

2012 Summer Recipes from:

# Sally's Kitchen

*Tasty Ways to Enjoy the  
Summer Harvest*



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## WEEK 1

### Marinated Brussels Sprouts

Yield: About 4 cups

#### Ingredients:

$\frac{3}{4}$  pound small Brussels sprouts  
3 cups small mushrooms  
3 Tablespoons olive oil  
 $\frac{1}{3}$  cup lemon juice  
 $\frac{1}{2}$  teaspoon Dijon mustard  
 $\frac{1}{2}$  teaspoon basil  
 $\frac{1}{8}$  teaspoon freshly ground black pepper



#### Directions:

1. Remove damaged leaves from the Brussels sprouts and drop into a bowl of lukewarm water. Leave them there for 10 minutes. This will eliminate any insects hidden in the leaves. Then rinse with fresh water.
2. Cut a small "X" in the core to allow the heat to penetrate the core so that it cooks as quickly as the leaves.
3. Steam or blanch Brussels sprouts in boiling water until just barely tender, about three to six minutes. Do not overcook.
4. Cool slightly, then cup the tip off of each sprout so the marinade will penetrate to the inner portions.
5. Clean mushrooms and cut in half.
6. In a medium bowl mix the olive oil, lemon juice, mustard, basil and pepper. Add the Brussels sprouts and mushrooms and toss to coat evenly.
7. Refrigerate for at least 2 hours, removing from the refrigerator a half hour before serving.

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## WEEK 2

### Baked Salmon Stuffed with Leeks

Yield: 4 servings

#### Ingredients

1 whole salmon filet, approximately 1-to 1-1/2 pounds  
2 medium leeks  
1 Tablespoon olive oil  
1 Tablespoon butter  
Salt and pepper  
1 lemon, zested and juiced  
1 Tablespoon soy sauce  
1 Tablespoon olive oil  
1 clove garlic, finely grated

#### Garnish

Bunch of fresh dill  
1 sliced lemon  
Pine nuts, toasted



#### Directions

1. Remove outer layer of white from leeks and trim the base with a sharp knife to remove all roots. Make a cut in the middle of the white stalk and slice toward the green tips, cutting the leek in two but with the bottom still intact. Wash well under cold running water to remove sand, pulling the leaves apart to rinse. Drain, green tips down.
2. Chop leeks into  $\frac{1}{4}$  inch pieces.
3. In a large pot, melt butter and 1-tablespoon olive oil together. Add leeks and sauté gently until very soft, about 20 minutes. Stir often, being careful not to let them brown. Season with salt, if desired. When leeks are cooked, remove from heat and cool to lukewarm.
4. In the meantime, prepare the salmon. Place the whole filet, skin side down on a large cutting board. With a sharp knife, cut a generous slit on the side of the filet, deep into the center, but not all the way through.
5. Prepare a baking sheet with parchment paper and place salmon on parchment paper, folding back the top layer of the fish.
6. Preheat oven to 350 degrees F.
7. In a small bowl, combine lemon juice, lemon zest, soy sauce and 1-tablespoon olive oil. Add grated garlic and mix well.
8. Spoon marinade all over the salmon, reserving a little for the top.
9. Spread leek mixture evenly over the bottom layer of salmon and fold the top layer down. Spread the remaining marinade on top of the salmon.
10. Bake for 15-18 minutes until firm and moist. The salmon (and leek stuffing) should both reach an internal temperature of at least 145 degrees F.
11. Transfer to a serving platter and garnish with dill, toasted pine nuts and lemon slices.

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## WEEK 3

### Broccoli and Mandarin Orange Salad

Yield: 12 side servings (1/2 cup each) or  
6 servings (1 cup each) for a complete meal\*

#### Ingredients:

4 cups broccoli florets  
1 medium yellow onion  
1 cup golden raisins  
1 cup dry cooking sherry  
 $\frac{1}{2}$  cup lime juice  
1 Tablespoon dried cilantro  
 $\frac{1}{2}$  cup olive oil  
1 teaspoon salt  
1 teaspoon ground white pepper  
1 cup canned mandarin oranges (drain and reserve liquid)  
 $\frac{1}{2}$  cup blanched almond slivers



#### Directions:

1. Wash broccoli florets and cut into bite-sized pieces.
2. Remove skin from onion and cut into  $\frac{1}{4}$  inch pieces.
3. Place raisins in 1 cup cooking sherry and let soak for 15 minutes.
4. For the dressing, combine lime juice, cilantro, olive oil, salt and white pepper, and reserved liquid from the mandarin oranges. Mix well.
5. Combine broccoli, onion, raisins, mandarin oranges and blanched slivered almonds. Mix until well blended.
6. Pour dressing on top of broccoli mixture and stir until blended.
7. Refrigerate for at least one hour before serving.

