

---

# COOKING CLUB

---

Summer is a wonderful time to jump into home cooking. With so much fresh produce in the markets, and so many fresh ways to prepare foods, we were inspired to create a collection of healthy and delicious recipes that the whole family will love! Veggies are the focus, with two Mediterranean inspired salads, and ways to pack veggies and fruits into all of your summer dining!



## Egg Muffins

(yields 12)

Only half of US children get their recommended servings of fruits and vegetables. Breakfast is a great way to pack in a serving of plants, and these muffins allow a lot of creativity in doing so! These are so versatile that you can put anything you like in them and have a delicious breakfast. Below is the basic recipe, but feel free to add what you like or check out our variations. Serve with a side of summer fruits for an extra serving of produce!

### Ingredients:

- 10-12 eggs
- 1/4 cup milk
- Salt and Pepper to taste
- Cooking Spray

### Directions:

Pre-heat your oven to 350 degrees. Generously spray a muffin pan with cooking spray. Crack all of your eggs into a large bowl. Add milk and sprinkle salt and pepper to taste. Whisk until well blended. Pour enough of the egg mixture to fill each tin  $\frac{3}{4}$  of the way. Bake for 30 minutes. Let them cool for about 10 minutes before using a spatula to scrape around the edge of each tin to remove your muffin. Store in air tight container in the refrigerator for up to 5 days. On-The-Go I like these cold in a small zip top bag. You could also microwave them for a few seconds and wrap them in foil to have a warm breakfast to go!

### Variations:

*\*Western Style – add in chopped ham, cheese, onions, green or red peppers, mushrooms. Top with pico de gallo!*

*\*Pizza Style – add in chopped pepperoni, fresh oregano, chopped fresh basil and shredded mozzarella. Serve with tomato sauce.*

*\*Veggie – add what you like! I like to add garlic, scallion, sautéed baby power greens (Fresh Express has a bag with rainbow chard, baby spinach, and kale), mushrooms, red peppers, and chopped asparagus.*

## Panzanella with Homemade Balsamic Dressing

*This is probably one of my favorite dishes for the summertime. It is cold, great as leftovers, travels well, crunchy, everyone can pick what they like, and its great at a cookout!*

### Ingredients:

- 3 tablespoons good olive oil
- 1 small French bread cut into 1-inch cubes (6 cups)
- 1 teaspoon kosher salt
- 1 pack of cherry tomatoes
- 2 cucumbers, unpeeled, seeded, and sliced 1/2-inch thick
- 1 red bell pepper, seeded and cut into 1-inch cubes
- 1 yellow bell pepper, seeded and cut into 1-inch cubes
- 1/2 red onion, cut in 1/2 and thinly sliced
- 1 pack of basil, cut into ribbons
- 1 block of cheddar cheese, cut into cubes (or use your favorite cheese)

For the vinaigrette (there will be extra so no need to use it all):

### Ingredients:

- 1 tablespoon Dijon
- ¼ cup of balsamic vinegar
- Salt and pepper to taste
- ½ cup olive oil
- 1 tablespoon maple syrup (another option for a different flavor)

### Directions:

Heat the oil in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.

For the vinaigrette, spoon Dijon into a mason jar then add vinegar, salt and pepper. Screw lid and shake vigorously. Then add oil and shake again. Holds for 1 week.

In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, and basil. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. Serve, or allow the salad to sit for about half an hour for the flavors to blend. Add cheese cubes right before serving.

*Feel free to adjust this recipe for your tastes. You can reduce or remove the bread, add other veggies or top with beans or chicken. Try topped with feta cheese instead of cheddar cubes.*



# Try these at home.....

*Sometimes it's fun and to try homemade versions of store bought foods. We often find that the results it healthier and even cheaper! Here are two recipes for you to try for common store bought condiments.*

## Coconut Whipped Cream

Try this coconut-based whipped cream (dairy-free) to top your favorite summer fruit salad for special occasions. Yum!

