

# SBL Cooking Demo: Fresh from the Garden

August 28, 2017



## Summer Fruit Pops

Servings: 8

### Ingredients

- 1 cup frozen unsweetened strawberries or fruit of your choice
- 2 Tablespoons sugar free orange syrup
- 2  $\frac{3}{4}$  + 1  $\frac{1}{4}$  Cups sugar free vanilla yogurt or equivalent fat free Greek yogurt + 1 teaspoon vanilla
- 1 cup frozen unsweetened peaches

### Directions

1. Place strawberries (or fruit of your choice) and 1 Tablespoon of the orange syrup in a blender and process until smooth.
2. Evenly divide among 8 paper cups.
3. Evenly divide the 2  $\frac{3}{4}$  cup vanilla yogurt among the cups, spooning over the strawberries (or fruit of your choice).
4. Place peaches, remaining 1 Tablespoon orange syrup, and remaining 1  $\frac{1}{4}$  cups yogurt in blender and process until smooth.
5. Evenly divide among the cups, spooning it over the yogurt.
6. Insert a pop stick in the center of each cup.
7. Place in the freezer and freeze for at least 2 hours, or until solid.
8. Peel away the paper cups to serve.

### Nutritional Info

Serving size: 1 pop

Per Serving: 30 calories, 5 gm carbohydrate, 1.5 gm protein, 1 gm fat, 10 mg sodium, 1 g fiber

Source: drshapiroperfect.com

## Corn and Tomato Salsa

Yields: 4 cups

Servings: 16

### Ingredients

- 4 medium ears of fresh corn, husked, or 2 cups frozen whole kernel corn
- 2 teaspoons cooking oil
- 2 cloves garlic, minced
- 3 medium Roma tomatoes, peeled and coarsely chopped
- $\frac{1}{2}$  cup chopped green pepper
- $\frac{1}{2}$  cup finely chopped celery
- $\frac{1}{4}$  cup green onion
- $\frac{1}{4}$  cup fresh cilantro



$\frac{1}{4}$  cup lime juice  
1-2 teaspoons canned chipotle chile peppers in adobo sauce  
 $\frac{3}{4}$  teaspoon salt  
Tortilla chips or scoop shaped tortilla chips

#### **Directions**

1. If using fresh ears of corn, scrub corn with a brush to remove silks. Rinse under cold running water. Place one ear of corn at a time in a shallow pan. Holding the ear at an angle, use a sharp knife to cut down across the tips of the kernels. Using the dull side of the knife, scrape the ear to release the milky juices into the pan. You should have about 2 cups of corn with its juices.
2. In a large non-stick skillet, heat oil over medium-high heat. Add fresh or frozen corn and garlic. Cook and stir for 3-4 minutes or until lightly browned. Remove from heat and cool slightly.
3. Stir tomatoes, green pepper, celery, green onion, cilantro, lime juice, chipotle chile peppers in adobo sauce and salt into corn mixture. Transfer to a large bowl. Cover and chill at least 1 hour or up to 24 hours before serving.
4. Let salsa stand at room temperature before serving. Serve with tortilla chips.

#### **Nutritional Info (salsa only)**

Serving size:  $\frac{1}{4}$  cup

Per Serving: 112 calories, 5 gm carbohydrate, 3 gm protein, 5 gm fat, 217 mg sodium, 2 gm fiber

Source: midwestliving.com

## **Roasted Vegetables**

Servings: 8

#### **Ingredients**

2 medium red onions cut into eighths  
2 small yellow summer squash, cut into  $\frac{1}{2}$  inch thick slices  
2 small zucchini, cut into  $\frac{1}{2}$  inch thick slices  
3 red peppers, sliced into  $\frac{1}{2}$  inch strips  
4 cloves garlic, thinly sliced  
2 Tablespoons snipped fresh parsley  
2 Tablespoons balsamic vinegar  
1 Tablespoon olive oil  
1 teaspoon dried oregano, crushed  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon ground black pepper



### **Directions**

1. Pre-heat oven to 450 degrees. In a 13 x 9 x 2 inch baking pan, combine the vegetables and garlic. Set aside.
2. In a screw-top jar, combine the parsley, vinegar, oil, oregano, salt and black pepper. Shake well. Pour over the vegetables and toss to coat.
3. Bake for about 25 minutes or until vegetables are crisp-tender, stirring twice.

### **Nutritional Info**

Serving Size: 1 Cup

Serving: 45 calories, 7 gm carbohydrate, 1.5 gm protein, 2 gm fat, 137 mg sodium, 1 gm Fiber

Source: midwestliving.com

## **Oven Fried Zucchini Sticks**

Servings: 4

### **Ingredients**

Canola oil cooking spray  
½ cup whole wheat flour  
½ cup all-purpose flour  
2 Tablespoons cornmeal  
1 teaspoon salt  
½ teaspoon freshly ground pepper  
1 ½ pounds zucchini (about 3 medium) cut into ½- by-3- inch sticks  
2 egg whites, lightly beaten



### **Directions**

1. Preheat oven to 475 F. Coat a large baking sheet with cooking spray.
2. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag.
3. Dip zucchini in egg white, shake in the bag to coat, and arrange (not touching) on the baking sheet.
4. Bake on the center rack for 7 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 5 minutes more. Serve hot.

