

## **Free-Form Fruit Tart**

Master this simple dish and you can have a yummy fruit dessert ready quickly using seasonal fruits. Feel free to mix and match any fruit you like.

1 sheet prepared pie crust for a 9 inch pie

1 tbsp brown or white sugar

3 cups peeled, chopped fruit including, peaches, plums, cherries or apples

1 tablespoon favorite jam or honey

1. Preheat oven 400 degrees. On a floured board roll the pastry until it is about 12 in diameter; turn up edges so there is a slight lip about ¼ inch high, and sprinkle with the sugar. Cover the crust with the prepared fruit (you can make a nice design if you have the time). Soften the jam or honey in the microwave by heating it for 10 seconds and pour it over the fruit as evenly as possible.
2. Bake in a preheated oven for 15 to 20 minutes. Serve with whip cream or ice cream

## **Beets**

Beets are a good source of vitamin A, vitamin C and potassium and their rich red color indicates they carry healthful antioxidants. Red is the most popular variety but the golden or yellow beet is delicious and the color does not bleed making them much less messy.

To prepare: The greens on bunched beets accurately indicate freshness- avoid badly wilted or decayed tops on wilted, flabby beets Remove beet greens ASAP by cutting the tops off (this preserves freshness) and the greens can be washed and prepared like spinach.

To roast: peel whole beets and slice into even 1/3 inch slices. Toss with a small amount of olive oil and season with salt and pepper. Place on a baking sheet in an even layer and roast at 400 degrees for 20 minutes. Turn after ten minutes of cooking.

To cook: Cover whole beets with water bring to a boil, cover and simmer 30 to 60 minutes depending on size. Test for tenderness by inserting a fork. Once cooked run them under cool water and remove skin with your fingers.

## **Broccoli Rabe,**

Broccoli rabe looks like a small head of broccoli with skinny leafy stalks but is actually not related to true broccoli at all.

To prepare: remove any yellow leaves and trim stems ½ inch. Bring a large pot of water to a boil, add broccoli rabe and cook five minutes until tender then drain and set aside. In a saucepan heat 2 tbsp olive oil with 2 minced garlic cloves for one minute to flavor the oil. Add the drained broccoli rabe, toss with the oil and cook on low heat another 3-4 minutes. Season with salt and pepper and serve warm with grated cheese.