

Knowledge @ Noon  
“*Cold Summer Soups and  
Tasty Sandwiches*”



*Wednesday, August 16, 2017  
12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*

## **Traditional Gazpacho**

When the weather is hot and the tomato season is at its peak, make a huge batch of this soup. Bread is traditionally incorporated into the soup base (gazpacho means “soaked bread” in Arabic). Here, it is added later, in the form of garlic croutons, preferably warm, for a wonderful contrast of temperatures and textures.

### *Ingredients:*

6 to 8 large beefsteak or other full-flavored tomatoes  
1 small sweet yellow or red onion, chopped  
4 garlic cloves  
6 tablespoons red wine vinegar, or to taste  
2 regular or 1 English (hothouse) cucumber, halved, peeled, seeded and diced  
½ cup extra-virgin olive oil, plus 2 tablespoons for frying croutons  
Salt and freshly ground pepper, to taste  
3 or 4 slices French or Italian bread, each 1 inch thick, crusts removed and cut into 1-inch cubes  
1 small green bell pepper, seeded and finely diced  
¼ cup finely minced red onion

### *Directions:*

Bring a large saucepan three-fourths full of water to a boil over high heat. Have ready a large bowl of ice water. Meanwhile, cut a shallow cross in the blossom end of each tomato and then remove the core. Carefully slip the tomatoes into the boiling water for 30 seconds. Using a slotted spoon, transfer to the ice water to cool. Remove from the water and peel immediately. Cut the tomatoes in half crosswise and squeeze out the seeds. In a blender or food processor, puree 3 of the tomatoes until liquefied and transfer to a large bowl. Reserve the remaining tomatoes.

Put the onion in the blender or food processor. Chop 3 of the garlic cloves and add them as well. Puree, adding a bit of the vinegar if needed for a smooth consistency. Add to the bowl with the tomato puree.

Add the cucumbers with a little of the vinegar to the blender or processor and pulse until they are coarsely chopped in the blender or processor. Add to the bowl as well.

Chop the remaining tomatoes coarsely in the blender or processor. Add to the bowl.

Whisk in the 1/2 cup olive oil and the remaining vinegar, and season with salt and pepper. Serve immediately, or cover and refrigerate until well chilled, about 2 hours.

Just before serving the soup, in a large fry pan over medium heat, warm the 2 tablespoons olive oil. Crush the remaining garlic clove, add to the pan and cook to release its fragrance, 1 to 2 minutes. Add the bread cubes and stir and toss until golden brown, about 5 minutes. Transfer to paper towels to drain; keep warm.

Taste the soup and adjust the seasonings with salt. Ladle into chilled bowls and garnish each serving with the diced bell pepper and the minced red onion. Float the croutons on top and serve.



## History of Soup

Evidence of the existence of soup can be found as far back as about 20,000 BC. Boiling was not a common cooking technique until the invention of waterproof containers (which probably came in the form of clay vessels). Animal hides and watertight baskets of bark or reeds were used before this. To boil the water hot rocks were used. This method was also used to cook acorns and other plants.

The word *soup* comes from French *soupe* (“soup”, “broth”), which comes through Vulgar Latin *suppa* (“bread soaked in broth”) from a Germanic source, from which also comes the word “sop”, a piece of bread used to soak up soup or a thick stew.

The word *restaurant* (meaning “[something] restoring”) was first used in France in the 16<sup>th</sup> century, to refer to a highly concentrated, inexpensive soup, sold by street vendors, that was advertised as an antidote to physical exhaustion. In 1765, a Parisian entrepreneur opened a shop specializing in such soups. This prompted the use of the modern word *restaurant* for the eating establishments.

In the US, the first colonial cookbook was published by William Parks in Williamsburg, Virginia, in 1742, based on Eliza Smith’s *The Compleat Housewife; or Accomplish’d Gentlewoman’s Companion*, and it included several recipes for soups and bisques. A 1772 cookbook, *The Frugal Housewife*, contained an entire chapter on the topic. English cooking dominated early colonial cooking; but as new immigrants arrived from other countries, other national soups gained popularity. In particular, German immigrants living in Pennsylvania were famous for their potato soups. In 1794, Jean Baptiste Gilbert Payplat dit Julien, a refugee from the French Revolution, opened an eating establishment in Boston called “The Restorator”, and became known as the “Prince of Soups”. The first American cooking pamphlet dedicated to soup recipes was written in 1882 by Emma Ewing: *Soups and Soup Making*.

