

How can it possibly be August? Summer days seem to go in fast-forward!
This week, enjoy some new menu ideas to keep your summer interesting.
Don't forget to stop at the Farmers Market to enjoy some fresh vegetables and other great local finds!

Raspberry-Banana Breakfast Taco

Servings: 4

3/4 C. all-purpose flour
3/4 C. whole wheat flour
3 T. sugar
2 tsp. baking powder
3/4 tsp. ground cinnamon
1/2 tsp. salt
1 large egg
1 C. 2% milk
2 T. vegetable oil
1 tsp. vanilla extract
1/3 C. cream cheese, softened
3 T. vanilla yogurt
1 small banana, sliced
1 C. fresh raspberries

Whisk together flours, sugar, baking powder, cinnamon and salt. Combine egg, milk, oil and vanilla; stir into dry ingredients just until moistened.

Preheat a griddle over medium heat. Lightly grease griddle. Pour batter by 1/2 cupfuls onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown.

Meanwhile, beat together cream cheese and yogurt. Spread over pancakes; top with banana and raspberries. Fold up in halves.

Turkey Burgers

Prep Time: 15 min.

Cook Time: 15 min.

Total Time: 30 min.

Servings: 12

3 lbs. ground turkey
1/4 C. seasoned breadcrumbs
1/4 C. finely diced onion
2 egg whites, lightly beaten
1/4 C. chopped fresh parsley
1 clove garlic, peeled and minced
1 tsp. salt
1/4 tsp. ground black pepper

Mix ground turkey, seasoned breadcrumbs, onion, egg whites, parsley, garlic, salt, and pepper together in a large bowl.

Form into 12 patties.

Cook the patties in a medium skillet over medium heat (or oven grill medium heat), turning once, to an internal temperature of 180° F.

Serve hot and enjoy!

Grilled Potatoes

Prep Time: 15 min.

Total Time: 1 hr. 30 min.

Servings: 4

4 russet potatoes (about 8 oz. each), scrubbed well and patted dry
1 T. extra-virgin olive oil
1 tsp. kosher salt
4 oz. Cheddar cheese, shredded or thinly sliced
Sour cream, for garnish
Crumbled cooked bacon, for garnish
Sliced scallions, for garnish
Sliced chives, for garnish

Heat grill to 350°F. Prick potatoes on all sides with a fork. Place the potatoes on a microwave-safe plate and microwave on medium power for 8 minutes. Let cool 1 minute, then rub the skins with oil and season with salt. Wrap each potato separately in aluminum foil. Pierce the foil several times with a fork, then place on the grill. Close grill and cook for 45 minutes to 1 hour, until you can easily insert a fork through the foil into the center of a potato.

Remove potatoes from grill and let cool 2 minutes. Open packets and make a 3" deep vertical slice in the top of each potato. Use a spoon to widen the indentation. Top with cheese and other desired toppings, then serve.

Fried Zucchini

Prep Time: 15 mins

Total Time: 30 mins

Servings: 6-8

3 med. zucchini, (1-1/2 lbs).
1-1/2 tsp. salt, divided, plus more for serving
3/4 C. all-purpose flour
1 egg
1/3 C. milk
1 C. seasoned bread crumbs
1/3 C. grated parmesan cheese
1/2 tsp. ground black pepper
Vegetable oil, for frying
Chopped parsley, for serving
Lemon wedges, for serving

Cut the zucchini into french-fry like pieces, about 3 inches long by 1/2-inch wide. Season with 1 teaspoon of salt and place in a single layer on a paper towel lined sheet tray. Set aside for 10 minutes, then pat dry with a paper towel.

Meanwhile, place the flour on a plate. In a wide shallow bowl, whisk together the eggs and milk. In another wide, shallow bowl, combine the breadcrumbs, parmesan cheese, remaining 1/2 tsp. of salt and 1/2 tsp. of black pepper.

Working 3 to 4 zucchini pieces at a time, dredge in the flour to coat completely, dip in the egg mixture, then coat in the breadcrumb mixture. Set aside in a single layer on a sheet tray.

Preheat the oven to 200°.

Meanwhile, heat a large skillet filled with about 1/2-inch of vegetable oil over medium-high heat until very hot (about 350°). Working in batches, cook 8 to 10 pieces of zucchini in a single layer until golden brown all over, 2 to 3 minutes. Remove from the oil and transfer to a wire rack set over a sheet tray (or a sheet tray lined with paper towels). Hold the fried zucchini warm in the oven. Continue to fry the remaining zucchini adding more oil as needed to the skillet.

