

Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

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**FRUIT
CENTER**
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SHOW NINE

Connie Spiros

Connie's Stuffed Zucchini Canoes

INGREDIENTS

2 small to medium zucchini, halved lengthwise

½ Tbsp olive oil

1 small onion, coarsely chopped

ground pepper

½ cup feta cheese

½ pint grape or cherry tomatoes, coarsely chopped

THE METHOD

Preheat oven to 475 degrees. Using a spoon, scoop out zucchini centers to form “canoes”, leaving a ¼ inch border. Roughly chop and set aside. Arrange zucchini, cut sides down on a rimmed baking sheet, bake 15 minutes. Remove from oven. Meanwhile, heat oil in a large skillet over medium. Add onion, ¼ tsp pepper, cook, stirring until soft, 3-5 minutes. Add chopped zucchini and cook stirring about 5 minutes. Remove from heat, let cool slightly, fold in feta and tomatoes. Turn hollowed zucchini cut sides up, fill with feta tomato mixture, and bake until top is lightly browned, about 15-20 minutes. Lift zucchini from baking sheet carefully with a wide spatula and serve. Serves 2

Serving size is 1 small to medium zucchini, (two halves); 119 calories, 8g of fat, 7.7 g carbs

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

Milton Marketplace • 10 Bassett Street • East Milton Square • 617-696-5274

Hingham Marketplace • 79 Water Street • Hingham Harbor • 781-749-7332

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Connie's Red Potatoes Marinated with Garlic and Mustard

INGREDIENTS

2 pound small red-skinned new potatoes, scrubbed, halved
4 Tbsp olive oil
4 Tbsp of your favorite mustard
2 garlic cloves, minced
2 Tbsp fresh chopped fresh rosemary
½ tsp salt
½ tsp black pepper

THE METHOD

Line baking sheet with foil. Cook potatoes in pot of boiling salted water just until tender when pierced with knife, about 10 minutes. Drain and cool for 10 minutes. Meanwhile, whisk oil, mustard, garlic, rosemary, salt and pepper in large bowl to blend. Add potatoes to dressing and toss to coat. Place on prepared baking sheet. Preheat broiler, positioning rack 6 inches from heat source. Broil potatoes until browned and bubbly, turning halfway through cooking time, about 10 minutes total. Serves 8.

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Connie's Sautéed Tomatoes and Artichoke Hearts

INGREDIENTS

1 can whole plum tomatoes
1 stick butter
1 can artichoke hearts
1 Tbsp fresh basil, chopped
½ cup finely chopped onion
2 Tbsp sugar (optional)
1 clove garlic crushed
Salt and pepper

THE METHOD

Drain cans, quarter artichokes and tomatoes. Melt butter in a pan, and sauté onion and garlic. Add sugar, salt and pepper. Add quartered tomatoes and chokes. Cook for 10-15 minutes to blend flavors. Sprinkle chopped basil last, and cook just for 30 seconds to heat up.

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