Portable soup was devised in the 18<sup>th</sup> century by boiling seasoned meat until a thick, resinous syrup was left that could be dried and stored for months at a time.

## Commercial Products

Commercial soup became popular with the invention of canning in the 19<sup>th</sup> century, and today a great variety of canned and dried soups are on the market.

## Canned

Doctor John T. Dorrance, a chemist with the Campbell Soup Company, invented condensed soup in 1897. Today, Campbell’s Tomato, Cream of Mushroom, and Chicken Noodle Soup are three of the most popular soups in America. Americans consume approximately 2.5 billion bowls of these three soups alone each year.

## Dried

Dry soup mixes are sold by many manufacturers, and are reconstituted with hot water; other fresh ingredients may then be added.

## Types

In French cuisine, soup is often served before other dishes in a meal. In 1970, Richard Olney gave the place of the entrée in a French full menu: "A dinner that begins with a soup and runs through a fish course, an entrée, a sorbet, a roast, salad, cheese and dessert, and that may be accompanied by from three to six wines, presents a special problem of orchestration".

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### Fruit

Fruit soups are prepared using fruit as a primary ingredient, and may be served warm or cold depending on the recipe. Many varieties of fruit soups exist, and they may be prepared based upon the availability of seasonal fruit.

### Cold

Cold soups are a particular variation on the traditional soup, wherein the temperature when served is kept at or below room temperature. They may be sweet or savory. In summer, sweet cold soups can form part of a [dessert](#) tray. An example of a savory chilled soup is *gazpacho*, a chilled vegetable-based soup originating from Spain. Another example is *mool naeng myun* which is a Korean cold beef broth.

### Asian[

A feature of East Asian soups not normally found in Western cuisine is the use of [tofu](#) in soups. Many traditional East Asian soups are typically broths, "clear soups", or [starch](#) thickened soups.

**Soup** is a primarily liquid food, generally served warm or hot (but may be cool or cold), that is made by combining ingredients such as meat and vegetables with stock, juice, water, or another liquid. Hot soups are additionally characterized by boiling solid ingredients in liquids in a pot until the flavors are extracted, forming a broth.

Traditionally, soups are classified into two main groups: *clear soups* and *thick soups*. The established French classifications of clear soups are *bouillon* and *consommé*. Thick soups are classified depending upon the type of thickening agent used: *purées* are vegetable soups thickened with starch; *bisques* are made from puréed shellfish or vegetables thickened with *cream*; cream soups may be thickened with béchamel sauce; and *veloutés* are thickened with eggs, butter, and cream. Other ingredients commonly used to thicken soups and broths include egg,<sup>[1]</sup> rice, lentils, flour, and grains; many popular soups also include carrots and potatoes.

Soups are similar to stews, and in some cases there may not be a clear distinction between the two; however, soups generally have more liquid than stews.

*Soup Information from Wikipedia, the free encyclopedia.*

## Summer Vegetable Gazpacho

Serves 6

In Spain, the vegetables for this chilled soup are traditionally warmed in the summer sun, to release their flavors. It is also common to season the soup with a little of the famed local smoked paprika. Serve the gazpacho with Garlic Toasts.

### *Ingredients:*

2 cups young balsamic vinegar  
2 pounds ripe tomatoes  
2 English (hothouse) cucumber  
1 red onion  
1 yellow bell pepper  
1 red bell pepper  
3 slices day-old sourdough French bread, crusts removed and torn  
3 cups tomato juice  
2 garlic cloves, minced  
3 cups vegetable broth  
2 tablespoons extra-virgin olive oil, plus more for garnish  
1 tablespoon mild smoked Spanish paprika (pimenton de La Vera)  
1 teaspoon ground cumin  
Coarse salt freshly ground pepper, to taste  
2 tablespoons finely shredded fresh cilantro  
2 tablespoons finely shredded fresh mint  
1 tablespoon finely chopped lemon zest

### *Directions:*

Pour the vinegar into a small saucepan and place over low heat. Bring to a gentle simmer and cook until reduced to  $\frac{1}{2}$  cup, about  $1\frac{1}{2}$  hours. The vinegar will have become syrupy. Remove from the heat and let cool to room temperature. Transfer the syrup to a small bowl, cover and refrigerate until ready to use. For this recipe, you will need 2 tablespoons plus more for drizzling; reserve the remainder for another use. (The balsamic syrup will keep, tightly capped, for up to 1 month.)