Serve warm topped with chopped parsley and lemon wedges, if you like.

Slow Cooker Barbecued Green Beans

Prep Time: 10 min.

Cook Time: 4 hrs.

Total Time: 4 hrs. 10 min.

Servings: 8

8 slices thick-cut bacon
1/2 C. chopped onion
1/2 C. ketchup
1/3 C. packed light brown sugar
1/4 C. BBQ sauce
1 T. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. black pepper
1/4 tsp. cayenne pepper
4 (14.5-oz) cans green beans, drained

Chop bacon and cook it in a large nonstick pan. Remove bacon and set aside.

Discard all but 2 T. bacon grease. Add onion to bacon grease left in pan and cook until soft.

In a medium bowl, stir together ketchup, brown sugar, BBQ sauce, Worcestershire sauce, salt, pepper, and cayenne pepper.

Add green beans to a lightly greased 4 to 6 quart crock pot.

Add onions along with any bacon grease left in pan to crock pot.

Pour ketchup mixture on top and stir in.

Sprinkle bacon on top. Cover crock pot and cook on LOW for 4 to 5 hours.

Loaded Baked Potato Dip

Prep/Total Time: 10 min.

Servings: 10 (2-1/2 cups)

2 C. reduced-fat sour cream
2 C. shredded reduced-fat cheddar cheese
8 center-cut bacon or turkey bacon strips, chopped and cooked
1/3 C. minced fresh chives
2 tsp. Louisiana-style hot sauce
Hot cooked waffle-cut fries

In a small bowl, mix the first 5 ingredients until blended; refrigerate until serving. Serve with waffle fries.

Limoncello Tiramisu

Prep: 30 min. + chilling

Servings: 16

1/2 C. sugar
1/4 C. water
2 T. limoncello

Lemon Curd:

1-1/2 C. sugar
1/3 C. plus 1 T. cornstarch
1-1/2 C. cold water
3 lg. egg yolks, lightly beaten
3 T. butter, cubed
1/2 C. lemon juice
2 tsp. grated lemon zest

Cream Filling:

1-1/2 C. heavy whipping cream
3/4 C. sugar
1 carton (8 oz.) mascarpone cheese

Assembly:

3 pkgs. (3 oz. each) ladyfingers, split
4 macaroon cookies, crumbled
Candied lemon peel, optional

In a small saucepan, bring sugar and water to a boil. Cook and stir until sugar is dissolved. Remove from the heat. Stir in limoncello; set aside.
For lemon curd, in another saucepan, combine sugar and cornstarch. Stir in water until smooth. Bring to a boil; cook and stir until thickened, 1 minute. Remove from the heat.

Stir a small amount of hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat. Stir in butter. Gently stir in lemon juice and zest. Cool to room temperature without stirring.

In a large bowl, beat cream until it begins to thicken. Add sugar; beat until stiff peaks form. Fold cheese and whipped cream into lemon curd.

Arrange a third of the ladyfingers on the bottom of a 9-in. springform pan. Drizzle with a third of the syrup; spread with a third of the filling. Repeat layers twice. Cover and refrigerate overnight. Carefully run a knife around edge of pan to loosen. Remove sides of pan. Sprinkle with cookies and lemon peel.

Chocolate Salted Caramel Bars

Prep: 20 min.

Bake: 50 min. + cooling

Servings: 2-1/2 dozen

2 C. butter, softened
1-1/2 C. confectioners' sugar
1 C. sugar
6 tsp. vanilla extract
4 C. all-purpose flour
1 pkg. (14 oz.) caramels
1/3 C. heavy whipping cream
1 tsp. kosher salt
1 pkg. (12 oz.) dark chocolate chips

Preheat oven to 325°. Beat butter, sugars and vanilla until light and fluffy, 5-7 minutes. Gradually beat in flour, mixing well. Press 3 cups of dough onto bottom of a greased 13x9-in. pan. Bake until set, 20-22 minutes.

Cool 10 minutes on a wire rack. Meanwhile, in a small saucepan, melt caramels with cream over low heat until smooth. Pour over crust. Sprinkle with salt, then chocolate chips. Drop remaining dough by teaspoonfuls over top. Bake until light golden brown, 30-35 minutes longer. Cool completely on a wire rack.

Quote of the Week:

“Woof! Bring on the dog days of summer, but please don’t forget to keep my bowl full of fresh, cold water! Many thanks,”

~ Your family pupper