

COOKING FOR WELLNESS

June 2021 Recipes



FOURTH OF JULY BLOWOUT

MARINATED VEGGIE- ORZO SALAD

HANDS-ON TIME 15 min.

TOTAL TIME 15 min.

- 1 cup dried orzo pasta
- ½ cup olive oil
- 2 lemons
- ½ cup chopped fresh herbs, such as dill, basil, mint, and/or chives
- 1 medium cucumber, coarsely chopped
- 8 oz. fresh asparagus, trimmed and cut into 1-inch pieces
- 1½ cups small cauliflower florets
- 1 cup radishes, quartered
- ½ cup chopped red onion
- Crumbled feta cheese

1. Cook pasta according to package directions. Drain and rinse with cold water; drain again. Place in a large bowl. Toss with 2 Tbsp. of the oil. Chill, covered, up to 24 hours.

2. Meanwhile, remove zest from one lemon. Juice both lemons. In a large bowl whisk together lemon zest and juice, remaining oil, ¾ tsp. salt, ¼ tsp. black pepper, and half the herbs. (Wrap and chill remaining herbs until needed.) Add cucumber; mash lightly with a potato masher to release juices. Add

asparagus, cauliflower, radishes,
and onion. Toss to coat. Chill, covered
up to 24 hours.

3. Add pasta to vegetables. Toss
to coat. Top with feta and remaining
herbs. Serves 8.

EACH SERVING 229 cal, 15 g fat
(3 g sat fat), 273 mg sodium, 20 g carb,
2 g fiber, 3 g sugars, 5 g pro



Taste of Home

Grilled Nectarine & Cheese Crostini

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 1 dozen.

At our house, we love the summer tastes of sweet grilled nectarines and fresh basil over goat cheese. I can usually find all the ingredients at the farmers market. —Brandy Hollingshead, Grass Valley, California

Ingredients

1/2 cup balsamic vinegar

1 tablespoon olive oil

12 slices French bread baguette (1/4 inch thick)

2 medium nectarines, halved

1/4 cup fresh goat cheese, softened

1/4 cup loosely packed basil leaves, thinly sliced

Directions

1. In a small saucepan, bring vinegar to a boil; cook 10-15 minutes or until liquid is reduced to 3 tablespoons. Remove from heat.
2. Brush oil over both sides of baguette slices. Grill, uncovered, over medium heat until golden brown on both sides. Grill nectarines 45-60 seconds on each side or until tender and lightly browned. Cool slightly.
3. Spread goat cheese over toasts. Cut nectarines into thick slices; arrange over cheese. Drizzle with balsamic syrup; sprinkle with basil. Serve immediately.

Cherry Tomato Ice Treats

Tomatoes are actually a fruit, so it is nice to make desserts with this fruit that is often used as a vegetable. Cherry tomatoes have a particularly high sugar content and are delicious when frozen. You can use other fruits in this recipe, such as cut pears, peaches, or berries.

1 cup warm water

4 tablespoons agave nectar

2 cups cherry tomatoes, cut into halves

- 1 Mix together the warm water and agave nectar to make a syrup.
- 2 In a bowl, combine the tomatoes and the syrup. Fill 2 or 3 ice cube trays with the tomato syrup mixture, including a tomato in each cube form.
- 3 Freeze for 3 hours and serve ice cold.

Veggie Skewers

These Veggie Skewers are the perfect thing for a barbecue or picnic. You can add or remove ingredients to suit you or your fellow picnic-goers.

Brianne Williams, RD, LD

Ingredients:

- 10-15 bamboo skewers
- 2 carrots
- 1 sweet potato
- 2 zucchini
- 1 yellow squash
- 1 cup white button mushrooms
- Gallon size zip lock bags
- ½ cup freshly squeezed lemon juice
- 2 cloves garlic, minced
- 1 sweet onion, chopped into chunks and divided
- ½ cup olive oil
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- Additional desired herbs such as mint, cilantro, basil (optional)
- Brussels sprouts

Method:

Soak 10-15 bamboo skewers in water for about a half hour. Parboil the sweet potato and carrots to soften, then cut into bite size chunks. Wash and slice zucchini, yellow squash, mushrooms, and 1/2 onion into bite sized chunks and separate into gallon size zip lock bags.

Place ingredients for marinade in blender: lemon juice, garlic, ½ onion, olive oil, salt, pepper, and any other desired herbs. Blend until mixed well. Drizzle over vegetables and let marinate for at least an hour.

Heat grill and slide marinated veggies onto skewers. Place veggie skewers on grill and cook about 10 minutes or until desired tenderness.

Variations:

- You can add green bell peppers and cherry tomatoes if you tolerate nightshade vegetables.
- Add chicken, shrimp, or beef cubes as well.