



Late Summer 2013 Presented by



This is a collection of recipes highlighting some delicious seasonal ingredients. Many of the ingredients can be found in our local farmers markets at this time of year. As you gather with your cooking group, you may decide to prepare these together or try some on your own later in the month. All of these have components which can be made in advance and finished quickly for a nutritious and tasty meal or snack! We welcome your feedback and encourage you to share your experiences and photographs with us on our facebook page (Doctor Yum).

"Thirst" things first...

Here are two fruity and delicious drinks we think you need to try:



Watermelon Agua Fresca

Ingredients:

- 8 c seedless watermelon cubes
- 6 tbs honey or agave nectar
- 1/3 c fresh lime juice plus 1 sliced lime
- 1 1/2 c water
- A few sprigs mint or rosemary
- Ice

Directions:

Puree watermelon in blender. Strain with fine mesh sieve into bowl. Stir in honey and lime juice. Transfer to pitcher. Add water, lime slices and mint. Chill; serve over ice



Blueberry Tarragon Sparkler

Ingredients:

- 1/2 c blueberries
- 1/4 c honey
- 2 tbs chopped fresh tarragon
- 2 bottles sparkling wine

Directions:

In medium saucepan, bring blueberries, honey, water and tarragon to boil over medium heat. Stir until honey dissolves, about 3 min. Take off heat and muddle blueberries. Let stand for 20 min. Strain and cool. Spoon 1 tbs blueberry syrup into 8 glasses. Add ice then wine.

Now, let's cook!

Entrees

Summer Gumbo

Ingredients

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| <ul style="list-style-type: none"> 1/2 cup + 2 tablespoons vegetable oil 1/3 cup all-purpose flour 1 small onion, chopped 1 red or green bell pepper, chopped 3 celery stalks, chopped 28 oz can or box diced tomatoes(POMI chopped tomatoes in the box suggested) 2 cups trimmed green beans 3 medium carrots, sliced | <ul style="list-style-type: none"> 1 parsnip, diced 1 cup okra, sliced 1 Tablespoon ground cumin 1 Tablespoon paprika 1 Tablespoon oregano 1/8-1/4 tsp. cayenne pepper Salt and pepper to taste 8 oz diced spicy sausage (vegetarian Tofurky Italian suggested). 1 cup cooked shrimp (optional) |
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Directions

In a large heavy pot combine 1/2 cup oil and flour over high heat, stirring continuously until it becomes a dark caramel color, about 10 minutes. Add onion, celery and pepper and cook until soft, about 5 minutes. Add 4 cups water, tomatoes, green beans, carrots, parsnips, okra, and spices. Season with salt and pepper. Reduce heat and cook for 40 minutes. Brown tempeh or vegetarian sausage in 2 tablespoons oil over medium heat for 3-5 minutes. Add to gumbo for last 5-10 minutes of cooking. Serve over rice.

 A Note From Dr. Yum:

This summer gumbo is both filling and flavorful! You can also easily make this a vegetarian dish without losing any flavor. Enjoy!

Grilled Portabello Mushroom Burgers

Ingredients

4-5 large portabello mushrooms
3 tablespoons soy sauce
1 1/2 tablespoons worchestershire sauce
1 1/2 tablespoons olive oil
2 cloves minced garlic



Directions

Wipe mushrooms off and remove stems. Whisk together remaining ingredients in a shallow pan or casserole dish. Place mushrooms in the mixture with smooth side down and gills up. Spoon marinade into gills so that they are saturated. Marinate about 20 minutes. Heat grill to medium heat. After 10 minutes, spoon additional marinade into the gills. If your pan is smaller and mushrooms don't all fit, rotate so that the ones on the top are resting on the bottom. Grill on medium heat for about 6-8 minutes per site until mushroom is cooked through. Serve on whole wheat rolls and dress with your favorite burger toppings.

 A Note From Dr. Yum:

You and your family will love these guilt-free "burgers"! Portobellos are a great meat substitute and have many important nutrients that a regular hamburger does not so be adventurous and use them as often as you can.

