

RECIPES

Cucumber Yogurt Salad Dressing

Yield: serves 16 (serving size: 1 tablespoon)

- 1 cup chopped seeded peeled cucumber
- 3 tablespoons plain low-fat yogurt
- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon dried dill

1. Place all ingredients in a blender and process until the mixture is smooth.
2. Refrigerate dressing in an airtight container for up to 1 week

Sweet Balsamic Vinegar Salad Dressing

- ½ cup olive oil
- 2 TBS. honey
- 2 TBS. of balsamic vinegar (or to taste)

1. Whisk honey into olive oil and then whisk vinegar into mixture.

Basil Pesto

- 4 cups packed fresh basil leaves
- 1/2 cup pecans (or walnuts or pine nuts) toasted for 8 minutes in 350F oven until golden brown
- 1/2 cup grated Parmesan cheese
- 4 medium garlic cloves, chopped
- 1/2 teaspoon salt
- 1/2 cup extra-virgin olive oil

1. Combine nuts, garlic, cheese, and oil in a food processor or blender and blend until no large chunks remain.

2. Add basil, one cup at a time, and continue to blend until smooth. Season with salt to taste.

* Use to make Pesto Pita Pizzas: use whole grain pita as pizza crust, spread with pesto and top with shredded cheese. Bake at 350 for 7 minutes or until cheese is melted. Pesto is also great as a pasta sauce, on crackers and bread.

Fresh Fruit and Vegetable Pizzas:

- Fresh fruit and vegetables (your choice—we used sliced grapes, apples, tomatoes, celery, and carrots)
 - Soda crackers, graham crackers, or woven wheat cracker like Triscuits
 - Cream cheese and peanut butter
1. Spread cream cheese or peanut butter on your choice of cracker
 2. Top with fresh fruits and vegetables

* These mini pizzas are a super-fun way to eat your fruits and veggies. Try out crazy combinations with your friends and family—you might be surprised at what flavor combination you enjoy!

Summer Pasta Salad

- 1-cup pesto
 - 1 pound short pasta (16 9z. box of penne, bowties, corkscrews, or shells)
 - 1 pint cherry tomatoes (about 2 cups)
 - 2 cups green beans
 - $\frac{1}{4}$ cup parmesan cheese
 - salt and pepper to taste
1. Cook pasta according to package directions
 2. Trim ends of green beans, and cut into 1-inch pieces
 3. Fives minuets before pasta is cooked, add green beans to boiling pasta so they finish cooking at the same time
 4. Slice cherry tomatoes in half
 5. Mix tomatoes with drained pasta, green beans, and cheese, season with salt and pepper to taste

* Serves 6 for a main course, 12 part of a buffet or for a snack. We used tomatoes and green beans in this pasta salad, but you can use any vegetable you like—it's especially yummy with broccoli, too.

Watermelon Popsicles

- 2 pounds watermelon (about 3 cups)
- $\frac{1}{4}$ cup orange juice (or 2 tablespoons fresh lemon or lime juice)
- $\frac{1}{4}$ cup sugar, optional

1. Seed the watermelon, cut into large pieces, then add to blender with orange juice and puree until smooth and slushy. You should have slightly more than 3 cups of thick blended watermelon mixture.
2. Place 12 3-ounce paper cups (Dixie cups) on a large rimmed baking pan. Fill each cup until $\frac{3}{4}$ full, and then place in freezer until mixture is semi-frozen; about an hour and a half.
3. Insert a Popsicle stick into each Dixie cup and continue freezing until solid. (Or, if you have Popsicle molds, then fill and freeze until firm.)
4. To serve, run the paper cup, or Popsicle mold, under hot running water for about 10 seconds, or let them sit room temperature for 3-5 minutes—that way, they'll slip right out.

* Makes 12 small popsicles, or 6 regular Popsicles. This recipe only takes about 10 minutes of active time, and the satisfaction of pulling homemade Popsicles out of the freezer makes them totally worth it.

Hummus Dip, 1 $\frac{1}{2}$ cups

- 1 can of garbanzo beans or chickpeas
 - 1 can of white beans
 - $\frac{1}{4}$ cup extra-virgin olive oil
 - $\frac{1}{4}$ cup fresh lemon juice (and lemon zest if desired)
 - 2 cloves garlic (or more, to taste)
 - salt to taste
1. Drain the beans, reserving some of the water to use later. Place beans and garlic in a blender or food processor and blend until smooth, adding $\frac{1}{4}$ cup of olive oil gradually.
 2. Blend in the lemon juice. Season with salt.

* This bean dip originally comes from the Middle East, where it's often eaten with pita bread. Creamy and flavorful, you can enjoy it with corn chips, pita chips, or spread inside of a sandwich as a substitute for mayonnaise.

High Fiber Bean Dip

- 1 can red kidney beans or pinto beans, well drained
- 1 can black beans, well drained
- 1 can black-eyed peas, well drained
- 1 can sweet corn, well drained
- $\frac{1}{4}$ cup Italian dressing

- ¼ cup tomato salsa (or make your own from the salsa recipe)
- 1 tsp chili powder
- 1 tsp dried oregano
- ½ small onion, minced fine
- 1 clove garlic, minced
- pinch of sea salt and fresh black pepper to taste

1. Mix all the ingredients in a large bowl, and season to taste

Guacamole

- 2 avocados
- 1-2 cloves garlic, chopped
- 1 lime
- Cherry tomatoes

1. Scoop out and mash 2 avocados.
 2. Mix in garlic, chopped tomatoes and juice of a fresh lime.
 3. Eat with blue corn chips, veggie sticks, on salad and sandwiches.

