



BEET HUMMUS

At once sweet and savory, this creamy dip is perfect for mixing and matching with other small plates.

Makes 10 servings (2½ cups)
Total time: 1½ hours

ROAST:

- 1 beet (10–12 oz.)

PULSE:

- 1 can chickpeas (15 oz.), drained and rinsed
- 1 Tbsp. chopped shallots

ADD:

- ¼ cup fresh lemon juice
- 2 Tbsp. tahini
- 2 tsp. honey
- Salt and black pepper to taste

Preheat oven to 400°. Wrap beet in a double layer of heavy-duty foil.

Roast beet until very tender, about 1 hour. When cool enough to handle, rub off and discard the skin, then cube beet.

Pulse chickpeas in a food processor until minced. Add 1½ cups beets and pulse to combine.

Add lemon juice, tahini, and honey; purée until very smooth, then season with salt and pepper. Cover and chill hummus, about 2 hours, or overnight, before serving.

Per serving: 96 cal; 3g total fat (0g sat); 0mg chol; 116mg sodium; 15g carb (1g fiber, 3g total sugars); 4g protein



CUCUMBER-WATERMELON-FETA STACKS WITH MINT-LIME VINAIGRETTE

Save some time on party day and prep all of the ingredients ahead, but wait to toss the cucumber slices with the vinaigrette and assemble the stacks until just before serving.

Makes 16 servings (16 stacks);
Total time: 30 minutes

FOR THE VINAIGRETTE, WHISK:

- 2 Tbsp. olive oil
- 2 Tbsp. minced fresh mint
- 4 tsp. fresh lime juice
- 1 tsp. honey
- ½ tsp. Dijon mustard
- Salt and black pepper to taste

FOR THE BITES, TOSS:

- 16 slices cucumber (about ¼-inch thick)
- 16 bite-sized cubes watermelon
- 16 bite-sized cubes feta

For the vinaigrette, whisk together oil, mint, lime juice, honey, and Dijon; season with salt and pepper.

For the bites, toss cucumber slices with half the vinaigrette; season with salt and pepper.

Arrange cucumber slices on a platter; top with watermelon and feta. Skewer stacks with toothpicks, then drizzle with remaining vinaigrette; serve immediately.

Per serving: 37 cal; 3g total fat (1g sat); 5mg chol; 62mg sodium; 2g carb (0g fiber, 2g total sugars); 1g protein

CUISINE FOR TWO

GRILLED STEAK BURRITO BOWLS

with fajita veggies

You can grill the steak and all the veggies at the same time, just be mindful of cooking times.

Makes 2 servings (2/3 cup vinaigrette)
Total time: 45 minutes

PURÉE:

- 1/4 cup fresh cilantro leaves
- 3 Tbsp. olive oil
- 2 Tbsp. white wine vinegar
- 4 tsp. *each* fresh lime juice and orange juice
- 1 Tbsp. *each* minced fresh garlic and jalapeño, and Dijon mustard
- 1 1/2 tsp. *each* minced lime zest and honey
- Salt and black pepper to taste

SEASON:

- 1 boneless *chicken breast* eye steak (12 oz.)
- Chipotle chile powder
- 1 ear corn, shucked
- 2 slices red onion (1/2-inch thick)
- 6 oz. sweet potato, peeled and cut into 1/2-inch-thick slices
- 1 red bell pepper

MEANWHILE, HEAT:

- 1 cup canned black beans, drained
- 1/4 tsp. *each* ground cumin and chipotle chile powder
- 1 Tbsp. fresh lime juice

DIVIDE:

- 3 cups chopped romaine
- 3/4 cup cooked brown rice
- 1/2 of an avocado, sliced

Preheat grill to medium-high. Brush grill grate with oil.

Purée cilantro, oil, vinegar, 4 tsp. lime juice, orange juice, garlic, jalapeño, Dijon, zest, and honey in a mini food processor for the vinaigrette; season with salt and black pepper.

