

2008 Summer Recipes from:

Sally's Kitchen

Tasty Ways to Enjoy the
Summer Harvest



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Week 1

Braised Greens with Walnuts and Sour Cherries

Yield: 4 servings (about $\frac{1}{2}$ cup each)

Ingredients

Vegetable broth or water	3 tablespoons
Assorted leafy greens	1 pound
Salt	Pinch
Olive oil (or nut or seed oil)	1 tablespoon
Dried sour cherries *	$\frac{1}{4}$ cup
Walnuts, minced	$\frac{1}{4}$ cup



*Dried cranberries may be substituted for dried cherries, if desired.

Directions

1. Wash greens. Remove large stems, if necessary and chop coarsely.
2. Heat the broth or water in a medium-large skillet with a tight fitting lid.
3. Add the chopped greens to the skillet and sprinkle them lightly with salt. Cover the pan and cook over medium heat for about 5 minutes, or until the greens wilt. Check the level of the liquid after about 2 minutes to be sure the greens do not scorch. Add more liquid, if necessary.
4. While the greens are cooking, mince walnuts and toast lightly in the oven at 350 degrees F. for 10 minutes.
5. If the sour cherries are large, cut them into small pieces.
6. Transfer greens to a serving dish and toss with the oil and cherries. Serve hot or warm, topped with the walnuts.

Source: [Eat, Drink and Weigh Less](#) by Mollie Karzen and Walter Willett, MD



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Week 2

Spinach Lasagna One 9 X 13 inch pan

Ingredients

Egg	1 large
Part-skim ricotta cheese	2 pounds
Parmesan cheese, shredded	$\frac{3}{4}$ cup
Fresh parsley	1 tablespoon
Tomato-based pasta sauce	One 26-28 ounce jar
Oven-ready lasagna noodles	9 each
Frozen leaf spinach (may use fresh)	1 pound bag
Part-skim mozzarella cheese	1 pound
Non-stick spray	



Directions:

1. Position a rack in the upper third of the oven and preheat oven to 375 degrees.
2. In a large bowl, lightly beat the egg. Add ricotta cheese, $\frac{1}{2}$ cup of the Parmesan cheese, and the parsley. Stir to combine.
3. In a 13x9x2 inch baking dish, spread $\frac{1}{2}$ cup of tomato sauce. Position three long lasagna noodles, crosswise, over the sauce. The noodles will expand when cooked and should not touch one another or the sides of the pan.
4. Spread half of the ricotta mixture evenly across the noodles. Sprinkle half the spinach, followed by $\frac{2}{3}$ cup tomato sauce and 1 cup of mozzarella.
5. Lightly place three lasagna noodles crosswise on top of the mozzarella. Layer the remaining ricotta mixture, spinach, and $\frac{2}{3}$ cup sauce. Sprinkle with 1 cup of mozzarella.
6. Position remaining three noodles crosswise across the surface of the mixture. Cover with remaining sauce, mozzarella, and Parmesan.
7. Spray a piece of aluminum foil with non-stick spray. Cover the lasagna tightly with the foil, spray side down.
8. Bake 35 to 40 minutes. Remove from oven. Discard foil. Return to oven and bake another 10 minutes or until the surface is hot, bubbly and browned. If desired, pass the lasagna under the broiler for several minutes to further brown and crisp the surface. Let stand 5-10 minutes to allow the lasagna to set before cutting and serving.



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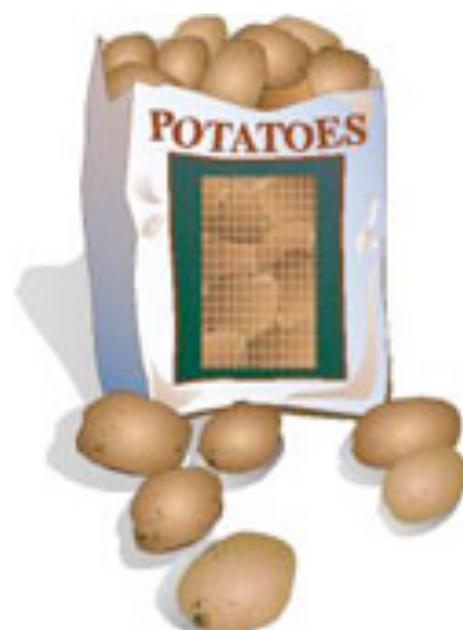
Week 3

