**Late Summer Vegetable Soup**

4 ears corn, husks and silks removed (or 2 cups of kernels)
2 Tbsp olive oil
1 medium onion, chopped (3/4 cup)
1/4 tsp black pepper, more to taste
3 cans (14.5 oz each) vegetable or chicken broth
1 small zucchini, halved lengthwise and thinly sliced (3 cups)
8 oz green beans (stems removed), cut into thirds (2 cups)
14.5 oz tomatoes, diced

1. Cut off tip of each ear of corn. One at a time, stand ears in a wide bowl and, with a sharp knife, carefully slice downward to release kernels. Discard cobs, set kernels aside.
2. In a Dutch oven or a 5 quart pot, heat oil over medium heat. Add onion, season with black pepper to taste. Cook, stirring frequently, until onion is translucent (3 to 5 minutes)
3. Add broth, bring to a boil.
4. Add zucchini, green beans, corn, tomatoes, and orzo; cook, uncovered, until orzo is tender, 8 to 11 minutes.
5. Season with black pepper, if desired, and serve.

Makes: 15 servings

**Nutrition Information:**

CALORIES 70 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN 2g; CALCIUM 2%; IRON 4%

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**Cool Cucumber Grape Salad**

6 cups (about 2 medium) thinly sliced peeled cucumbers
2 cups local seedless grapes, halved
1/4 cup chopped chives or green onion
1/3 cup white wine vinegar
1 teaspoon olive oil
1 tablespoon honey
1 teaspoon salt
1/4 teaspoon bottled hot pepper seasoning

1. Combine cucumber, grapes and chives.
2. Mix vinegar, olive oil, honey, salt and hot pepper seasoning. Add to cucumber/grape mixture and mix well.
3. Refrigerate at least 30 minutes.

Makes: 6 servings

**Nutrition Information:**

CALORIES 70 (10 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 400mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%