Season *steak* with salt, black pepper, and chile powder. Coat corn, onion slices, and sweet potato slices with nonstick spray; season with salt and black pepper. *Grill* *steak*, covered, until a thermometer inserted into the thickest part registers 130–135° for medium-rare, 3–5 minutes per side; transfer to a cutting board, tent with foil, and let rest 5 minutes before slicing. *Grill* corn, covered, turning often until kernels begin to char, about 10 minutes; when cool, cut kernels off cob. *Grill* bell pepper, covered, until charred on all sides, about 10 minutes; when cool, peel, seed, and cut into strips. *Grill* onion slices until crisp-tender, about 5 minutes, turning once; cut into strips.

Grill sweet potato slices until charred and fork-tender, about 5 minutes, turning once; cut into bite-sized pieces.

Meanwhile, heat beans, cumin and 1/4 tsp. chile powder in a saucepan over medium until warmed through, 3 minutes; stir in 1 Tbsp. lime juice.

Divide romaine, rice, avocado, steak, corn, onion, sweet potato, bell pepper, and black beans between two bowls; drizzle with vinaigrette.

Per serving: 888 cal; 45g total fat (10g sat); 75mg chol; 713mg sodium; 83g carb (18g fiber, 17g total sugars); 45g protein



Prep 30 mins

Chill 3 hrs

Greek Orzo Salad

Olives and feta give salty punch to this pasta salad from Surdyks Liquor and Cheese Shop in Minneapolis.

ingredients

- 1 $1\frac{1}{4}$ cups dried orzo (rosamarina) (8 ounces)
- 8 ounces feta cheese, cubed or coarsely crumbled
- 1 cup chopped roma tomatoes
- $\frac{1}{2}$ cup chopped pitted kalamata olives
- 1 tablespoon snipped fresh basil
- 1 tablespoon snipped fresh flat-leaf parsley
- $\frac{1}{3}$ cup olive oil
- 3 tablespoons lemon juice
- 1 small clove garlic, minced
- $\frac{1}{2}$ teaspoon snipped fresh oregano
- Salt and ground black pepper



Makes: 6 servings

Yield: 6 main-dish servings

directions

1. Cook orzo according to package directions; drain. Rinse with cold water; drain again. Transfer pasta to a large bowl. Cover; chill in the refrigerator for 1 to 2 hours. Add feta, tomatoes, olives, basil, and parsley to the chilled pasta; stir to combine.
2. In a jar with a screw-top lid, place olive oil, lemon juice, garlic, and oregano. Shake vigorously to combine. Pour dressing over pasta mixture; toss to coat. Season to taste with salt and ground black pepper. Cover; chill in the refrigerator for 2 to 24 hours.



Summer Harvest Soup

35 minutes | Makes 8 cups

This is the perfect soup to make after a trip to the farmers market.

- 2 cups chopped onions
- 4 cloves garlic, minced
- 1 cup 1-inch pieces green beans
- 1 cup ½-inch-dice zucchini
- 1 cup halved cherry tomatoes
- 1 cup fresh or frozen corn
- ½ cup dry bulgur or quinoa, rinsed and drained
- 1 lb. fresh asparagus, trimmed and cut into 1-inch pieces
- 12 fresh basil leaves, chopped

- 2 Tbsp. lemon juice
- ¼ tsp. sea salt
- Freshly ground black pepper, to taste

1. In a large skillet cook onions and garlic, covered, over medium-low 10 minutes. Add water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.

2. Add 6 cups water and the next five ingredients (through bulgur). Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until bulgur is cooked and vegetables are tender.

3. Add remaining ingredients. Cook about 2 minutes more or until asparagus is just tender and bright green in color. Garnish with additional fresh basil.

From Darshana Thacker

CONFETTI CORN PASTA BOWL

recipe on page 49

Confetti Corn Pasta Bowl

pictured on page 46

35 minutes | Makes 15 cups

Cutting the corn from the cobs in planks gives this pasta bowl a cool appearance. It's OK if they break up a little, though.