\*Serve on a bed of lettuce with a cold meat and cheese tray for a complete summertime meal.

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## WEEK 4

### Sweet Onion Casserole

Yield: Serves 6

#### Ingredients:

1 pound onions, sliced and separated into rings  
1 cup buttermilk  
1 Tablespoon cornstarch  
2 egg whites  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon freshly ground black pepper  
 $\frac{1}{2}$  cup shredded reduced-fat sharp Cheddar cheese  
Paprika



#### Directions:

1. Preheat oven to 350 degrees F.
2. Combine onions with water to cover in a medium saucepan. Bring to a boil and boil one minute. Drain well.
3. Transfer onions to an 8-inch square-baking dish sprayed with vegetable spray.
4. In a bowl, combine buttermilk and cornstarch. Stir until cornstarch is completely dissolved.
5. Mix in egg whites and salt and pepper. Pour mixture over onions.
6. Sprinkle with cheese, then paprika.
7. Bake for 25 minutes.

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## WEEK 5

Chive and Dill Muffins

Yield: 12 muffins

**Ingredients:**

1 cup all-purpose flour  
1 cup yellow cornmeal  
1 Tablespoon white sugar  
2 teaspoons baking powder  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon cayenne pepper  
 $\frac{1}{4}$  cup chopped fresh chives  
 $\frac{1}{4}$  cup chopped fresh dill  
1-1/2 cups plain yogurt  
2 large eggs  
3 tablespoons butter, melted



**Directions:**

1. Preheat oven to 425 degrees F. Grease 12 muffin cups.
2. Stir flour, cornmeal, sugar, baking powder, salt, baking soda and cayenne pepper together in a bowl. Stir in chives and dill.
3. Combine yogurt, eggs and melted butter together in a separate bowl. Add to the dry ingredients and stir until just blended.
4. Pour 1/3 cup batter into each prepared muffin cup.
5. Bake in preheated oven until golden brown and a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans 10 minutes before removing.
6. Serve warm.

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## WEEK 6

### Summer Squash, Sage and Potato Frittata

Yield: 6 main-dish servings

#### Ingredients:

1 large potato (8 ounces), peeled and cut into  $\frac{1}{2}$  inch pieces  
1-1/2 teaspoons salt  
2 Tablespoons butter or margarine  
1 medium red onion, thinly sliced  
1 small yellow summer squash (about 4 ounces) cut into 2" by  $\frac{1}{4}$ " strips  
1 small zucchini squash (about 4 ounces) cut into 2" by  $\frac{1}{4}$ " strips  
2 teaspoons minced fresh sage leaves  
 $\frac{1}{4}$  teaspoon coarsely ground black pepper  
8 large eggs  
2 teaspoons balsamic vinegar



#### Directions:

1. Preheat oven to 350 degrees F.
2. In a 2-quart saucepan, place potato,  $\frac{1}{2}$  teaspoon salt and enough water to cover. Heat to boiling over high-heat. Reduce heat to low and simmer until tender, about 10 minutes. Drain.
3. In an oven-safe nonstick 10-inch skillet, melt margarine over medium heat. Add onion and cook, stirring occasionally until very soft, about 12 minutes.
4. Stir in garlic and cook 1 minute. Add cooked potato, squash, zucchini, sage, pepper and remaining salt. Cook, stirring occasionally until zucchini is tender and liquid has evaporated, about 12 minutes.
5. In medium bowl, beat eggs vigorously with a fork. Pour egg mixture over vegetables and cook over medium heat, covered, until mixture begins to set around the edges, about 3 minutes.
6. Remove cover and place skillet in the oven. Bake until frittata is set, about 15 minutes. To serve, loosen frittata from the skillet and slide onto a warm platter.
7. Cut into six wedges and serve.

