

# MEXICAN BEANS AND RICE

*From Brattleboro Co-op, Brattleboro, Vermont*

## Ingredients

- 2 tablespoons oil**
- 1 cup yellow onion, diced**
- 1 cup cooked sweet potatoes, peeled and diced**
- 1/2 cup diced green and red bell peppers**
- 1 clove garlic, minced**
- 1 cup diced fire-roasted tomatoes**
- 2 teaspoons chipotle peppers, minced (or to taste)**
- 1/2 teaspoon chili powder**
- 1/2 teaspoon ground coriander**
- 1/2 teaspoon ground cumin**
- 1/2 teaspoon salt**
- Pinch black pepper**
- 1 cup pre-cooked brown rice**
- 1 12-ounce can black beans, drained and rinsed**

## Directions

Heat the oil in medium-size stock pot, and sauté the onions, sweet potatoes and bell peppers over medium heat until soft, about 10 minutes. Add the garlic and spices and sauté 2 minutes more until fragrant. Add the diced tomatoes, chopped chipotles and black beans, and simmer 5 minutes. Add the rice and heat throughout. Remove from the heat, stir in some fresh chopped cilantro (optional) and serve with lime wedges.

# GRILLED SUMMER VEGETABLES WITH FRESH MOZZARELLA

By Christopher Ryding

## Ingredients

**2 zucchini, ends trimmed, cut lengthwise into 1/4" slices**

**2 red bell peppers, ends trimmed, seeds and pith removed, cut into large pieces**

**1 small eggplant, ends trimmed, cut into large round slices 1/2" thick**

**1/2 pound fresh mozzarella, salted or buffalo style, cut into thick slices**

**1 tablespoon olive oil**

**Pinch salt and black pepper**

## Marinade

**1/4 cup olive oil**

**1/4 cup red wine or balsamic vinegar**

**1 tablespoon fresh garlic, minced**

**1 teaspoon each of dry basil and dry oregano**

## Directions

Prepare the marinade in a large bowl, add the prepared vegetables and marinate 30 minutes, turning often. Remove the vegetables from the marinade and grill them on medium hot for about 5 minutes or until cooked through. Season the mozzarella slices with olive oil, salt and pepper, and arrange them around the edge of a serving platter. Remove the vegetables from the grill and layer eggplant first in the center of the platter, then top with zucchini, followed by the bell peppers. Drizzle with leftover marinade and garnish with fresh julienned basil (optional).