

# Salute to Summer!

Add to your spirited summer celebrations with the good ol' red, white and blue (and eat healthy, too!).

**Start with the red foods.** The red hue found naturally in fruits and vegetables comes from anthocyanins, an antioxidant that clears away free radicals from your system. Red foods have even been linked with reducing LDL cholesterol and blood pressure.

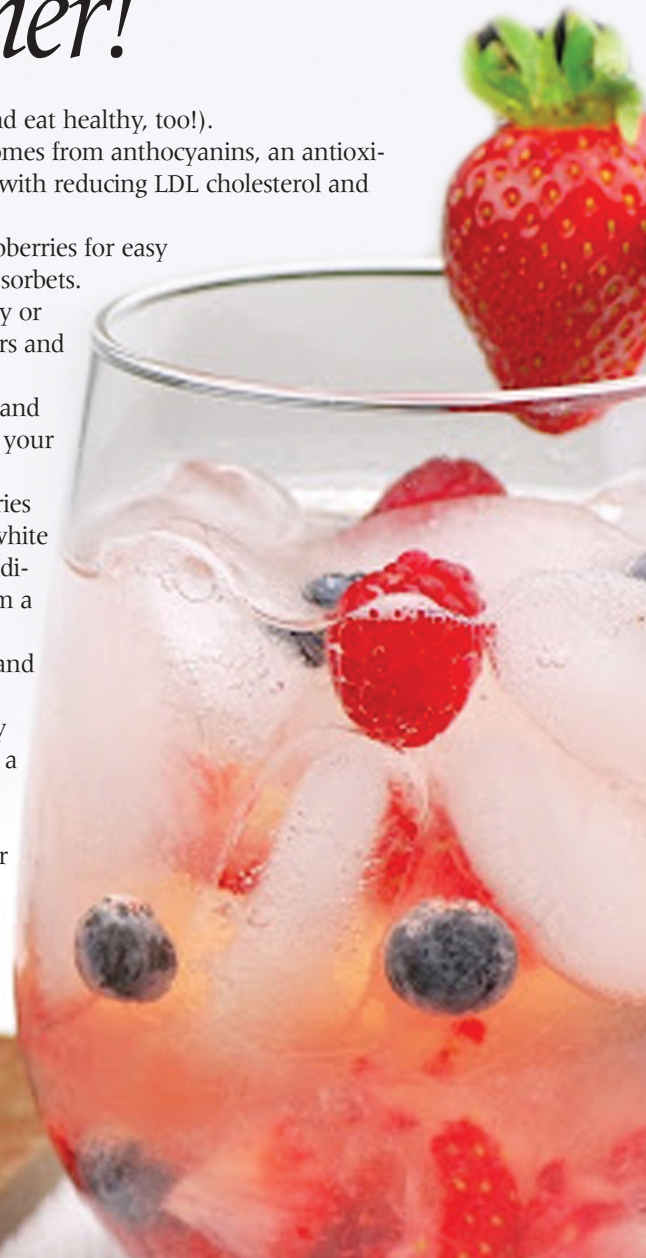
Think roasted red bell peppers and juicy tomatoes for burgers; strawberries and raspberries for easy snacking. Watermelon is an obvious choice, and can be used to make salads, salsas and sorbets.

**Next, focus on the white foods.** Grill white fish, lean cuts of pork, ground turkey or even chicken breasts for a high-protein, low-calorie cookout that can still include burgers and sandwiches.

Greek yogurt will allow you to serve the dips and spreads you love without the fat and calories. Substitute 0% fat plain Greek yogurt instead of sour cream or cream cheese in your recipes for virtually no calories and all of the flavor.

**Then, add in the blue foods.** The obvious choice is blueberries - plump little berries bursting with a sweet juice and loads of antioxidants. Try a blueberry sauce over your white meat choices. Blue corn tortilla chips are often a slightly healthier choice than many traditional varieties. Usually baked and made with little-to-no added sodium, they even seem a little sturdier when scooping up your favorite dips.

**Take it all the way with red, white and blue in one dish!** Go for red, white and blue nachos with blue corn tortilla chips, fresh tomato salsa and fat-free sour cream. Layered gelatin desserts are exciting to serve, and guests love the cool fruity and creamy layers. Don't forget the drinks! Make a non-alcoholic version of our red, white and blue sangria by simply substituting lemon-lime soda for the wine.



Staci Stengle

## Quick Summer Recipes from Chef Staci

### Edamame, Black Bean and Corn Salad

- 1 package Edamame Beans, shelled and thawed according to directions
- 1-15 oz. can black beans, rinsed and drained well
- 1 c fresh or frozen corn or 1 can, drained or thawed according to package
- 1 red pepper, diced
- 1/2 red onion, minced
- 1/2 bunch green onion, sliced thin
- 2 T cider or red wine vinegar
- 1/4 c olive oil
- Salt and pepper to taste
- \*Stir all ingredients together and season to taste. Refrigerate until ready use, serve as a side dish, topping for mixed greens, or as a salsa with chips. ENJOY!

### Wheat Berry Tabouleh

Serves 4

- 2 c cooked wheat berries, cooked according to package from 1 c dry and cooled
- 2 large tomatoes, diced
- 2 cucumbers, cut in 1/2, seeded and diced (peeled if desired)
- 1 bunch green onions, sliced
- 1 bunch parsley, chopped
- 1 package mint, sliced thin
- 2 lemons, zested and juiced
- 2 T olive oil

Salt and pepper to taste

\*In a large bowl, stir together the cooked, cooled wheat berries, tomatoes, cucumbers, green onions, parsley and mint. Season with lemon zest and juice, olive oil and season to taste with salt and pepper. If necessary to taste you may need to add more or less lemon juice or olive oil. Refrigerate until ready to serve.



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