

Eat well with The Headingley Greengrocer
No. 3



Tomatoes

A delicious versatile fruit with a slightly umami taste, which can be enjoyed raw and cooked.

Greek Salad- 4 large ripe **tomatoes**, 1 **cucumber**, 1/2 **red onion**, **Greek olives**, **feta cheese**, **olive oil**, **oregano**. Peel and de-seed the cucumber and roughly chop, Cut the tomatoes into wedges, finely slice the onion, Crumble the cheese, mix with the oil and oregano and leave the flavours to develop. Serve with crusty bread to mop up the juices.

Butter Bean, Pepper and Tomato Salad - Roast 3 **peppers** until the skin is blackened and when cool, peel the skin off and remove the seeds. Chop the flesh. Add 1 tin of **butter beans**- rinsed, 1/2 **red onion**, thinly sliced, 2 handfuls of halved **cherry tomatoes**, 2 table-spoons of chopped **caper berries**, 1 handful of chopped **parsley** and mix with a simple vinaigrette. Sprinkle over some toasted **walnuts** and crumble over some feta cheese or shaved Parmesan for a more substantial meal. Serve with bread or couscous.

Gazpacho

1 cucumber, peeled and chopped. **1 red pepper**, **1 green pepper**, deseeded and chopped. **1kg ripe tomatoes**, cored and chopped. **2 garlic cloves**, peeled and crushed. **2 spring onions**, trimmed and finely chopped. **75g stale crusty white bread**, chopped. **2–2½ tbsp sherry vinegar**. Mix all the ingredients together in a bowl and leave for 30 mins - 12 hours to let the flavours develop. Blend in a liquidiser, add some water if too thick. Season with salt and pepper and chill. Serve cold with a drizzle of olive oil and serve with bread or toasts.

Smoky BBQ Salsa

2 red onions- finely slice and cook for 15 mins until soft in **olive oil**. Add: **2 tablespoons runny honey, 1 tsp smoked paprika, 1 tsp Dijon mustard, 1/2 tsp chilli powder, 1 tbsp Worcestershire Sauce, 2 tbs brown sugar**, cook for a couple of mins until the sugar has melted and it is all sticky. Add **2 large handfuls of cherry tomatoes**- roughly chopped and small handful of chopped **parsley**. Serve warm or cold with sausages, burgers, kebabs etc.

Ratatouille

2 onions- chop and fry in **olive oil** until soft. Finely chop **4 cloves of garlic** and rough chop **6 large tomatoes** and add to the onions with a sprig of fresh **rosemary, thyme and 1 bay leaf**. Cook for 20 mins, stir occasionally.

Chop **2 red peppers, 3 courgettes and 1 aubergine** into chunks, fry these in olive oil in batches, do not overload the pan. It should take 5 mins per batch.

Stir the softened vegetables into the tomato sauce.

Add 2 tsp **corriander seeds** and cook for 15 mins with a lid on.

Season to taste and sprinkle over a handful of **chopped parsley**.

Serve either as a vegetable side dish, or main with bread or with a piece of grilled fish or chicken.

Enjoy! All the ingredients can be found at the Headingley Greengrocer and at our sister shop opposite, the Natural Food Store.

<https://theheadingleygreengrocer.co.uk/>



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