



Corn Fritters

Recipe by Marco Lopez

Ingredients:

- 3 cups corn (canned, frozen or fresh)
- 1/4 cup all-purpose flour
- 1/4 cup finely minced chives
- 2 Tbs. grated Parmesan cheese
- 1 Tbs. cornstarch
- 1 large egg
- 1/2 cup vegetable oil (for frying)
- 1 tsp vegetable oil
- Salt & Pepper
- Pinch of cayenne pepper

Instructions:

- Process 1 1/2 cups of corn in a food processor for about 15 to 20 seconds to make puree. Set aside.
- Heat 1 tsp oil in a nonstick skillet over medium heat. Add the remaining (unblended) 1 1/2 cup of corn.
- Add salt to taste, stirring until lightly golden (3 to 4 minutes). Transfer to a bowl.
- Return skillet to medium heat, add corn puree, and cook 2-3 minutes, stirring frequently (corn should resemble oatmeal consistency).
- Combine this heated puree with the corn in bowl.
- Add the remaining ingredients to corn mixture and mix well: flour, chives, Parmesan cheese, cornstarch, cayenne, salt & pepper.
- Beat the egg in small bowl and add to corn mixture.
- Heat the oil in the skillet over medium heat. Drop about 2 Tbs. corn batter into the skillet and press with a spatula to flatten into a disk. Fry to golden brown color on both sides.



Summer Pineapple Salad

Recipe by Marco Lopez

Ingredients:

- 1/2 Pineapple
- 1/2 Red Onion
- 1/3 Cup of Cilantro
- 1 Avocado
- 2 Plum Tomatoes
- 1/2 Mango

Ingredients

for Vinaigrette:

- 1 Tbs olive oil
- 1 lime
- 1 tsp vinegar
- Salt & Pepper

Instructions:

- Cut the pineapple into small cubes and put pieces in large bowl.
- Do the same process for the red onions, avocado, tomatoes, and mango and add them to the bowl.
- Cut cilantro into small 1-inch pieces and add it to the other ingredients.
- In a small bowl, add the juice of the lime, vinegar, oil, salt, and pepper.
- Stir it well until ingredients combine.
- Mix the vinaigrette with the rest of the ingredients gently.
- Transfer to a salad bowl for display.



Ratatouille-Style Stuffed Zucchini

Recipe by Marco Lopez

Ingredients:

- 1/2 Cup eggplant
- 1/2 Cup red and green peppers
- 1/4 Cup zucchinis
- 1/4 Cup white onions
- 1/2 Cup plum tomatoes
- 3 Cup tomato sauce
- 1 tsp dried oregano
- 1 Tbs oil
- Salt & Pepper
- Rest of ingredients
- 2 zucchinis, cut in half longwise.
- Parmesan or shredded mozzarella cheese
- Parsley for garnish

Instructions:

- Preheat the oven to 400 degrees Fahrenheit with one rack in the middle of the oven.
- Line one baking pan with parchment paper for easy clean-up, if desired.
- Dice the eggplant, bell peppers, zucchinis, onions, and tomatoes and put them in a bowl.
- Add the oil, oregano, salt, and pepper to vegetables and toss to combine.
- Transfer vegetables in a single layer across the baking pan.
- Bake them for 12-15 minutes or until lightly brown and cooked.
- While vegetables are cooking, bring pot of water to a boil
- Submerge the 2 cut zucchinis and cook them in boiling water for no more than 4 minutes. Let them cool.
- Hollow them so they look like a canoe (the inside of the zucchini can be used for the filling if desired).
- Remove cooked vegetables (ratatouille) from the oven and transfer them to a bowl.
- Add the tomato sauce and mix well.
- Using a spoon, add the ratatouille into the hollowed-out zucchinis, top them with the cheese, and put them on baking pan.
- Cook for another 4-5 minutes or until the cheese is melted.
- Garnish with parsley.