Peel, seed and finely chop the tomatoes and cucumber. Finely chop the onion. Seed and finely chop the bell peppers. In a large, nonreactive bowl, combine the bread slices and  $\frac{1}{2}$  cup of the tomato juice and let stand for 10 minutes. Stir in the tomatoes, cucumber, onion, yellow and red bell peppers, garlic, broth, the remaining  $2\frac{1}{2}$  cups tomato juice, the 2 tablespoons olives oil, the 2 tablespoons pepper. Cover loosely with plastic wrap and let stand at room temperature for 1 hour to blend the flavors. Transfer 4 cups of the tomato mixture to a blender and process until smooth. Return the pureed mixture to the bowl, stirring well. Cover and refrigerate until chilled, at least 4 hours or up to 24 hours.

When ready to serve, in a small bowl, stir together the cilantro, mint and lemon zest. Ladle the soup into chilled bowls and sprinkle each serving with an equal amount of the shredded herb mixture. Drizzle a little olive oil and balsamic syrup over each serving.

Adapted from Williams-Sonoma, *Entertaining*, by George Dolese (Oxmoor House, 2004).

## **Ginger and Carrot Soup**

Yield: Serves 8 (serving size 1 cup)

### *Ingredients:*

2 tablespoons olive oil  
1 medium onion, chopped  
1 2-inch piece fresh ginger, peeled, grated  
1 clove garlic, sliced  
2 pounds carrots (10 to 12), sliced  
6 cups low-sodium vegetable broth  
Juice of 1 lime, plus lime wedges for garnish, optional  
1 cup plain yogurt (not nonfat)  
Salt and freshly ground black pepper

### *Directions:*

Warm oil in a pot over medium heat. Add onion; sauté until softened, 6 to 8 minutes. Add ginger and garlic; sauté until fragrant, about 1 minute.

Raise heat to medium-high; stir in carrots. Pour broth into pot, cover and bring to a simmer. Remove cover, reduce heat to medium to maintain a simmer and cook until carrots are very tender, about 25 minutes. Remove soup from heat and let cool slightly.

Working in batches, purée soup in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.

Just before serving, stir in lime juice and yogurt. Season with salt and pepper. Serve chilled, garnished with lime wedges, if desired

Calories per serving: 114, Fat: 5g, Saturated fat: 1g, Monounsaturated fat: 0.0g, Polyunsaturated fat: 0.0g, Protein: 2g, Carbohydrate: 17g, Cholesterol: 4mg, Iron: 1mg, Sodium: 489mg, Calcium: 95mg  
Recipe from Health.com

## **Chilled Strawberry Yogurt Soup**

Yield: 3 servings

### *Ingredients:*

1 pounds fresh strawberries  
1 ¼ cups vanilla yogurt, divided  
3 tablespoons confectioners' sugar  
2 tablespoons orange juice concentrate  
1/8 teaspoon almond extract or ½ teaspoon lemon juice

### *Directions:*

In a food processor, combine the strawberries, 1 cup yogurt, confectioners' sugar, orange juice concentrate and extract; cover and process until blended. Garnish each serving with a dollop of remaining yogurt.

Nutritional Facts: 1 cup: 174 calories, 2g fat (1g saturated fat), 5mg cholesterol, 69mg sodium, 35g carbohydrate (0 sugars, 3g fiber), 6g protein. Diabetic Exchanges: 1 ½ fruit, ½ starch, ½ reduced-fat milk.

### **Chilled Minted Zucchini Soup** Serves 4

3 (14 ½ -ounce) cans reduced-sodium chicken broth      2 Tablespoons fresh lemon juice  
3 zucchini, coarsely chopped                                      3 Tablespoons chopped mint  
1 onion, chopped    4 Tablespoons fat-free sour cream  
1 garlic clove, minced

#### *Directions:*

Add enough water to the broth to equal 6 cups. Combine the broth, zucchini, onion, and garlic in a large saucepan; bring to a boil. Reduce the heat and simmer, covered, until the zucchini is very tender, about 15 minutes. Remove the saucepan from the heat. Uncover and let cool about 5 minutes.