Pizza Potatoes

Yield: 6 servings

Ingredients

Potatoes, baked	4 large
Green pepper, chopped	$\frac{1}{2}$ pepper
Onion, chopped	$\frac{1}{2}$ onion
Mushrooms, chopped	$\frac{1}{2}$ pound
Parsley flakes	2 teaspoons
Garlic powder	$\frac{1}{8}$ teaspoon
Crushed red pepper	$\frac{1}{8}$ teaspoon
Non-fat plain yogurt	$\frac{1}{2}$ cup
Salt	$\frac{1}{2}$ teaspoon
Pepper	$\frac{1}{2}$ teaspoon
Low fat cheddar cheese	$\frac{1}{2}$ cup
Canned tomato sauce	8-ounce can
Basil	1 teaspoon
Oregano	$\frac{1}{2}$ teaspoon
Parmesan cheese	$\frac{1}{4}$ cup



Directions

7. Bake potatoes. When cool, cut in half and scoop out the pulp.
8. Mash the potato pulp in a bowl with yogurt, salt and pepper.
9. Sauté green pepper, onions and mushrooms three minutes in one teaspoon of water. Add parsley, garlic and red peppers.
10. Add sautéed vegetables to potato/yogurt mixture. Fill potato skins.
11. Combine tomato sauce, basil and oregano. Place potatoes on baking sheet, spoon tomato sauce over them and sprinkle with Parmesan cheese.
12. Bake at 400 degrees F. for 20 minutes.

Note: You can wrap filled potatoes in aluminum foil before baking and freeze for later use. Just thaw and bake.



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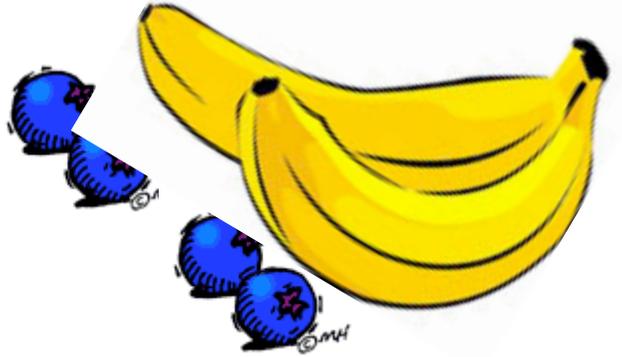
Week 4

Blueberry Banana Bread

Yield: 1 loaf

Ingredients

All purpose flour, sifted	1-3/4 cup
Baking powder	2 teaspoons
Baking soda	$\frac{1}{4}$ teaspoon
Salt	$\frac{1}{2}$ teaspoon
Butter	1/3 cup
Sugar	2/3 cup
Eggs	2 each
Bananas, mashed	1 cup
Blueberries	1 cup



Directions

13. Sift together flour, baking powder, baking soda and salt. Set aside.
14. In a mixing bowl, cream butter and gradually beat in sugar until light and fluffy.
15. Beat in the eggs, one at a time.
16. Add flour mixture and mashed bananas alternately in three parts.
17. Gently stir in blueberries.
18. Place into a greased 9 X 5 inch loaf pan.
19. Bake in a preheated oven at 350 degrees F. for 50 minutes.



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Week 5

Fresh Peach Delight

Yield: 4 servings

Ingredients

Fresh peaches, peeled*	2 each
Plain, low fat yogurt	1 cup
Almond extract	a few drops
Honey or sugar	1 teaspoon
Unflavored gelatin	1 envelope
Water	2 tablespoons



* May substitute fresh nectarines for peaches.

Directions

20. Combine peaches, yogurt and almond extract in blender; whirl until smooth.
21. Add honey to taste.
22. Combine gelatin and water in small saucepan. Stir over low heat until dissolved. Add to mixture in blender. Whirl 10 seconds to blend.
23. Spoon into stemmed glasses and chill until set.
24. Garnish with additional peach slices and mint sprigs.

