

Living Well Cancer Resource Center
Young Chefs! Summer Solstice
June 2020

Spiced Chickpea Smash

Ingredients:

1 15 ounce can chickpeas, rinsed

2 tablespoons olive oil

1 tablespoon fresh lime juice

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon turmeric

1 small garlic clove, grated

Pinch cayenne

4 slices whole wheat toast or pita

Cilantro leaves for garnish

Directions:

In a microwavable bowl, combine chickpeas, olive oil, lime juice, cumin, coriander, turmeric, garlic and cayenne. Heat on high 1 minute. Smash and mound on toast. Top with cilantro leaves and serve.

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Grilled Shrimp, Summer Squash, and Zucchini

Ingredients:

2 tsp. Dijon mustard

Grated zest of 1 lemon

2 Tbs. fresh lemon juice

1/3 cup extra-virgin olive oil, separated

1 small serrano chili, seeded and minced

1 tsp. minced fresh marjoram

1 Tbs. minced fresh basil

Coarse kosher salt and freshly ground pepper, to taste

1 1/4 lb. colossal shrimp, peeled and deveined

4 summer squash, cut into pieces

2 zucchini, cut into bite size pieces

Directions:

Put the mustard in a small bowl. Add the lemon zest and lemon juice and mix well. Gradually whisk in the 1/4 cup olive oil, then mix in the chili, marjoram and basil. Season the sauce with salt and pepper. Set aside.

Heat a large skillet over medium-high heat with 2 tbsp olive oil. Add shrimp and cook for 6-7 minutes, or until cooked through. Remove and set aside.

Toss zucchini and summer squash in the mixed ingredients until vegetables are fully coated. Add to skillet and cook for 10-15 minutes or until vegetables are tender. Mix together shrimp and vegetables in large serving bowl and enjoy!

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Mexican-Style Corn

Ingredients:

4 ears of corn on the cob

2 tbsp fresh lime juice

¼ c. parmesan, grated

1 tsp chili powder

Cilantro, chopped, to taste

Directions:

Shuck fresh corn of husk. Bring 2 quarts of water to a boil. Add corn and cook for 1-2 minutes. Remove corn from water and take off cooked corn from ear; place into a large bowl. Combine lime juice, chili powder, and parmesan and mix until corn is coated. Top with cilantro and serve.

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Pasta with Sun Gold Tomatoes

Ingredients:

3 Tbsp. extra-virgin olive oil, divided
8 oz. Sun Gold or cherry tomatoes
2 garlic cloves, thinly sliced
1/4 tsp. crushed red pepper flakes
Salt to taste
6 oz. whole grain capellini, spaghetti, or bucatini
3/4 cup finely grated Pecorino or Parmesan
8 medium fresh basil leaves, torn into pieces

Directions:

Heat 2 Tbsp. oil in a large skillet over medium heat. Add tomatoes, garlic, and red pepper flakes, season with salt, and cook, covered slightly and swirling pan often, until tomatoes blister and burst, 10-12 minutes. Remove pan from heat and set aside.

Meanwhile, bring 3 quarts water to a boil in a 5-qt. pot. Add pasta and cook, stirring occasionally, until about 2 minutes before tender. Drain pasta, reserving 1 cup pasta cooking water.

Transfer pasta to skillet with tomatoes; set over high heat. Add 1/2 cup pasta water. Cook, stirring and tossing often, until sauce thickens and begins to coat the pasta, about 1 minute. Stir in remaining oil, cheese, and half the basil and toss until sauce coats pasta and pasta is al dente. (Add more pasta water if sauce seems dry.) Add remaining basil and serve.