

Living Well Cancer Resource Center
Young Chefs! Good Thymes with Herbs
May 2020

Herbed Cheese with Homemade Oregano Chips

Chips:

8 whole wheat pita breads (6 inches)

1/4 cup minced fresh oregano

1/4 cup olive oil

1/2 teaspoon salt

1/2 teaspoon pepper

Assorted fresh vegetables

Dip:

Use Boursin cheese with herbs or low fat cream cheese spread.

Instructions

Chips:

Cut each pita bread into six wedges; arrange in a single layer on ungreased baking sheets. In a small bowl, combine the oregano, oil, salt and pepper; brush on pita wedges. Bake pitas at 400° until crisp, 8-10 minutes, turning once. Serve chips and vegetables with cheese dip.

Iced Melon Tea with Fresh Mint

2 cups water

12 fresh mint leaves, 3-4 chopped leaves for garnish

4 individual green tea bags

1/3 cup sugar

3-1/2 cups diced honeydew melon, save 1 cup of melon balls for garnish

1-1/2 cups ice cubes

Additional ice cubes

Toothpicks

In a large saucepan, bring water to a boil. Remove from the heat; add mint and tea bags. Cover and steep for 3-5 minutes. Discard mint and tea bags. Stir in the sugar.

In a blender, process honeydew until blended. Add 1-1/2 cups ice and tea; process until blended. Serve over additional ice. Garnish with chopped mint and a melon ball on toothpick. Enjoy!

Herbed Quiche with Feta

- 1 refrigerated pie crust
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup shredded Swiss cheese
- 1/2 cup shredded Gruyere or additional Swiss cheese
- 1/2 cup crumbled feta cheese
- 5 large eggs
- 1 cup ricotta cheese
- 1 tablespoon minced fresh basil
- 1 tablespoon minced fresh parsley
- 2 teaspoons minced fresh dill

Preheat oven to 400°. Sprinkle cheeses into pastry shell. In a large bowl, whisk eggs and cream until blended. Stir in herbs; pour over top.

Bake on a lower oven rack 25-30 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Rosemary Shortbread Cookies

6 cups [white whole wheat flour](#)

1 ½ cups powdered sugar

1 teaspoon fine grain sea salt

2 tablespoon chopped fresh rosemary

Zest of 4 lemons

2 cup olive oil

1. Preheat the oven to 325 degrees Fahrenheit. In a medium-sized mixing bowl, whisk together the flour, sugar, salt, rosemary and lemon zest. Pour in the olive oil and stir until all of the dry mixture is incorporated. Transfer the dough to a 13 x 9.
2. Use your fingers to squish the dough into an even layer. Prick the surface of the dough all over with a fork (a diagonal pattern looks nice).
3. Bake until the surface feels firm to the touch and is lightly golden around the edges (keep an eye on it), about 45 to 55 minutes. Remove from oven and let the pan cool for 20 minutes.
4. Then, using a very sharp knife, slice the shortbread into 8 even columns and 4 even rows (cookies will be roughly 1 inch wide by 2 ½ inches long). Try to let the cookies cool some more before using a small spatula to remove them from the pan, or serve them directly from the pan.

Tomato Watermelon Skewers with Lime Vinaigrette

For the vinaigrette:

¼ cup olive oil

¼ cup minced fresh mint

3 Tablespoons fresh lime juice

1 Tablespoon honey

1 teaspoon Dijon mustard

Salt and pepper to taste

For Bites:

2 cups of cherry or grape tomatoes

32 cubes of watermelon, 1 inch

32 cubes of feta cheese

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

For the bites, toss cherry tomatoes with half of the vinaigrette. Skewer tomato, water melon and feta with toothpicks; drizzle with remaining vinaigrette.