Strain the zucchini mixture through a strainer set over a medium bowl; reserve the liquid. Transfer the zucchini mixture to blender or food processor. Add the lemon juice and mint; purée. With the machine running, add the reserved liquid, ¼ cup at a time, until the soup has the consistency of cream. Let cool to room temperature, then cover tightly and refrigerate until well chilled, at least 3 hours or up to 1 day. Ladle the soup into 4 bowls and top each serving with a dollop of sour cream.

**Per serving** (1 ½ cups soup and 1 tablespoon sour cream): 70 calories, 0g fat, 0g saturated fat, 0g trans-fat, 0mg cholesterol, 841mg sodium, 12g carbohydrates, 3g Fib, 7g Protein, 60mg calcium

### **Easy Cold Cucumber Soup**

2 large cucumbers, peeled, seeded and diced                      1 clove garlic  
1 1/3 cup sour cream    ½ cup chopped fresh mint  
1 1/3 cup plain yogurt    ½ cup chopped fresh dill  
2 cups vegetable broth

Combine cucumber, sour cream, yogurt, broth and garlic in a bowl; blend together using an immersible blender until smooth. Blend in mint and dill.

Refrigerate for at least 1 hour.

### **Cantaloupe Soup with Mint**

Serves: 4 one cup servings

1 large cantaloupe (about 3 lb.)  
¼ cup honey  
½ cup orange juice  
1½ tablespoons finely chopped fresh mint, plus small sprigs for garnish, optional

Halve melon, scoop out seeds and remove rind. Cut flesh into large chunks (makes about 6 cups).

Working in batches if necessary, combine cantaloupe, honey and orange juice in a blender.

Pulse or blend until smooth. Transfer to a large bowl, cover and refrigerate until thoroughly chilled, at least 2 hours.

Just before serving, briskly whisk soup and stir in mint. Serve very cold.

**Per serving:** calories 147, fat 0.0g, protein 2g, carbohydrates 37g, fiber 2g, cholesterol 0.0g, iron 1mg, sodium 34mg, calcium 24mg.

## **Curried Zucchini Soup**      Servings: 6

### *Ingredients*

2 Tablespoons olive oil  
1 medium onion, chopped  
1 clove garlic, minced  
2 teaspoons curry powder  
2 pounds zucchini (about 6), trimmed, coarsely chopped  
4 cups low-sodium chicken or vegetable broth  
Salt and freshly ground black pepper to taste  
1 cup reduced-fat sour cream  
2 Tablespoons chopped fresh cilantro for garnish

Warm oil in a pot over medium heat. Add onion and saute until softened. 6 to 8 minutes.  
Add garlic and curry powder and stir until fragrant, about 1 minute.

Raise heat to medium-high, add zucchini, pour in broth and add 1 tsp. salt. Cover and bring to a simmer.

Remove cover, reduce heat to medium to maintain a simmer and cook until zucchini is very tender, about 20 minutes. Remove from heat and let soup cool slightly.

Working in batches, puree soup in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.

Just before serving, whisk in sour cream and season with salt and pepper. Ladle into chilled bowls, garnish with cilantro and serve.

Per serving: calories 165, fat 11g, saturated fat. 4g, monounsaturated fat. 0.0g, polyunsaturated fat. 0.0g, protein 7g, carbohydrates 12g, fiber 2g, cholesterol 21mg, iron 1mg, sodium 667mg, calories 107mg.

## **Tomato and Red Pepper Soup**

Puree in a blender until very smooth:

1 cup drained roasted red bell peppers,  
4 cups quartered tomatoes (e.g., cherry or plum),  
¼ cup each chopped basil and toasted almonds,  
2 Tbsp. extra-virgin olive oil,  
1 Tbsp. sherry or red wine vinegar  
Chill until cold, about 1 hr.

Per serving: 160cal, 11 g fat(1 g saturated), 3 g protein, 12 g carb, 5 g sugar, 5 g fiber,  
131 mg sodium, 0 mg cholesterol

## Zucchini and Avocado Soup

Puree in a blender until very smooth.

4 cups chopped zucchini (no need to peel)	1 avocado
$\frac{3}{4}$ cup cold water	$\frac{1}{4}$ cup cilantro chopped
$\frac{1}{2}$ cup each of watercress	3 Tablespoons lemon juice
$\frac{1}{2}$ cup chickpeas, rinsed and drained	$\frac{1}{2}$ teaspoon coarse salt

Chill until cold, about 1 hr.

