

# Summer suppers fresh from the farmers' market

June 19 2019, by Len Canter, Healthday Reporter

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(HealthDay)—Summer is the perfect time to give your stove a rest and

kick back with some fast, no-cook meals made with veggies you can grab at your farmers' market.

For a tasty alternative to a ho-hum salad, thinly slice zucchini and toss with [extra-virgin olive oil](#), [lemon juice](#) and salt. Add a few dollops of ricotta and sprinkle with fresh herbs.

Craving a Cobb salad? Make it with corn cut fresh from the cob. Add a superfood boost by tossing in baby spinach for plenty of additional vitamins A and C, iron and folate. Top it off with cherry tomatoes, a few cubes of avocado and diced hard-boiled eggs—add extra whites if you like. Sprinkle with some crumbled [blue cheese](#) and a drizzle of antioxidant-rich extra-virgin olive oil, and you'll never miss the bacon.

Want a no-fuss do-ahead meal that goes from fridge to table? Tomato gazpacho with sherry vinegar and fresh garden peppers is a cold soup that will be ready when you are, and it's very fast to make.

## **Easy Tomato Gazpacho**

- 2 pounds tomatoes, quartered
- 1 cup chopped green bell peppers
- 1/2 cup chopped shallots
- 1/4 cup whole almonds
- 2 tablespoons sherry vinegar
- 1/4 teaspoon salt

Combine all the ingredients in a blender or food processor. Puree until you reach desired chunkiness and then chill for about an hour before serving.

Yield: 4 servings

**More information:** The U.S. Department of Agriculture has a resource guide for families to make the most of [summer foods](#) and encourage healthy eating.

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