Approximately 80 calories per serving.



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Week 6

Super Stir Fry

Yield: 4 servings (1 cup each)

Ingredients

Choose 5 vegetables (1 cup each)

*Onion *Carrots *Mushrooms *Cauliflower
*Broccoli *Peppers *Yellow Squash *Peapods
*Celery *Zucchini

Choose 1 sauce (about $\frac{1}{2}$ cup)

*Lite/low sodium *Teriyaki *Bottled
soy sauce marinade stir-fry sauce

Choose 1 starch (1 cup per person)

*Bulgar *Rice noodles *Whole-wheat
*Brown rice spaghetti noodles



Directions

25. Wash and chop selected vegetables into small, evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir fry more pleasing to the eye.
26. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in a large frying pan, electric skillet or wok.
27. Keeping the heat high, add vegetables to the pan in order of firmness - harder foods first and ending with the softest foods.
28. Toss vegetables to keep from sticking until they are cooked. When stir-frying, vegetables should still be crisp and retain their bright color.
29. Add sauce to taste (about 1/2 cup). Stir until all vegetables are thoroughly coated.
30. Serve with starch of choice.

Source: Eat Smart, Move More, Weigh Less magazine.



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Week 7

Parmesan Corn-on-the Cob in Foil

Yield: 6 servings

Ingredients

Fresh corn with husks	10 ears
Tomato, chopped	1 ripe
Parmesan cheese, grated	2 tablespoons
Garlic salt (or garlic powder)	1 tablespoon
Butter	$\frac{1}{4}$ cup

Directions

31. Pull husks back, being sure to keep them intact. Remove silk. Wash. Dry with absorbent paper.
32. In a bowl, combine butter, tomatoes and garlic salt. Cover the ears of corn with the mixture.
33. Sprinkle each ear of corn with Parmesan cheese.
34. Fold husks up over the corn. Wrap husks in individual pieces of aluminum foil.
35. Bake at 325 degrees F. for 15 to 20 minutes until kernels are plump and tender.



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Week 8

Fire and Ice Watermelon Salsa

Yield: 6 servings or 3 cups

Ingredients

Watermelon, seeded and chopped	3 cups
Green pepper, chopped	$\frac{1}{2}$ cup
Lime juice	2 tablespoons
Cilantro, chopped	1 tablespoon
Green onion, chopped	1 tablespoon
Jalapeno peppers, chopped	1-2 tablespoons

Directions

36. Combine ingredients; mix well and cover.
37. Refrigerate one hour or more.
38. Serve with chips or as a garnish for chicken and fish.

Per serving: 30 calories.

Recipe from the National Watermelon Promotion Board.



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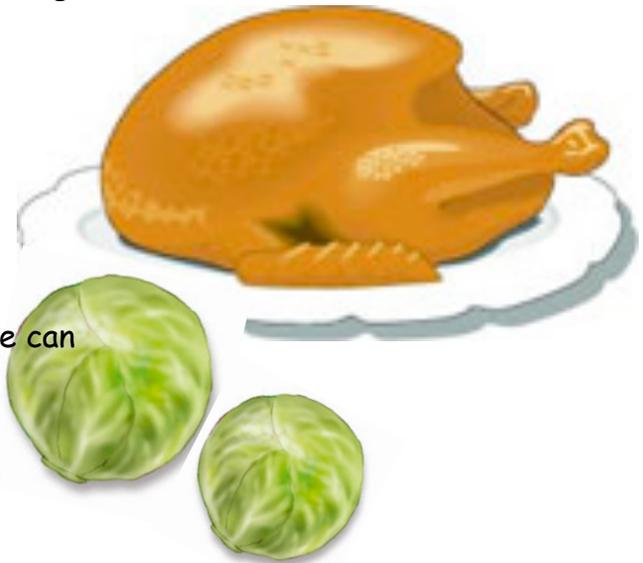
Week 9