### Ingredients:

- 1 (403mL) can organic full fat coconut milk
- 1/8 tsp vanilla extract
- 1/8 tsp cinnamon or freshly grated nutmeg (optional)

### Directions:

Refrigerate can of coconut milk for at least 2 hours (best if refrigerated overnight).

Open the can and scoop out thickened coconut cream on top into a medium bowl.

Drink the coconut water at the bottom, or save it for a smoothie. Add cinnamon and vanilla if desired, and whip coconut cream with a wire whisk until it begins to thicken. Place a dollop on your favorite summer fruits!



On the weekend grill or bake an extra package of chicken to have on hand for weekday lunches. To make a quick chicken salad shred the chicken, and place as much as you want in a bowl or Tupperware container. Add salt and pepper to taste. Add chopped celery and onion and mix in your homemade mayo. Serve on slices of cucumber! YUM!

## Homemade Mayonnaise

### Ingredients:

- One large egg
- One cup Extra Light Tasting Olive Oil (It's very important that you use light tasting olive oil and not full flavor. You could also sub avocado, macadamia, almond or walnut oil for some (or all) of the olive oil.)
- 2 teaspoons of apple cider vinegar (or the juice of half a lemon or lime)
- A generous pinch of salt

### Directions:

Crack the egg into a container you would like to keep the mayo in (I used a small mason jar with the opening large enough for the immersion blender). Add the vinegar (or lime/lemon juice) and salt. Pour in one cup of light tasting olive oil. Let the egg settle down for about



1 minute. Insert your immersion blender and push it all the way to the bottom of the jar. Push the power button and do not move the blender for a full 20 seconds. Your mayonnaise will quickly start climbing all the way to the top of the jar. After 20 seconds, the mayonnaise will be almost all the way to the top. This is when you want to slowly start raising the blender until you get to the very top. Do not take it completely out, though, else you might send mayo flying all over the place!

Continue blending for just a few more seconds. At this point, you can move the blender around to make sure you get every last bit of oil blended in.

## Mar-a-Lago Turkey Burgers

*adapted from "Bread & Wine" by Shauna Neiquest\**

- 2 tablespoons canola oil or butter
- 1/4 C finely chopped celery
- 1/4 cup thinly sliced green onions
- 2 lbs ground turkey breast
- Salt & Pepper to taste
- 1 teaspoon of your favorite hot sauce
- 1 lemon, juiced and zested
- 1/4 bunch parsley, chopped
- 3 tablespoons (with a little extra because its SO good) Major Grey's Chutney

Place the ground turkey in a large mixing bowl. Add all ingredients to the bowl and mix with your hands. Shape into six burgers (just a trick, take the back of a spoon and push down to make a small well in the burger. Helps it retain some juices and not be dry inside). Refrigerate for 2 hours.

Season the turkey burgers with salt and pepper. Place on preheated, lightly oiled grill. Grill each side for 7 minutes until meat is thoroughly cooked. Let sit for 5 minutes. Serve on a whole wheat bun, pita, in a bowl (for those not eating bread) or wrapped in Bibb lettuce! Add all your favorite fixin's!



### Summer Tip....

Cooking in the summer can mean using a lot of fresh herbs for flavor. Save money by growing your own herbs in small pots close to your kitchen. Growing herbs like parsley, rosemary, basil and thyme can be easy to grow and a fun summer project for kids!

See our "Gardening with Kids" section on [doctoryum.com](http://doctoryum.com) to find out more!



# Summer Rolls

*This is a fresh summer recipe that's sure to be a hit at your next party. Add shredded chicken, pork or cooked shrimp for other variations.*

## INGREDIENTS:

- 1 package 8-inch rice paper wrappers (also called spring roll skins)
- 1 package bean thread noodles
- 1 head butter lettuce or another favorite lettuce, ribs removed
- 1 bunch purple basil or Thai Basil
- 1 bunch mint
- 1 bunch cilantro
- 2-3 carrots, shredded
- Dipping sauce (peanut, sweet and sour sauces work well)