Tomato Salsa (this is if you are making a batch to can/preserve)

20 – 25 lbs of tomatoes peeled and chopped

3 cups chopped onions

1 Tablespoons of oregano

2Tbsp commercial garlic

2 cups diced assorted mild peppers (red, yellow, orange, banana, or whatever you have)

1/2 cup diced, fresh cilantro

1/2 teaspoon black pepper

2 Tablespoon salt

1 diced jalapeño pepper optional if you want hot salsa

1 1/2 cups 5% acidity apple cider vinegar

3 (6 oz) cans of tomato paste - if you like a richer thicker flavor and texture

After peeling and chopping the tomatoes place them in a big saucepan and bring to a simmer while chopping other ingredients. Mix other ingredients except for cilantro (it will turn black if cooked too long) and bring to a simmer again for about 10 minutes. Have jars and lids ready (pint size). Pour salsa into hot jars and process in a water bath canner for 15 minutes. Remove from water bath canner and let stand in a draft free area on a towel. Label and store away in a cool, dry pantry. Will keep for 1 year.

Tomato-Pepper Salsa, 1 cup

- 2 large tomatoes
- 1 or 2 peppers (jalapenos if you like spicy food, or use small bell peppers if you like your salsa mild)
- 1 garlic clove, chopped
- ½ teaspoon salt

* Chop the tomatoes and peppers into large pieces, then place ingredients into food processor or blender and mix until smooth. Add lemon juice and salt to taste.

Fruit Salsa and Cinnamon Chips

- 4 Cups watermelon
- 2 Cups blueberries
- 2 apples
- 1 tablespoon lemon juice
- 2 tablespoons berry jam
- 5 10-inch flour tortillas
- Cooking spray or vegetable oil
- Cinnamon
- Sugar

1. Chop watermelon and apples into ½ inch pieces and combine in a large bowl with the blueberries, lemon juice, and jam.
2. Set the oven to broil, and then spray two large baking sheets with cooking spray, or oil them with 2 teaspoons vegetable oil.
3. Slice each tortilla into 6 wedges, then place on oiled baking sheet. If using cooking spray, the spray the tops of each tortilla piece. If using oil, then just flip each piece so both sides get coated.
4. Sprinkle lightly with cinnamon and sugar, and broil for 2-3 minutes until the pieces turn golden brown and begin to crisp. Watch carefully so they don't burn and remove them even if the centers still feel a tiny bit soft—they'll crisp up more as they cool. Serve with fruit salsa.

* A camp favorite! This fruit salsa is delicious on its own, but its completely irresistible when paired with crunchy, homemade cinnamon chips. If feeds a crowd, so bring this to your next cookout.

Fresh Summer Smoothies

* Serves 4 big kids, 6 little ones

- 2 cups fresh or frozen fruit (like peaches and/or berries)
- 1 ½ cups milk or vanilla soy milk (or substitute with orange juice)
- 1 fresh or frozen banana, sliced
- 2 tablespoons honey (optional)

1. Combine all ingredients in a blender until smooth and thick
2. Pour and enjoy!

* If you don't have time to freeze the banana, use 1 cup ice cubes and only ½ cup soy milk.

* Use your favorite fruit for this recipe. Our favorite combo was strawberry-banana.

Fresh Fruit Yogurt Smoothies

- ½ cup low fat vanilla yogurt
- ½ cup Orange Juice
- ½ to 1 cup of ice
- 1 cup of fresh fruit

1. Blend and drink!

Chocolate-Peanut Butter Smoothies

* If you like Reese's Peanut Butter Cups, then you'll love this smoothie! It's also got a lot of fiber and protein, making it a great choice for a snack.

- 1 cup chocolate milk or chocolate soy milk
- 1 frozen banana
- 2 tablespoons smooth peanut butter

* Combine all ingredients in a blender until smooth and thick.

* If you don't have time to freeze the banan, use ½ cup ice cubes and ½ cup chocolate milk.

Sweet Potato Chips, 3 cups

- 2 sweet potatoes
 - cooking spray or vegetable oil
 - salt
1. preheat oven to 425F
 2. Slice sweet potatoes into rounds as thin as you can using a sharp knife or mandoline
 3. Oil several baking sheets with cooking spray or vegetable oil, then spread out the sliced sweet potatoes in one layer.
 4. If using cooking spray, then spray the tops of the sweet potatoes; if using vegetable oil, then turn the potatoes over on the oiled sheet so that both sides get coated.
 5. Sprinkle very lightly with salt and bake at 425F until crisp, about 30 minutes.
 6. Stir once or twice during baking so they'll cook evenly.

* One of our favorite snacks, these chips are so good that it's hard to save any for eating later.

Herb Rub for Chicken, makes 1 cup

- ½ cup dried rosemary
 - ¼ cup dried thyme
 - 2 tablespoons crumbled dried sage
 - 2 tablespoons salt
 - 1 tablespoon black pepper
1. Chop dried rosemary, thyme, and sage until no large pieces remain
 2. Mix herbs with salt and pepper
 3. Store in an airtight container or zip lock bag
 4. Use 1-teaspoon herb rub per chicken breast, or 2 tablespoons to season a whole chicken for roasting.

* If you grow your own herbs or have a grandparent who does, then gather your own herbs and dry them to make this rub extra-special.

Sweet Potato French Fries

Cut sweet potatoes into sticks. Toss with 1 tsp. olive oil. Bake on cookie sheet at 400 for 20-30 minutes.