**Per serving:** 131 calories, 8g fat (1g saturated), 4 g protein, 13g carb, 4g sugar, 6g fiber, 296 mg sodium, 0 mg cholesterol

## Carrot and Yogurt Soup

Unlike zucchini, carrots step up their antioxidant levels AFTER cooking—by more than 30%. Cashews and yogurt give each sweet-spicy sip some protein without weighing you down.

4 cups sliced steamed carrots(microwaved frozen sliced carrots work, too)  
1 cup cold water  
 $\frac{1}{2}$  cup plain 2% Greek yogurt  
 $\frac{1}{4}$  raw unsalted cashews  
2 Tablespoon lime juice  
 $\frac{3}{4}$  teaspoon cumin  
 $\frac{1}{2}$  teaspoon turmeric  
 $\frac{1}{2}$  teaspoon coarse salt

Puree in a blender until very smooth. Chill until cold, about 1 hour.

Per serving: 117 calories, 4g fat (1g saturated), 5g protein, 342 mg sodium, 2 mg cholesterol

## Beet and Red Cabbage Soup

There is a folate boost from cabbage soup, but this one tastes a lot more interesting, thanks to the beets. Beets provide blood pressure balancing compounds; plus, beets contain a colorful antioxidant that makes them anti-inflammatory. Buttermilk supplies tang for the taste buds and some probiotics.

Puree in a blender until very smooth.

Two 8-ounce packages precooked beets  
1 cup buttermilk  
1 cup sliced red cabbage  
 $\frac{1}{4}$  cup dill  
2 Tablespoons prepared Horseradish  
 $\frac{3}{4}$  teaspoon coarse salt

Chill until cold, about 1 hr.

## Avocado Flatbread with Soppressata

### Avocado-Walnut Pesto

1 avocado	1 garlic clove
1 cup fresh basil	2 Tablespoons water
1 cup fresh parsley	Juice of ½ lemon
¼ cup walnuts	½ teaspoon kosher salt
¼ cup parmesan cheese	½ teaspoon red pepper flakes

***Puree the first 10 items***

¼ cup olive oil With machine running, gradually add olive oil.

2 pieces naan bread  
4 thin slices mozzarella  
basil leaves  
2 tablespoons thinly sliced soppressata

#### *Directions*

Toast the bottoms of 2 pieces naan bread in dry nonstick skillet. Top each with ¼ cup avocado-walnut pesto, 2 slices mozzarella, 1 tablespoons soppressata & some torn basil; drizzle with olive oil & season with pepper.

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## Chicken Salad

3 cups cooked chicken breast	1 cup mayonnaise OR ( ½ cup lite sour cream, ½ cup mayonnaise, 2 teaspoons Dijon mustard)
1 cup chopped celery	1 teaspoon salt
1 cup halved red or green grapes	1 teaspoon pepper
½ cup dried cranberries	½ teaspoon cumin
½ cup roasted pecans, chopped	

Combine all and refrigerate. Serve in bread as a sandwich or serve with crackers.

*Recipe from Viola Lee, MFV*

## Cuban Sliders

2 Pkg. (12 oz each) Hawaiian sweet rolls	½ cup butter, cubed
1 1/2 thinly sliced Deli-ham	2 Tablespoons finely chopped onion
9 slices Swiss cheese (6 oz.)	2 Tablespoons Dijon mustard
24 dill pickle slices	

1. Preheat oven to 350 degrees. Without separating rolls, cut each package of rolls in half horizontally, arrange bottom halves in greased 13 x 9 inch baking pan. Layer with ham, cheese and pickles, replace top halves of rolls.

2. In microwave melt butter; stir in onion and mustard. Drizzle over rolls. Bake covered 10 minutes. Uncover; bake until golden brown and heated through, 5-10 minutes. Remove from pan and cut into 24 sliders. Serve warm.

Per slider; 382 calories, 19 gram fat, 1065 mg sodium, 34 gram carbohydrates, 19 gram protein.

*Recipe from Royce Collins, MFV*

## Curried Chicken Salad

4 cups cubed cooked chicken  
½ cup mayonnaise  
2 tablespoons milk or non-dairy milk substitute  
2 teaspoons curry powder  
1-2 stalks celery, diced  
1 medium apple, diced  
3 Tablespoons slivered almonds

Put chicken, celery, apple and almonds in large bowl. Mix together mayo, milk and curry powder in small bowl. Add to chicken mixture and stir well. Chill until time to serve. May be served in tortillas for a wrap-style sandwich or on a bed of lettuce or other greens for a salad.

