving, add basil leaves and drizzle balsamic glaze over vegetables. Serve at room temperature or chilled.



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Sweet Pea & Pasta Salad

Yield: 6 to 8 servings.

- 1 pound bow tie pasta, cooked
- 2 cups frozen peas, thawed for 15 minutes
- 1 red bell pepper, cut into 1-inch strips
- 3 green onions, sliced
- 8 leaves fresh mint
- ½ cup pine nuts, toasted

Lemon-mayonnaise dressing:

- Juice of 2 lemons
- ½ cup mayonnaise
- 3 tablespoons olive oil
- 1 teaspoon sugar
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- 3 teaspoons rice vinegar
- ½ teaspoon lemon pepper

For the dressing: In a medium mixing bowl, whisk together all ingredients until well blended. Refrigerate until ready to serve.

For the salad: Place cooked pasta in a large mixing bowl. Pour prepared dressing over pasta; toss until coated. Add peas, bell pepper, onions, mint, and pine nuts. Place in an airtight container and refrigerate for at least 2 hours before serving.



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Steak & Blue Cheese Salad

Yield: 4 servings.

- 1 large head romaine lettuce, core removed
- 10 to 12 ounces New York strip or rib eye steak, trimmed, cooked, and thinly sliced
- 1 small red onion, thinly sliced
- 2 medium carrots, peeled and thinly sliced
- 4 ounces blue cheese, crumbled

Vinaigrette:

- ½ cup red wine vinegar
- 2 cloves garlic, minced
- 2 teaspoons sugar
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- ½ cup vegetable oil

For the dressing: Add vinegar, garlic, sugar, salt, pepper, and oregano to a blender. Blend on low speed for 30 seconds; make sure that sugar has dissolved. While blender is on low speed, slowly add vegetable oil. Refrigerate until ready to serve.

For the salad: Tear lettuce into bite-size pieces and place in a large bowl. Drizzle about ¼ cup vinaigrette over lettuce and massage until lettuce is coated. Distribute lettuce among salad plates. Top with steak, onion, carrots, and blue cheese. Add more dressing to salads, if desired. Refrigerate extra vinaigrette for up to 2 weeks.



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