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**WEEK 7**

**Fresh Fig Cookies**

Yield: 4 servings

**Ingredients:**

12 ripe figs  
1-1/2 Tablespoons olive oil (or other vegetable oil)  
1/2 cup Gorgonzola cheese  
1/3 cup honey  
1/2 teaspoon finely chopped rosemary leaves



**Directions:**

1. Preheat oven to 400 degrees F.
2. With a knife, carefully trim tough portions of the stems from each fig.
3. Rub each fig with oil, then slice down through the stem approximately 3/4ths of an inch. Make a second cut perpendicular to the first, forming an X-shaped cut in the top of each of the figs.
4. Carefully pry edges of figs apart and stuff each with 1 teaspoon Gorgonzola cheese.
5. Place the figs upright on a baking sheet. Bake until the figs are plump and shiny but have not burst, about 10 minutes.
6. Drizzle equal amounts of the honey on each of four serving plates and place the figs on top of the honey.
7. Sprinkle each plate with a pinch of the chopped rosemary and some of the remaining Gorgonzola. Serve immediately.

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## WEEK 8

### Tomato and Goat Cheese Bruschetta\*

Yield: Makes 16 bruschetta

#### Ingredients:

1 loaf (8 ounces) Italian bread, cut on the diagonal into  $\frac{1}{2}$  inch thick slices  
8 garlic cloves, each cut in half  
1 pound ripe plum tomatoes (6 medium), seeded and cut into  $\frac{1}{2}$  inch pieces  
1 Tablespoon finely chopped red onion  
1 Tablespoon chopped fresh basil  
4 ounces goat cheese cut into  $\frac{1}{2}$  inch pieces (or may use ricotta salata or feta cheese)  
2 Tablespoons olive oil  
2 Tablespoons balsamic vinegar  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon coarsely ground black pepper



#### Directions:

1. Preheat oven to 400 degrees F.
2. Place bread slices on cookie sheet and bake until lightly toasted, about 5 minutes.
3. Rub one side of each toast slice with cut side of garlic.
4. In a bowl, gently toss tomatoes, onion, basil, cheese, oil, vinegar, salt and pepper until combined.
5. To serve, spoon tomato mixture on garlic-rubbed side of toast slices.

\*Bruschetta is an appetizer made with toasted Italian bread that is rubbed with garlic and drizzled with olive oil. It is then topped with different savory ingredients. Goat cheese, feta cheese or ricotta salata may be used in this recipe along with the tomatoes. Ricotta salata is a lightly salted pressed sheep's milk cheese that can be found at Italian markets and specialty food stores.

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## WEEK 9

### Thai Fruit Salad with Watermelon and Cantaloupe

Yield: 12 servings

#### Ingredients:

1 Tablespoon butter or margarine  
1-1/2 cups raw cashews  
3/4 cup white sugar  
1 Tablespoon crushed dried mint  
1 teaspoon cayenne pepper  
1 teaspoon ground cumin  
1 teaspoon ground coriander

7 lemons, juiced  
1/2 cup white sugar  
1/2 can (15 ounce size) unsweetened  
coconut milk  
1 (1 inch) piece fresh ginger, finely  
chopped

6 cups watermelon, cut into bite size chunks  
3 cups cantaloupe, cut into bite size chunks  
4 kiwi, sliced  
1 apple, diced  
1/2 cup raisins  
1/2 cup shredded cabbage



#### Directions:

1. Cover a baking sheet with foil.
2. In a skillet over medium-low heat, cook and stir butter, cashews, 3/4 cup sugar, dried mint, cayenne pepper, cumin and coriander until the sugar is dissolved and the cashews are browned, approximately 7 - 10 minutes.
3. Spread cashews over the prepared baking sheet to cool.
4. Put lemon juice and 1/2 cup sugar in a blender. Blend until the sugar is dissolved. Add coconut milk and ginger, blend until smooth.
5. Combine watermelon, cantaloupe, kiwi, apple, raisins and shredded coconut in a large bowl. Pour coconut milk mixture over fruit and toss gently.
6. Sprinkle cooled cashews over the fruit salad.