## BLT Wraps

1 pound thick sliced bacon, cut into 1 inch pieces  
4 (12 inch) flour tortillas  
1 cup shredded Cheddar cheese (or your favorite cheese)  
½ head iceberg lettuce, shredded  
1 tomato, diced  
Sour cream, salsa, ranch dressing, or mayo (optional)

### *Directions*

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and set aside. Place 1 tortilla on a microwave-safe plate. Sprinkle tortilla with ¼ cup cheese. Cook in microwave 1 to 2 minutes, or until cheese is melted. Immediately top with ¼ of the bacon, lettuce, and tomato.

**Optional** - you may want to add a bit of sour cream, salsa, a dab of mayo or ranch dressing to make the wrap less dry.

Fold sides of tortilla over, and then roll up. Repeat with remaining ingredients. Cut each wrap in half before serving.

Printed from Allrecipes.com 8/4/2016

Cook's Note: A good variation is to substitute taco meat and grilled onions for the bacon.

## Grilled Swiss with Avocado and Tomato

serves 4

2 tablespoons low-fat mayo  
8 slices multigrain bread  
4 slices low-fat Swiss or cheddar cheese  
½ small avocado, pitted, peeled, and thinly sliced  
2 carrots, shredded  
2 cups alfalfa sprouts  
1 tomato cut into 8 slices

### *Directions*

Spread ½ teaspoon mayo on 4 slices of bread; layer with 1 slice of cheese, ¼ of the avocado, ¼ of the carrots, ½ cup alfalfa sprouts, and 2 tomato slices. Cover with remaining 4 slices of bread spread with ½ teaspoon. mayo.

Heat a large nonstick skillet on medium heat. Lightly spray both sides of each sandwich with nonstick spray, place in skillet. Cook, covered, turning once; until cheese is melted and bread is well toasted. Cut each in half and serve immediately.

NOTE: this is a weight watchers recipe POINTS value is 4 points.

## Ham & Cheese Pull-Apart

1/2 cup salad dressing or mayonnaise  
1/4 cup Italian dressing  
1 loaf (16 oz) soft Italian bread or unsliced sandwich bread  
6 slices cheese  
1 package deli style smoked or brown sugar ham  
Tomato slices

Mix salad dressing and Italian Dressing; set aside.

Cut ends off bread to make 12-inch loaf. Slice bread evenly into 12 slices, being careful not to cut all the way through to bottom of loaf.

Spread salad dressing mixture between every other pair of bread slices. Fill with Cheese, ham and tomato. Wrap sandwich in foil to take to picnic.

Makes 6 servings.

(To heat, wrap sandwich in foil. Bake at 350 degrees for 15 to 20 minutes or until thoroughly heated.)

## Roast Beef Wraps

1/2 cup mayonnaise	Baby spinach leaves
1 Tablespoon sun-dried tomato paste	1/2 pound thinly sliced deli roast beef
2 teaspoons horseradish	1/2 pound thinly sliced Swiss cheese
4 sandwich wraps or lavash (thin flatbread)	Half a seedless cucumber, peeled and cut lengthwise in 8 slices

In a small bowl, stir together mayonnaise, tomato paste and horseradish.

With long side facing you, spread one wrap with 2 tablespoons of mayonnaise mixture almost to the edges. Top with 1/4 of the spinach, roast beef and cheese.

Place 2 slices of cucumber horizontally at the middle. Fold edges of wrap over and roll up jellyroll style. Wrap in plastic wrap. Repeat with remaining ingredients. Cut each sandwich in half.

**Serves 8. Nutrition per serving.** 300 calories, 22 g fat, 50 mg cholesterol, 16 g protein, 11g carbs, 1 g fiber, 380 mg sodium.

## Cold Grape Salad                      8 servings

4 pounds seedless green or red grapes	1 teaspoon vanilla extract
1 (8 ounce) package cream cheese	4 ounces chopped pecans
1 (8 ounce) container sour cream	2 Tablespoons brown sugar
1/2 cup white sugar	

### *Directions*

Wash and dry grapes. In large bowl, mix together the cream cheese, sour cream, white sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans. Mix again and refrigerate until serving.

Nutrition per serving: Calories 479 kca, Fat 27.1g, Carbohydrates 60.1g, Protein 5.8g, Cholesterol 43mg, Sodium 103mg.