### **Nutritional Info**

Serving Size: 6 sticks

Per serving: 129 calories, 23 gm carbohydrate, 6 gm protein, 2 gm fat, 423 mg Na+, 3 gm fiber

Source: eatingwell.com

# Zucchini Bread

Servings: 12 slices

## Ingredients

1 ½ cups whole wheat flour  
1 ½ cups light brown sugar  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ cinnamon  
¼ teaspoon grated nutmeg  
¼ teaspoon ground cloves  
¼ teaspoon salt  
1 whole egg  
1 egg white  
3 Tablespoons canola oil  
1 ¼ cups grated zucchini, tightly packed  
1 Tablespoons vanilla extract  
¾ cup drained, canned, crushed pineapple



## Directions

1. Preheat oven to 350 F.
2. Spray a 9" loaf pan with non-stick cooking spray.
3. Sift the flour, sugar, baking powder, baking soda, cinnamon, nutmeg, cloves and salt together. Set aside.
4. In a large mixing bowl, combine the egg, egg white, oil, zucchini, vanilla and pineapple and mix well.
5. Add the flour mixture to the zucchini mixture and stir gently just until combined. Do not over mix.
6. Pour the batter into the prepared pan. Bake until the bread is golden brown and set in the center, ~50-60 minutes.

## Nutritional Info

Serving Size: 1/12 slice

Per serving: 202 calories, 40 gm carbohydrate, 3 gm protein, 4 gm fat, 209 mg Na+, 2 gm fiber

Source: adapted from recipes found at [eatingwell.com](http://eatingwell.com)

# Zucchini Lasagna

Servings: 8-10

## Ingredients

Large zucchini, slice into 1/8 inch thick strips  
Pkg of frozen spinach, thawed and drained  
16 oz lowfat cottage cheese drained  
23 oz jar spaghetti sauce  
1 egg  
1 Tablespoon Italian seasoning  
 $\frac{1}{4}$  cup parmesan  
2-3 cups mozzarella, divided  
Salt and pepper to taste



## Directions

1. Preheat oven to 375 degrees
2. Mix cottage cheese with spinach, parmesan and egg. Stir well.
3. Slice zucchini into 1/8 inch slices and lightly salt and set aside for 10 minutes to help release excess moisture. After 10 minutes blot moisture with paper towels.
4. In 9x12 casserole spread  $\frac{1}{2}$  spaghetti sauce on bottom and layer zucchini to cover. Spread 1/2 cheese/spinach mixture and top with 3/4 cup mozzarella. Repeat the process until all ingredients are used.
5. The last layer top with remaining zucchini slices and sauce, cover with foil and bake for 30 minutes. Uncover and bake 20 minutes to dry up some of the sauce. Top with remaining mozzarella cheese and bake until melted.
6. Let stand 10 minutes before serving.

## Nutritional Info

Serving size: 1

Per Serving: 256 calories, 15 gm carbohydrate, 17 gm protein, 14 gm fat, 603 mg Na+, 3 gm fiber

Source: Kristina's Kitchen ☺

# Zucchini Cakes with Spicy Chipotle Sauce

Servings: 4-6 cakes

## Ingredients

4 cups shredded zucchini  
2 ears of corn, removed from cob  
 $\frac{1}{2}$  cup onion- finely chopped  
 $\frac{1}{2}$  cup red pepper- finely chopped  
1 clove of garlic- minced  
1 cup flour  
 $\frac{1}{4}$  teaspoon baking soda  
1 teaspoon salt  
1 teaspoon pepper  
1 egg  
1 teaspoon olive oil  
Canola oil or coconut oil for frying



## Sauce Ingredients:

$\frac{1}{2}$  cup sour cream  
 $\frac{1}{2}$  cup mayo  
2 Chipotle peppers in adobo sauce  
 $\frac{1}{2}$  teaspoon sugar  
 $\frac{1}{2}$  lime juiced  
Pinch of salt

## Directions

1. Grate zucchini using veggie strip maker. Add salt and let sit for 15 minutes. Strain off liquid using paper towels or cheese cloth.
2. Remove corn from cob. Coat a non-stick skillet with 1 teaspoon olive oil and sauté onion, pepper, and corn until tender. Remove from heat and add to mixing bowl. Then add all other ingredients and add flour last, working it into the mixture slowly. Mixture should achieve consistency like cookie dough.
3. Heat canola oil or coconut oil in a non-stick skillet until hot. Preheat oven to 350 F as well.
4. Add scoop of zucchini mixture and press down to for  $\frac{1}{4}$  inch thick patties. Cook 2-3 minutes or until each side is a nice golden brown. Place in over on baking sheet or stoneware and bake for 10 minutes.
5. In a manual food processor, add all ingredients for sauce and process until smooth.

## Nutritional Info

Serving size: 1 cake

Per Serving: 210 calories, 18 gm carbohydrate, 6 gm protein, 14 gm fat, 247 mg Na+, 2 gm fiber