

## *SUMMER COOKING WITH ART – JULY 2014*

**CHAMBORD AND CHAMPAGNE** -refreshing raspberry flavored summer drink. Add fresh raspberries when serving (don't you wish you were there, now?)

### **FARO SALAD**

Canned chick peas (rinsed)  
Blueberries (or any other berry)  
Sundried tomatoes (chopped)  
Ripe mango (peeled and chopped)  
Extra virgin olive oil (several drizzles)  
Salt/pepper (to taste)  
Lemon zest (optional)  
Orange juice (about  $\frac{3}{4}$  cup)

Cook faro according to directions. Cool. Season with salt and pepper then mix together all ingredients. Sprinkle chopped green onions, chives or edible flowers (such as nasturtium) on top to add color.



### **FETA SALAD**

Cucumber (unpeeled, seeded and sliced/diced)  
Arugula  
Watermelon chunks (or other melon variety)  
Feta cheese (crumbled/chunked)  
Purple onions (sliced)  
Tbl or so olive oil used to coat greens before assembling salad  
Use a little balsamic vinegar or glaze for a dressing

### **CHICKEN SALAD**

Barbeque sliced chicken breast (can also use grilled)



Tomatoes (cut up)

Canned black beans (rinsed)  
Colby Jack cheese (shredded)  
Field greens  
Grilled corn on the cob  
Tortilla strips

Assemble ingredients on top of the greens, topping with cheese. Corn can be precooked and then grilled or roasted to bring out some color and flavor. Stand cob on its end and slice down the cob to release the kernels. Use a dressing of your choice.

### **SEARED SCALLOPS**

Sea scallops (large ones – quantity is up to you)  
Tbl olive oil  
salt/pepper

Heat oil in skillet and place seasoned scallops seasoning side down in skillet. Allow to cook undisturbed on med/high heat for approximately 4 min. Turn and cook other side for additional 4 min. Using one of the salads as the main dish and serving scallops as a side controls the cost of the meal.

### **DRESSING FOR SCALLOPS**

¼ cup cider vinegar  
1 raw egg (don't worry – the vinegar “cooks” the raw egg)  
2tsp Lemon juice  
Salt/pepper  
Mustard (Dijon or stone ground)  
Canned chipotle peppers (using 1 Tbl of the sauce)

Blend all together for a creamy dressing. Will keep about a month if stored in an airtight container in the refrigerator. Mustard/pepper sauce – quantity according to taste.





**GRILLED NECTARINES**-or any stone fruit

Sprinkle with sugar/cinnamon and grill until soft. Drizzle honey on top and place in oven for about 15 minutes. Serve with vanilla yogurt and granola on the side.

**SOME TIPS FROM ART:**

1. To grill corn in the husk, soak the husk first and then place on grill.
2. Use virgin olive oil for cooking and save the extra virgin olive for salads/dressings
3. Rinse beans from the can before using
4. Add lemon balm (an herb) and sliced cucumber to your water for a refreshing change
5. For a teething baby-after slicing off the fruit, freeze the mango pit for baby to suck on



As with all UC Health & Wellness programs...if you like what you see please let Leadership know. Without Leadership support, your supervisors could not have approved participation in programs such as this one lasting longer than your 60 min lunch.

**Remember that wellness extends to all aspects of your life. Here's to healthy and flavorful cooking.**

**Thanks Art!**