

COOKING FOR WELLNESS

August 2022 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Tomato & Stone Fruit Salad with Sesame Maple Dressing

4 TO 6 SERVINGS

A mixture of summer's best tomatoes, bright, acidic stone fruit, and sweet maple syrup makes this salad so darn delicious and tangy. The dressing has a multitude of uses—try sopping it up with a crisp baguette. It's also great on raw cucumbers or on grilled veggies like eggplant or zucchini.

DRESSING

- 2 tablespoons plus 1 teaspoon sherry vinegar
- 2 tablespoons fresh lemon juice (from 1 lemon)
- 2 tablespoons pure maple syrup
- 2 tablespoons toasted sesame oil
- 1 teaspoon flaky sea salt

SALAD

- 1 basket cherry tomatoes
- 4 medium tomatoes
- 2 large heirloom tomatoes
- 3 yellow nectarines
- 3 small plums or pluots
- Flaky sea salt and freshly ground pepper
- 2 tablespoons toasted sesame seeds
- Opal or Thai basil leaves

FOR DRESSING: Whisk all ingredients in a small bowl to blend. *(Can be made 1 day ahead. Cover and let stand at room temperature.)*

FOR SALAD: Cut small tomatoes in half and large tomatoes and stone fruit into quarters and arrange on a platter. Season with salt and pepper. When you are ready to serve, drizzle dressing over the salad and sprinkle with sesame seeds and basil.

GARDEN NOTE:

When selecting tomatoes to plant in your garden, keep in mind that their color greatly affects the taste. Red or pink tomatoes have more sugar than acid. Orange and yellow tomatoes are less acidic than other varieties and also milder in flavor. Black and purples have a complexity of umami, with earthiness and a balanced flavor.

Scallops with Kale Pesto

MAKES 4 SERVINGS

This salad features a satisfying mix of vegetables and protein. It will fill you up but leave you light on your feet. The emerald green kale pesto provides a striking color contrast. AW

- 3** tablespoons extra-virgin olive oil
- 16** sea scallops
- Salt and freshly ground black pepper
- 4** medium tomatoes, cut into bite-size chunks
- 3** bell peppers (red, yellow, and orange), seeded and thinly sliced
- 2** cups corn kernels, shaved from 2 ears corn
- 1** cucumber, peeled, seeded (if seeds are mature), and thinly sliced
- 1** jalapeño chile, seeded and thinly sliced
- 1** shallot, thinly sliced
- 1/4** cup extra-virgin olive oil
- 3** tablespoons champagne vinegar
- 1/2** cup Kale Pesto (page 234)
- 4** ounces mild, soft goat cheese, crumbled

1. Heat the olive oil in a nonstick skillet over medium-high heat until it shimmers. Season the scallops with salt and pepper. Sear the scallops on both sides for 1 to 2 minutes, but don't overcook. Transfer to a platter.

2. In a large bowl, combine the tomatoes, bell peppers, corn, cucumber, jalapeño, and shallot. Drizzle the oil and vinegar over them, season with salt and pepper, and toss. Divide among serving plates. Add the scallops and garnish each scallop with about a teaspoon of the Kale Pesto. Sprinkle on the goat cheese before serving.

Heirloom Tomato Gazpacho

MAKES 12 CUPS; 6 SERVINGS

This True Food Kitchen version of the Spanish classic is one of our most popular dishes during the broiling summer months in Phoenix. Nothing tastes better on a sizzling day than ice-cold fresh vegetables in a chilled bowl. Paradoxically, adding a little hot spice to food helps your body cool itself as well. This dish is a good base for experimenting with different chiles, as their flavors emerge cleanly. MS

- 4 to 5 pounds chopped heirloom tomatoes
- 1 (20-ounce) can diced tomatoes
- 2 celery stalks, diced
- 1 poblano chile, stemmed, seeded, and chopped
- 1 red bell pepper, diced
- 1 small red onion, diced
- ½ cup diced jicama
- 1 medium cucumber, peeled, seeded, and diced
- ¼ cup chopped fresh Italian parsley
- 1 tablespoon chopped fresh cilantro
- ⅓ cup red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons vegetarian Worcestershire sauce
- 1½ teaspoons green Tabasco sauce
- 2 teaspoons salt
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper

Combine all of the ingredients plus ¼ cup cold water in a large bowl and mix well to combine. Transfer 3 cups of the mixture to a blender. Blend until smooth, and then return to the bowl. Mix well, cover, and refrigerate. Serve cold.