## DIRECTIONS:

Place bean threads in a bowl and pour boiling water over it to cover. Soak for 10-15 minutes until softened, then drain. Use a wet kitchen towel or wet paper towels to assemble the rolls. Keep another kettle of hot water ready to prepare your rice papers. In a shallow pie plate pour hot water and the place rice paper 1-2 at a time in the water to soften for about 1 minute. Once soft remove and place on your wet towel, flattening out the best you can (it will be like wet-tissue paper, so careful not to tear). Place a stack of veggies that takes up about about 2 x 4 inches centered on the rice paper, including 1 -2 small lettuce leaves, 2-4 basil leaves, 2-4 mint leaves, small sprig of cilantro, and 1-2 tsp. shredded carrot. Place a pinch of these the bean threads on top of your veggie pile. Fold the top and bottom over the pile. Then fold the right side over the pile and begin to roll the summer roll like a log until the left free edge covers up and seals the entire roll. Cut in half before serving. For best results eat soon after preparing, or store for a short time covered with a slightly damp paper towel. Dip in your favorite sauce.



# Greek Salad with Quinoa

This is a yummy salad recipe I tried to replicate from a dish I ate recently at “Zoey’s Kitchen.” The quinoa makes this salad feel more filling and the light dressing makes the summer veggies pop!

## Salad Ingredients

1 cup quinoa  
6-8 cups torn lettuce (use a blend of your favorites)  
1 cup of cherry tomatoes cut in half  
1/2 cup pitted olives  
1/2 cucumber quartered and sliced  
1/3 cup feta cheese, crumbled  
1/2 to 1 can chickpeas, drained and rinsed.

## Dressing Ingredients

1/4 red onion, thinly sliced  
1/4 cup oil  
1/4 cup red wine vinegar  
1/2 tsp. dried oregano  
1/2 tsp. dried basil  
1 tablespoon honey  
salt and pepper to taste



## DIRECTIONS

Bring quinoa and 2 cups water to boil in a saucepan. Reduce heat and simmer with lid for about 15 minutes, when quinoa is cooked and most of the water is absorbed. Cool to room temp (can also refrigerate once cooled down slightly and add to salad cold). Make dressing by placing all ingredients in a mason jar and shaking until combined. Refrigerate until ready to use.

Assemble salad with lettuce, cherry tomatoes, olives, cucumber and chickpeas. When quinoa is cool, sprinkle it on top of the salad. Toss with dressing and top with feta cheese. Can also top with grilled chicken breast or salmon!

# Peach Cobbler

This recipe, which happens to be vegan has a surprising ingredient-tofu! Don't let that fool you. This is a delicious way to enjoy those summer peaches which will be filling the farmers markets soon!

## INGREDIENTS

5-6 peaches sliced with skins on  
 1/4 cup brown sugar  
 1/4 tsp cinnamon  
 6 oz. firm tofu  
 1/4 cup water  
 1 tablespoon apple cider vinegar  
 1 cup sugar  
 1 1/2 tsp. vanilla  
 1/4 tsp. almond extract (optional)  
 1 cup all purpose flour  
 2 tablespoons cornstarch  
 1 1/2 tsp. baking powder  
 1/2 tsp. baking soda  
 1/4 tsp. salt



## DIRECTIONS

Preheat oven to 350 degrees. Spray 10 inch pie pan. Toss peaches, sugar and cinnamon and spread evenly in pan. In a food processor, blend tofu for about 2 minutes until smooth, stopping once to scrape down sides. Add water and vinegar and blend another 30 seconds. Add sugar, vanilla and almond extract and blend for about 1 minute so that sugar is dissolved. Add the remaining dry ingredients and blend about 2 minutes until batter is thick and creamy.

Spread batter over peaches evenly or in large spoonfuls. Bake 30-40 minutes until a toothpick comes out clean. Let stand at least 15 minutes before serving.



Thanks for cooking with us this summer! We would love to hear how you like the recipes. Feel free to post pictures or comments on our Facebook page: [www.facebook/doctoryum](http://www.facebook/doctoryum)