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## WEEK 10

### Grape and Cucumber Salsa

Yield: 6 half-cup servings

#### Ingredients:

- 1 cup seedless green grapes, quartered
- 1 cup seedless red grapes, quartered
- $\frac{3}{4}$  cup finely chopped and peeled cucumbers
- $\frac{1}{4}$  cup finely chopped Vidalia or other sweet onion
- 1 Tablespoon fresh cilantro
- 1 Tablespoon finely chopped and seeded jalapeno pepper\*
- 1 Tablespoon fresh lime juice
- $\frac{1}{4}$  teaspoon salt



#### Directions:

1. Combine all ingredients in a medium bowl. Cover and chill for one hour before serving, stirring occasionally.
2. Serve with grilled chicken or as an appetizer with tortilla chips.

\* Increase the amount of jalapeno peppers for a hotter salsa.

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## WEEK 11

### Warm Cabbage and Apple Salad

Yield: 4 servings

#### Ingredients:

2 Tablespoons oil (canola, vegetable or olive)  
1 cup thinly sliced celery  
4 cups thinly sliced red cabbage (about one small head)  
1 garlic clove, minced  
1 apple, cored and sliced into  $\frac{1}{4}$  inch matchsticks

#### Dressing:

1 teaspoon Dijon mustard  
2 Tablespoons apple cider vinegar  
2 Tablespoons oil  
1 teaspoon honey

$\frac{1}{4}$  cup dried fruit (such as cherries, apricots, cranberries or raisins)  
 $\frac{1}{4}$  cup toasted nuts (such as pecan halves, walnuts or pistachios)  
 $\frac{1}{4}$  cup crumbled feta cheese  
Salt



#### Directions:

1. Preheat a large skillet over medium heat. Add 2 tablespoons oil.
2. Add celery and cook for 2 minutes until it begins to brown.
3. Add cabbage and garlic and cook for 1 minute.
4. Add apple and cook for 1 minute.
5. Add  $\frac{1}{4}$  teaspoon salt and stir, cooking until the cabbage just begins to wilt, about 2 minutes. Set aside.
6. Prepare the dressing by combining the mustard, apple cider vinegar, olive oil and honey.
7. Add the cabbage and apple mixture to the dressing and toss to coat. Add salt to taste, if desired.
8. Add dried fruit, nuts and feta cheese. Serve warm or at room temperature. Refrigerate any leftovers.

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**WEEK 12**

**Roasted Butternut Squash with Pasta**

Yield: 6 servings

**Ingredients:**

$\frac{3}{4}$  teaspoon salt, divided  
 $\frac{1}{2}$  teaspoon dried rosemary (or 1-1/2 teaspoons fresh)  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
3 cups peeled and cubed butternut squash (cut into 1 inch pieces)  
Vegetable spray  
6 slices bacon  
1 cup thinly sliced shallots  
8 ounces uncooked pasta (mini penne, elbow macaroni or shell pasta)  
 $\frac{1}{4}$  cup all-purpose flour  
2 cups reduced fat milk  
 $\frac{3}{4}$  cup (3 ounces) provolone cheese  
 $\frac{1}{3}$  cup (1-1/2 ounces) grated fresh Parmesan cheese



**Directions:**

1. Preheat oven to 425 degrees F.
2. Combine  $\frac{1}{4}$  teaspoon salt with rosemary and black pepper.
3. Place squash on a foil lined baking sheet coated with vegetable spray. Sprinkle with salt, rosemary and black pepper mixture.
4. Bake for 45 minutes or until lightly browned and tender.
5. Increase oven temperature to 450 degrees F.
6. Cook the bacon in a large skillet over medium heat until crisp. Remove bacon from the pan reserving 1-1/2 teaspoons of drippings in the pan. Crumble bacon.
7. Combine squash mixture, bacon and shallots in the skillet. Set aside.
8. Cook pasta in boiling water according to package directions, omitting any salt or fat. Drain well.
9. Combine flour and  $\frac{1}{2}$  teaspoon salt in a Dutch oven over medium-high heat. Gradually add milk, stirring constantly. Bring to a boil.
10. Cook one minute or until slightly thickened, stirring constantly. Remove from heat.
11. Add provolone cheese, stirring until cheese melts.
12. Add pasta to cheese mixture, tossing well to combine.
13. Spoon pasta mixture into an 11 X 7 baking dish lightly coated with vegetable spray. Top with squash and bacon mixture.
14. Sprinkle evenly with Parmesan cheese. Bake at 450 degrees F for 10 minutes or until cheese melts and begins to brown.