

Recipes from August 2008

By Trudy Schafer
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Fruit Salsa served in Little Gems

2 peaches, diced
8-12 strawberries, diced
1 cucumber, diced
1/2 red onions, diced
1/4 cup cilantro, chopped
1-2 tbsp lime juice
1 small jalapeno, minced (optional)
2-3 tbsp olive oil
Salt to taste

In a large bowl toss diced ingredients together.
Squeeze lime juice and olive oil over the top and toss together.

Add salt to taste.

Serve in little gems or with tortilla chips.

Quinoa Salad

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2 cups quinoa
4 cups water or chicken stock, boiling
1/2 red pepper, chopped
1/2 orange pepper, chopped
1/2 yellow pepper, chopped
1/2 pound green beans, blanched and chopped
1/2 bunch scallion, chopped
1/2 bunch Italian parsley, finely chopped
1/2 bunch mint, finely chopped
DRESSING INGREDIENTS:
1/2 cup lemon juice
4 teaspoons Dijon mustard
2 garlic cloves, minced
1/2 cup olive oil
1/2 cup flax seed oil (optional, you can also add
more olive oil)
2 teaspoons lemon zest, finely chopped
Salt & pepper

To cook quinoa, rinse with water in a fine sieve colander, add to a skillet and toast until quinoa is separated and dry. Add boiling water or stock, cover with a lid and bring to a boil, then turn heat down to a simmer and let cook for 10-12 minutes, until quinoa is tender. Fluff with a fork.

Add chopped vegetables to cooked quinoa.

To make dressing: add lemon juice, Dijon, garlic to a bowl; slowly drizzle in the oils while whisking. Add lemon zest, salt & pepper to taste.

Pour dressing over quinoa salad and mix together well.

Pressed Chicken w/ Summer Vegetables

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(Roughly drafted from Ruth Cousineau)

4 chicken breast halves with skin-on
Salt & pepper
2 tablespoons olive oil
3/4 pound yellow squash, cut into 1/2-inch pieces
1 pound sungold tomatoes, chopped
2 garlic cloves, chopped
3 teaspoon chopped fresh marjoram

Season chicken with salt & pepper and set aside.
Heat oil skillet.

Add chicken, skin side down. Cover with a round of parchment paper, then a heavy pot or skillet, and then weigh the skillet with something heavy. Cook 10 minutes, then turn chicken over, recover with parchment paper and heavy pot. Cook another 8 minutes or until the chicken reads 165 degrees on a meat thermometer. Transfer chicken to plate, and keep warm.

In the same skillet with the chicken dripping, add yellow squash, tomatoes, garlic and fresh marjoram. Sauté until tomatoes break down and squash is cooked. Season with salt & pepper. Pour over chicken.