- 4 cups dried whole wheat rotini or penne pasta (12 oz.)
- 1½ cups frozen shelled edamame
- 1 medium zucchini or yellow summer squash, trimmed and spiral sliced (2 cups)
- 2 cups halved red and/or yellow grape tomatoes
- 1½ cups coarsely chopped orange sweet pepper
- ¼ cup chopped fresh basil and/or Italian parsley
- 1 recipe Creamy Corn Dressing
- 2 ears sweet corn, husks and silks removed, cooked*

1. Cook pasta according to package directions, adding edamame the last 2 minutes of cooking; drain. Rinse with cold water until cooled; drain again. Snip zucchini noodles into 2-inch lengths.
2. In a large bowl combine pasta mixture, zucchini, tomatoes, sweet pepper, and basil. Add half of the Creamy Corn Dressing; toss to coat. Cut corn from cobs into planks. Top pasta mixture with corn planks. Pass remaining dressing.

Creamy Corn Dressing Cook 3 ears sweet corn, husks and silks removed, in enough boiling water to cover 2 minutes; drain. Cool slightly. Cut corn from cobs. In a blender combine corn, 1 small clove garlic, and ½ cup water. Cover and blend until smooth. Press mixture through a fine-mesh sieve into a bowl; discard solids. Whisk together corn mixture, 3 Tbsp. lemon juice, 2 tsp. Dijon-style mustard, and sea salt and freshly ground black pepper to taste.

*Tip Cook two extra ears of corn when making the Creamy Corn Dressing.

HOW TO CHOOSE FRESH CORN

Look for bright green, tight-fitting husks with brown, slightly sticky tassels at the end. Rather than peeling back the husk to see the kernels (a farmers market faux pas), gently squeeze to feel the corn through the husk. Kernels should feel firm and plump, not dented or deflated.

Summer Blueberry Crumble

Ingredients:

1 Tbsp. honey

4 tsp. cornstarch

5 cups **fresh** blueberries (or a mixture of berries); do not use frozen berries

Pinch of salt

½ cup flour

½ cup old-fashioned rolled oats

¼ cup brown sugar

½ tsp. cinnamon

6 Tbsp. unsalted butter, cut into 6 pieces & chilled

Directions:

Heat oven to 375 degrees.

Whisk honey, cornstarch & 1/8 tsp salt in a large bowl.

Add blueberries to bowl and toss to coat. Transfer to an 8 inch square baking dish.

Pulse flour, oats, brown sugar, cinnamon & 1/8 tsp salt in food processor until combined, about 5 pulses. Scatter butter over the top & pulse until dime-size clumps form., about 15 pulses. Transfer topping to bowl & pinch together any powdery parts. Sprinkle topping evenly over blueberries.

Bake until filling is bubbling around the edges and topping is golden brown, about 30 minutes, rotating dish halfway through baking. Cool on a rack for at least 30 minutes before serving.

Serves: 6 May top with vanilla ice cream when serving.

Being Well Class
July 2019

"Summer Goodness! Fresh is Best!"

Basil & Parsley Pesto

Ingredients:

- 2 cups loosely packed basil leaves
- 1 cup loosely packed Italian parsley
- ¼ cup slivered almonds, toasted
- 3 garlic cloves
- 4 Tsp. Grated lemon peel
- 1/3 cup lemon juice
- 2 Tbsp. Honey
- ½ tsp. Salt
- ½ cup olive oil
- ½ cup grated Parmesan cheese

Directions:

Place basil, parsley, almonds & garlic in a small food processor; pulse until chopped. Add lemon peel, juice, honey & salt; process until blended. Continue processing while gradually adding oil in a steady stream. Add cheese; pulse just until blended.

Store in an airtight container in the refrigerator for up to 1 week.

Freeze option: Transfer pesto to ice cube trays; cover & freeze pesto until firm. Remove from trays & transfer to a reusable plastic freezer bag; return to freezer. To use, thaw cubes in refrigerator for 2 hours.

Note: To toast nuts, bake in shallow pan in 350 degrees F oven for 5-10 minutes or cook in a skillet over low heat until lightly browned; stirring occasionally. Makes: 1 ¼ cups. Serving size: 2 Tbsp. Which equals:
Calories: 148, Fat: 13 g, Sodium: 195 mg, CHO: 6 g, Protein: 2 g