### **Balsamic-Kissed Melon Salad**

Serves: 4

4 cups watermelon chunks	1 Tablespoon white balsamic vinegar
4 ounces cubed feta cheese	¼ cup olive oil
2 limes, tested and juiced	1 Tablespoon agave nectar
¼ cup minced red onions	¼ cup chopped fresh mint

In large bowl, combine watermelon chunks and cubed feta cheese. In small bowl, whisk 2 tablespoons lime juice, 1 teaspoon lime zest and remaining ingredients. Season to taste with salt and pepper. Drizzle over watermelon mixture. Garnish with fresh mint leaves, if desired.

Per serving: calories 255, protein 5g, carbohydrates 20g, fiber 2g, Sugar 15g, cholesterol 25mg, sodium 321mg, Total Fat: 19g, Saturated 6g, Trans. 0g.

### **Creamy Cucumber Dill Salad**

Serves: 4

Earthy dill and tangy Greek yogurt complement the cooling crunch of in-season cucumbers

½ cup plain Greek yogurt  
2 tablespoons olive oil  
¼ cup chopped fresh dill  
2 lemons, tested and juiced  
2 large cucumbers, diced  
¼ cup chopped red onions

In bowl, whisk together Greek yogurt, olive oil, fresh dill, ¼ cup lemon juice and 1 tablespoon lemon zest. Add cucumbers and red onions; stir to coat. Season to taste with salt.

Per Serving: calories 109, protein 3g, carbohydrates 10g, fiber 2g, sugar 5g, cholesterol 1mg, sodium 32mg, Total fat: 7g, Saturated 1g, Trans. 0g.

### **Marinated Cucumbers with Tomatoes and Peppers**

2 Tablespoons vinegar  
2 tablespoons salad oil  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/4 teaspoon celery seed  
1 large cucumber, peeled (if desired), halved lengthwise, and thinly sliced (3 cups)  
1 small onion, thinly sliced ( 1/2 cup)  
1 cup halved cherry tomatoes, and 1 medium pepper cut into thin strips

1. Mix vinegar, oil, sugar, and salt together in large nonreactive bowl. Add cucumbers, onions, tomatoes and peppers. Cover and chill at least 4 hours or up to 3 days. Makes 6-8 servings.

Per 2/3 cup: 54 calories, 5 gram fat, 5 gram carbohydrate, 2 grams fiber.

## **Chilled Fruit-Teas 1 cup servings**

### **Chilled Grapefruit Fruit-Tea**

1 cup chilled green tea  
Splash of grapefruit juice  
1 slice of grapefruit

### **Chilled Pineapple Fruit-Tea**

1 cup chilled English breakfast tea  
¼ cup pineapple juice  
¼ cup unsweetened coconut water  
pinch of cayenne pepper  
pinch of cilantro sprig

### **Chilled Strawberry Fruit-Tea**

1 cup chilled orange pekoe tea  
¼ cup muddled strawberries  
¼ cup sliced strawberries and orange twist

### **Chilled Mango Fruit-Tea**

¼ cup chilled mint tea  
¼ cup mango juice  
½ cup unsweetened coconut water  
a squeeze of lemon  
½ teaspoon Maple Syrup and mint leaf

## **Dessert**

### **Peach Crumb Bars**

3 cups all-purpose flour	1 large egg
1½ cups sugar	1 teaspoon vanilla extract
1 teaspoon baking powder	9 medium peaches, peeled and chopped
½ teaspoon salt	1 teaspoon almond extract
dash ground cinnamon	4 teaspoons corn starch
1 cup shortening	

#### *Directions*

Preheat oven to 375°F. Whisk flour, 1 cup sugar, baking powder, salt & cinnamon; cut in shortening until crumbly. In another bowl, whisk egg & vanilla until blended; add to flour mixture, stirring with a fork until crumbly.

Reserve 2½ cups crumb mixture for topping. Press remaining mixture onto bottom of a greased 13 X 9 baking pan.

Toss peaches with almond extract. In another bowl, mix cornstarch & remaining sugar; add to peaches & toss to coat. Spread over crust; sprinkle with reserved topping.

Bake until lightly browned & filling is bubbly, 40 – 45 minutes. Cool in pan on wire rack.

Cut into 24 bars.

Nutrition Per bar: 207 calcium, 9g fat, 8 mg cholesterol, 73mg sodium, 30g carbohydrates, 17g sugar, 1g fiber, 2g protein.

Taste of Home Summer 2017