Moroccan Style Turkey and Chickpeas (over Couscous Arugula Salad)

Ingredients

3/4 cup couscous	3/4 tsp cinnamon
1/4 tsp. salt	1/2 tsp ground coriander
2 cups arugula, torn into bite-size pieces	1/4 tsp ground red pepper
2 tablespoon lemon juice, divided	2 cups low sodium chicken broth
1 lb. ground turkey	1/2 cup golden raisins
2 teaspoons olive oil	3 tablespoons tomato paste
2 medium onions, diced	1 tsp grated lemon zest
2 medium carrots, diced	15.5 oz can chickpeas, rinsed and drained
2 cloves garlic, minced	1/4 cup cilantro
3/4 tsp. cumin	



Directions

Prep onions, carrots, lemon zest and juice, arugula, and cilantro. In a small pot boil 1 cup of water. Add couscous and 1/4 tsp. salt, put lid on and turn heat off. Allow couscous to steam for at least 10 minutes. While couscous is steaming, brown turkey in skillet, about 6 minutes until cooked through. Discard drippings and set turkey aside in a separate bowl. Heat olive oil in the skillet and cook onion, carrots, and garlic on medium heat until softened, about 4 minutes. Add cumin, cinnamon, coriander and red pepper and stir for 30 seconds to allow flavors to develop. Add the browned turkey and chicken broth followed by raisins, tomato paste, lemon zest, and chick peas. Allow mixture to come to a boil and then thicken on a simmer over about 4 minutes while stirring occasionally. Remove lid from couscous and fluff with a fork, stirring in one teaspoon of lemon juice. Stir in the remaining one teaspoon of lemon juice and the cilantro into the turkey. Season turkey to taste with salt and pepper. When the couscous is slightly cooled, stir in arugula into the couscous. Spoon turkey mixture over a bed of couscous and arugula and serve warm.

 A Note From Dr. Yum:

This healthy dish is packed with protein and exotic taste! Even picky eaters will find something they like on their plates.

Shrimp in Tomatillo and Herb Sauce

Ingredients

5 large garlic cloves, peeled and halved	1-2 serrano chilies, seeded	1 1/4 lbs medium shrimp peeled and deveined
Salt to taste	1/2 cup fresh basil leaves	fresh ground pepper
2 tablespoons extra virgin olive oil	2 tsp fresh mint leaves	
1/2 pound tomatillos, husks removed	1 tsp fresh tarragon leaves	



Directions

Crush garlic and a big pinch of salt with a mortar and pestle and grind to a paste (or press garlic with a garlic press and stir in salt). Add 1 tablespoon of the olive oil and blend together.

Preheat broiler. Cover a baking sheet with foil and place the tomatillos on top. Place under the broiler at the highest rack setting and broil 2-5 minutes, until charred on one side. Turn over and broil on the other side for two to five minutes, until charred on the other side. Remove from the heat and transfer to a blender with any remaining juices. Add the chilies, basil, mint and tarragon and blend until smooth. (Mixture will taste HOT, but will mellow as it is cooked-would recommend only one chili for less heat).

Season the shrimp with salt and pepper. Heat the remaining tablespoon of olive oil over medium-high heat in a heavy saucepan and add the shrimp. Cook on one side for one minute, turn the shrimp over and cook on the other side for one minute. Move shrimp to a plate and set aside. Leave juices in the hot pan.

Add the garlic paste to the hot pan and stir for about one minute until fragrant. Add the tomatillo mixture and turn heat to medium-low, stirring often, for five minutes, until sauce is warmed and slightly more thick. Add shrimp to the sauce, bring to a simmer, and stir often for about 2-3 minutes, until the sauce coats the shrimp. Season to taste with salt and serve.

 A Note From Dr. Yum:

Tomatillos are not something I frequently cook with, so I wanted to find a good recipe while they are in season. This recipe was a hit with my family and is a good one for any "fish night". This sauce can also be used over vegetables or beans.

Keep cooking... Sides

Peach Salsa

Ingredients

4 medium peaches, peeled and pitted, diced
2 large tomatoes, cut into wedges and seeded, diced
1/2 sweet onion, minced
1/2 cup fresh cilantro leaves, finely chopped
2 garlic cloves, peeled and crushed
1 jalapeno pepper finely chopped (seeds removed)

4 tsp cider vinegar
1 tsp lime juice
1/4 tsp lime juice
tortilla chips



Directions

In a large bowl, combine first 5 ingredients. In a smaller bowl, whisk jalapenos, vinegar, lime juice and pepper. Pour over peach mixture and stir until well combined. Transfer to a serving bowl and chill until serving. Serve with chips.

 A Note From Dr. Yum

Salsa is perfect for snacking, so I always try to incorporate both fruits and vegetables into my salsas for more nutrition. Use any extra to top grilled chicken or fish!