Turkey and Cabbage Rolls

Yield: 8 servings

Ingredients

Water	1 cup
Cabbage leaves	8 large
Ground turkey	1 pound
Onion, chopped	1
Cooked rice	$\frac{3}{4}$ cup
Tomato sauce	One 15-ounce can
Salt	1 teaspoon
Pepper	$\frac{1}{2}$ teaspoon
Honey	1 tablespoon
Vinegar	$\frac{1}{4}$ cup



Directions

39. Bring water to a boil in a Dutch oven or large skillet. Add cabbage leaves and steam for 5 minutes. Drain well and set aside.
40. Combine ground turkey, onion, cooked rice, $\frac{3}{4}$ cup tomato sauce, salt and pepper. Mix well.
41. Spoon equal amounts of meat mixture onto cabbage leaves; roll up, turning edges in.
42. Place cabbage rolls, seam side down, into a large skillet.
43. Combine remaining tomato sauce, honey, and vinegar. Mix well and pour the sauce over the cabbage rolls.
44. Cover and simmer for 1 hour.

Approximately 190 calories each cabbage roll.



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Week 10

Fried Green Tomatoes AND Green Tomato Pie

Ingredients

Green tomatoes	4 medium
Salt and pepper	to taste
Cornmeal	1 cup
Vegetable Oil	2 tablespoons



Directions

45. Wash tomatoes and slice into $\frac{1}{4}$ inch slices.
46. Season with salt and pepper, as desired. Dredge (dip) in the cornmeal.
47. Heat oil in a frying pan. Add tomatoes and fry until brown, turning once.

Green Tomato Pie

Make pastry for a double crust 9-inch pie. Arrange bottom crust in pie pan. Sprinkle crust with 2 tablespoons flour. Slice four cups of fresh green tomatoes thinly and fill crust. Sprinkle tomatoes with 1 cup sugar. Dot tomatoes with butter, approximately $\frac{1}{4}$ cup. Sprinkle with $\frac{1}{2}$ teaspoon of cinnamon or nutmeg. Pour 3 tablespoons vinegar over tomatoes. Put the top crust on the pie. Bake at 400 degrees F for 10 minutes. Reduce heat to 350 degrees F and bake 20-25 minutes longer. Serve hot. Yield: One 9-inch pie.



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Week 11

Whipped Cauliflower

Yield: 4 servings

Ingredients

Cauliflower	1 medium head
Light sour cream	$\frac{1}{4}$ cup
Low fat cottage cheese	$\frac{1}{4}$ cup
Garlic powder*	1 teaspoon
Ground pepper	to taste
Salt	to taste
Dried basil, crushed	to taste

* May substitute 1 clove minced garlic for garlic powder.

Directions

48. Wash cauliflower and remove outer leaves, leaving the head intact.
49. Steam cauliflower by placing head into a microwave-safe container. Cover and cook on high for 10 minutes, or until cauliflower is soft.
50. Break the cauliflower into big pieces and place them in a blender or food processor.
51. Add other ingredients and blend until smooth and the consistency of mashed potatoes.
52. Adjust seasoning to your taste.
53. Refrigerate one hour or more.
54. Serve with chips or as a garnish for chicken and fish.

Per serving: 30 calories.



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Week 12

Sweet Potato Biscuits

Yield: 18 biscuits

Ingredients

All purpose flour	1-1/4 cups
Baking powder	1 tablespoon
Salt	1/2 teaspoon
Shortening, butter or margarine	3 tablespoons
Cold, mashed sweet potatoes	1 cup
Milk	approximately 1/4 cup
Ground cinnamon	1/4 teaspoon
Ground nutmeg	1/8 teaspoon



Directions

55. Sift flour, baking powder, salt, cinnamon and nutmeg into a bowl.
56. Cut in shortening until crumbly.
57. Add sweet potatoes; mix well.
58. Stir in enough milk to make a soft dough.
59. Knead several times on a floured surface.
60. Roll out to 1/2 inch thickness. Cut with a biscuit cutter.
61. Place on baking sheet and bake at 450 degrees F for 12-15 minutes or until brown.



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