

Summer Sizzle: A Journey Through the Seasons — Making the Most out of Seasonal Produce and the Complementary Herbs and Spices That Accompany Them

Taste and Savor by Chef Nancy Waldeck <http://www.tasteandsavor.com>
Shayna Komar, RD, LD www.livingandeatingbetter.com



Delicious Healthy Recipes

Shrimp Salad with Summer Tomato Vinaigrette

- 1 LB Green Beans
- 2 TB Extra Virgin Olive Oil, divided
- 1 TB Italian Seasoning, divided
- Sea Salt and Freshly Ground Black Pepper to taste
- 2 LBS Large Shrimp, peeled and deveined
- 1 Large Fennel Bulb, thinly sliced
- ½ Cup Thinly Sliced Red Onion
- ½ Cup Capers
- 6 Cups Fresh Baby Spinach
- 1 Recipe Summer Tomato Vinaigrette

Step One Preheat the oven to 400F. Toss the green beans with 2 Tsp oil, and 1 Tsp Italian seasoning. Spread them out on a sheet pan and sprinkle lightly with salt and pepper. Toss the shrimp with the remaining oil and Italian seasoning. Spread them out on 2 sheet pans and sprinkle lightly with salt and pepper. Place all three pans in the oven. The shrimp will take 5 – 7 minutes to cook through. (Check to see if they are opaque and pink.) The green beans will be roasted in 10 – 12 minutes. Set aside to cool before adding to the salad.

Step Two In a large salad bowl, add the fennel, red onion, capers and spinach. Toss together and add the roasted shrimp and green beans. Drizzle with the dressing and toss again.

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Summer Tomato Vinaigrette

- 2 TB Extra Virgin Olive Oil
- 1 TB Rice Vinegar
- 1 TB Lemon Juice
- 1 Tsp Sea Salt
- ½ Tsp Freshly Ground Black Pepper
- 1 Tsp Dijon Mustard
- 1 Large Ripe Tomato, seeded and finely chopped

Shake all the ingredients together in a jar.

Summer Squash and Corn Souffle

- 4 Ears of Corn, kernels cut off the cob
- 2 TB Olive Oil
- 2 Cups Sweet or Bell Peppers, chopped
- 1 Vidalia Onion Chopped
- 4 Cloves of Garlic, Grated
- 3-4 Yellow Squash about 1½ LBs, Chopped
- 2 Large Eggs
- 2 Large Egg Whites
- 1 Cup Non Fat Greek Yogurt
- 1 TB Lemon Juice
- 4 OZ Whipped Light Cream Cheese, soft
- 3 TB Chopped Basil
- 1 Tsp Sea Salt
- ½ Tsp Freshly Ground Black Pepper
- 1 Cup Shredded Cheddar Cheese
- 2 TB Parmesan Cheese

Step One About an hour before you begin to cook, place the squash in a colander and lightly sprinkle with salt and let drain. Preheat the oven to 375F. Coat 8 ramekins with olive oil spray – or 1 9 x 12 casserole dish.

Step Two Heat the oil in a large saucepan over medium heat, and sauté the peppers and onion until wilted. Add the squash and corn and sauté for an additional 2-3 minutes. Add the garlic and sauté, stirring for an additional minute. Remove from the heat and set aside for a few minutes to cool.

Step Three Whisk together the remaining ingredients in a large bowl. Add the cooled veggies into the bowl. Spoon the mixture into the 8 prepared ramekins or the 9 x 12 dish. Place the dish(s) in the oven and bake for about 20 minutes for the ramekins or 30 minutes for the large dish.

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Tzatziki Sauce with Handmade Pita Chips

1 Cup Greek Yogurt
1 Cup English Cucumber, peeled, grated, drained and dried
¼ tsp Sea Salt
1 Garlic Clove, minced
1 TB Dill, chopped
1 Green Onion, chopped
2 tsp Lemon Juice
Sea Salt and Freshly Ground Black Pepper to taste

Stir ingredients together in bowl and chill at least 1 hour.

Hand Made Pita Chips

6 Whole Wheat Pita Pockets
Your Choice, Seasoning Mix or Spice + Sea Salt
Olive Oil Spray

Step One Preheat oven to 400F. Cut each pita in half horizontally, then into 8 triangles.

Step Two Spread the pita chips out on a baking sheet and bake in oven until crisp (approximately 10 minutes). Turn pita chips at the 4 - 5 minute mark. *Watch carefully as they tend to burn.

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Avocado and Tomato Salad with Smoked Paprika Aioli

6 Heirloom Tomatoes, Assorted Colors
4 Avocados, Chopped
1 -2 Heads Baby Lettuces
Smoked Paprika Aioli*
2 TB Each Chopped Basil and Mint

Arrange the lettuce on 6 plates. Top with the tomatoes and avocados. Spoon some aioli on top and sprinkle with the basil and mint.

Smoked Paprika Aioli*

2/3 Cup Olive Oil Mayo
1 TB Extra Virgin Olive Oil
1 Tsp Smoked Paprika
2 Tsp Lemon Juice
1 Clove Garlic Grated
Sea Salt and Freshly Cracked Black Pepper

In a bowl, whisk together, the mayo, oil, paprika, lemon juice, garlic until smooth. Season to taste with salt and pepper.

Watermelon Salad with Mint

¼ Small Red Onion, sliced into thin rings
12 Cups Chopped Watermelon
12 Oil Cured Black Olives, chopped
¼ Cup Crumbled Feta
Juice of 1 Lemon
Handful of Mint and Basil leaves, coarsely chopped

Place the onion in a small bowl of ice water and set aside while you chop the watermelon and olives. Toss the watermelon, olives, and feta and lemon juice together gently. Remove the onion from the bowl and pat dry. Sprinkle the salad with the onion and herbs.

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Grilled Veggies with Mediterranean Almond Capers Olive Sauce

1/3 Cup Toasted Whole Almonds
1 TB Water
3 TB Sherry Vinegar
½ Tsp Sea Salt
½ Tsp Freshly Ground Black Pepper
2/3-Cup Extra Virgin Olive Oil
2 Cloves Garlic, Peeled
1 Tsp Smoked Paprika
1 Tin Anchovies, drained (YES! ONE WHOLE TIN!)
1 Cup Capers or Olives or combo (we used Castelvetrano Olives from Sicily in the picture above.)
Chopped Fresh Oregano for Garnish
Lemon Wedges for Garnish

In a food processor or blender, pulse the almonds until coarsely chopped. Add the water, vinegar, sea salt, pepper, olive oil, garlic, paprika and anchovies and pulse to combine. Place in a bowl and add the capers or olives (or both). Stir until thoroughly combined. Serve over veggies (seasoned with sea salt, pepper and smoked paprika), from the grill and garnish with chopped fresh oregano.

Fresh Berry (or CHERRIES) Salad with Orange Dressing

1 TB Orange Zest
2 TB Freshly Squeezed Orange Juice
2 Tsp Dijon Mustard
2 TB Apple Cider Vinegar
1/3 Cup Extra Virgin Olive Oil
½ Tsp Sea Salt and ¼ Tsp Freshly Ground Black Pepper
4 - 6 Cups Fresh Seasonal Berries or Cherries
1 Pkg Arugula or other Greens
6 Basil Leaves, coarsely chopped
4 OZ Crumbled Feta (optional)
¼ Cup Toasted Almonds, Sliced or Slivered

Shake the orange zest, juice, mustard, vinegar, oil and salt and pepper together in a jar. Toss the berries with the Spring Greens and basil and top with the goat feta and almonds. Drizzle with the orange dressing. This dressing makes a super marinade for a white fish on the grill!