

Recipes of the Month (June 2014)

Breakfast:

Banana Oatmeal Smoothie

1 banana (can be frozen for a thicker shake)
2 cups of ice (if not using frozen banana)
1/3 c yogurt
½ c cooked oatmeal
1/3 cup almonds

Place all ingredients in a blender, placing the ice in last. Blend on high until the smoothie thickens.

Vegetable:

Slow Cooker Corn on the Cob (from: theyummylife.com)

- A slow cooker.
- Aluminum foil for wrapping individual ears of corn.
- Ears of corn, husked and silk removed; how many you cook depends on the size of your slow cookerThe ears can be cut in half to make them fit better or for smaller portions.
- Olive oil
- Salt (I use sea salt)
- Pepper, freshly ground preferred
- Seasonings for added flavors: fresh herbs, chili powder, ground cumin, lime juice, Sriracha, pesto, curry powder, coconut milk
- Holders for cobs of corn.

Step 1. Place a corn ear in the center of a sheet of foil, brush it all over with olive oil, and sprinkle with freshly ground pepper

and salt.

Step 2. Tightly wrap the corn ear in the foil. The photos below illustrate how to get a tight leak-proof seal. Pull up the two sides of foil over the center of the corn ear (lengthwise), fold over the top approx. 1/2 inch, continue folding it over until the fold is flattened against the top of the corn. Pinch in the foil on each end and roll it up towards the cob end.

Step 3. Place the foil wrapped cobs of corn, seam side up, inside the slow cooker. No need to add any water. Cover. Here are the cooking times for my slow cooker. For 4-6 ears with the slow cooker approx. 3/4 full, cook on high for 2 hours or low for 4 hours. For 8-10 ears with the slow cooker filled all the way to the top, cook on high for 3 hours and on low for 5 hours.

NOTE: these are approximate times; slow cookers can vary widely in how hot and quickly they cook. So, you may need to make adjustments. If your slow cooker has a warm setting, you can hold the corn on warm for at least an hour after it is cooked.

Main dish:

Lemon Garlic Tuna Burgers
(from canyoustayfordinner.com)

2, 6 oz cans tuna fish, drained and flaked

1/2 cup panko bread crumbs

1/4 cup finely chopped green onions

3 tablespoons minced fresh parsley

2 cloves garlic, minced

1/4 teaspoon each, salt and pepper

juice of half a lemon

3 tablespoons sour cream

1 egg

4 English muffins

4 leaves romaine

1 small tomato, sliced

Combine tuna, bread crumbs, green onion, parsley, garlic, salt, pepper, lemon, sour cream, and egg, and mix well with your hands. Form into 4 patties (they will be wet), place on a greased baking sheet and bake for 20 minutes at 400 degrees F. Serve the burgers on toasted English muffins with romaine and sliced tomato. Spread additional sour cream on each burger, if desired.

Fruit

Sweet Fruit Salad
(from food.com)

1 (29 ounce) can peach slices, undrained

1 (20 ounce) can pineapple chunks, undrained

1 (3 1/8 ounce) box dry vanilla instant pudding mix

1 lb strawberry, stemmed and quartered

1 banana, sliced

1/2 pint blueberries

- 1 bunch grapes (I use the red ones)
- 1 -2 tablespoon sugar (optional)

Directions:

- 1 In a large bowl, combine peaches, pineapples, and vanilla pudding mix.
- 2 This includes the juices from the cans.
- 3 Mix well until pudding is dissolved.
- 4 Stir in strawberries, banana, blueberries, grapes, and sugar if desired.
- 5 Chill

Dessert

Raspberry Lemonade Cake
(from skinnymom.com)

Ingredients

- 18.25 oz box white cake mix
- 3 tsp Raspberry Lemonade Flavored Crystal Light®
Drink Mix
- 6 oz container light raspberry lemonade flavored
yogurt
- 3 egg whites
- 1 cup water
- 8 oz container Cool Whip® Free
- **Optional*:**
- fresh raspberries
- lemon slices
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Instructions

1. Preheat oven to 350 degrees.
2. In a medium size bowl or stand up mixer, mix cake mix, egg whites, Crystal Light® mix, yogurt, and water until well mixed and lump free.
3. Pour mixture into a 9x13 inch pan or two 8 inch round pans.
4. Bake in the oven for 25-30 minutes until cake has cooked through. Let cake cool and top cake with Cool Whip® Free topping.
5. For optional toppings, use fresh raspberries or lemon slices.