Dr. Yum's Zucchini Boats

Ingredients

1 tsp seasoned breadcrumbs
1 tablespoon parmesan cheese
6 small zucchinis
1 tablespoon olive oil
salt and pepper

2 cloves garlic, minced
2 oz mushrooms diced
2 green onions, sliced
1/2 red bell pepper, finely chopped

Directions

Preheat oven to 350 and prepare baking sheet with foil and spray. Mix breadcrumbs and parmesan in a small bowl. Cut each zucchini in half lengthwise. Scoop out pulp from each half to make a hollow boat. Chop pulp finely and set aside. Heat olive oil in a large pan. Add garlic and cook until fragrant, about 1 min. Add mushrooms, onions and pepper and cook until softened, about 3-5 min. Remove from heat. Spoon vegetable mixture into zucchini boats. Spread breadcrumb mixture on top. Place boats on baking sheet and bake for 25 min. Serve warm.



 A Note from Dr. Yum

These zucchini boats not only make the most of a delicious seasonal veggie, but are also fun! Make a sail with your tiny tasters out of a toothpick or popsicle stick and scrap of paper or fabric and talk about where you would like to sail 😊

Corn Slaw with Cilantro and Orange Dressing

Ingredients

1/3 c frozen orange juice concentrate, thawed
1/3 c rice vinegar
1/3 c canola or vegetable oil
2 (8 oz) bags of coleslaw mix or 1 lb of shredded cabbage
4 ears of fresh corn, shucked, kernels cut from cob

2 medium carrots, peeled and coarsely grated
1 medium red bell pepper, stemmed, cored and cut into thin strips
6 medium green onions, thinly sliced
1/2 c chopped fresh cilantro

Directions

Whisk OJ concentrate, rice vinegar and canola oil in small bowl. Season with salt and pepper. *Make ahead – can be prepared 1 day in advance. Cover and refrigerate.

Combine slaw mix, corn, carrots, red pepper, onion and cilantro in large bowl. Toss with dressing to coat. Season with salt and pepper to taste. Let stand for 15 minutes for flavors to blend. Toss again and serve.



 A Note From Dr. Yum

This slaw is like summer on a plate! It definitely is not your average coleslaw and is a terrific way to use up those ears of corn you may have been getting from your CSA. You could also top with rice noodles or wontons for a different texture and even more crunch.

Do not reach for bottled salad dressing...

without trying our Summer Coconut Balsamic Dressing!

Ingredients

3 tablespoons Coconut White Balsamic Vinegar
3 tablespoons Olive Oil
1 teaspoon Dijon Mustard

Directions

Combine ingredients in a jar. Shake to combine and pour over salad.



Taste will generously give you 10% off your purchase of Coconut White Balsamic during August when you mention "Dr. Yum"! Visit them today at 815 Caroline St or www.tasteovs.com 😊

🍏 A Note From Dr. Yum:

Taste Oil Vinegar and Spice in downtown Fredericksburg has made it so easy for me to make delicious homemade salad dressing without unhealthy additives found in bottled dressings. I recently tried their Coconut White Balsamic Vinegar and fell in love with it. True to their name, you can "taste" before buying, so go check them out and see for yourself (they are kid-friendly too)! Don't forget to mention Dr. Yum for a discount by 8/31.

Tips for your tiny tasters

1. Place your favorite cold-cut or tuna salad between two slices of cucumber. The result is a crisp, refreshing, healthy "slider"! Great for snacking and/or lunches.
2. Cut your leftover fruit into cubes and freeze. Instead of reaching for ice, use your frozen fruit cubes – they will keep your drink cool and add flavor as they thaw.
3. Next time you have leftover watermelon on your hands, puree, pour into a baking dish and freeze. Scrape every 15 minutes with a fork until it's icy for a healthy "sno-cone". We have seen it served in hollowed out lemons or limes!

We have been working on a new Energy Boosting Granola recipe – here it is, so get your tiny tasters munching on it!

Ingredients

3 cups rolled oats
nuts and seeds of your choice
(almonds, pecans, pumpkin seeds, walnuts, flaxseeds, etc)
½ cup apple juice (not added sugar)
½ cup honey -- or maple syrup for a vegan version
¼ c vegetable oil
½ tsp ground cinnamon
1 tsp salt
1 tsp vanilla extract.



Directions

Preheat oven to 325 F. In a large bowl, combine oats, nuts, and 1 ½ cups seeds. In a small saucepan, combine the apple juice, honey, oil, vanilla and spices. Heat on very low heat until honey has softened and everything is combined. Remove from heat and pour mixture over oats and nuts. Stir until well combined.

Line 1-2 baking sheets with parchment paper and spread mixture in a thin layer over the sheet. Make sure it is a single layer so the granola can get crunchy. Bake for 30-40 min, stirring every 10 – 12 so it browns on all sides. Remove from oven when golden brown and let cool completely.

That's it for now. We hope to cook with you again in the fall!