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summer 2013

recipe magazine

summer GRILLING

Cobb Burgers &
Lime Apricot Chicken

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Veracruz Shrimp en Papillote,
Pan de Queso & More!



+ *kid-friendly* food

Cornflake-Crusted *Fish Sticks*
& 3-Seed *Honey Bars*

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ZOOM IN ON *Zucchini*



Zucchini Cakes

Prep: 30 minutes

Cook: 5 minutes • Serves: 4

Lemon-Chive Sauce

- ½ cup plain yogurt or sour cream
- 2 tablespoons chopped fresh chives
- 2 teaspoons fresh lemon juice
- ⅛ teaspoon Sunny Select Salt

Zucchini Cakes

- 1 pound zucchini (about 2 medium), trimmed
- 1 teaspoon Sunny Select Salt
- 1 Sunnyside Farms Large Egg
- ½ cup Sunny Select All-Purpose Flour
- ¼ teaspoon Sunny Select Ground Black Pepper
- ⅔ cup French fried onions
- 1 tablespoon Sunny Select Vegetable or Olive Oil

- 1.** Prepare Lemon-Chive Sauce: In small bowl, stir together yogurt, chives, lemon juice and salt. Cover and refrigerate until ready to serve.
- 2.** Prepare Zucchini Cakes: With largest holes of box grater, grate zucchini into strainer set over medium bowl. Toss zucchini with salt; let stand 5 minutes. Lightly press zucchini in strainer to remove as much liquid as possible; discard liquid.
- 3.** Meanwhile, in separate medium bowl, with fork, lightly beat egg. Add flour, pepper and zucchini, and stir until well combined; fold in fried onions. Makes about 2 cups.
- 4.** In large nonstick skillet, heat oil over medium heat. Drop zucchini mixture by ¼ cupfuls into skillet to make 8 mounds. With bottom of measuring cup, press zucchini mixture into 3½-inch patties. Cook 5 to 7 minutes or until browned, turning once halfway through cooking. Serve zucchini cakes hot with yogurt sauce.

Approximate nutritional values per serving: 203 Calories, 10g Fat (4g Saturated), 50mg Cholesterol, 774mg Sodium, 21g Carbohydrates, 2g Fiber, 6g Protein

While varieties of squash have been grown and consumed since before 5000 B.C., the zucchini is a relatively new addition to the culinary scene. Developed by the Italians in the late 19th century, zucchini made its way into other European countries, including Great Britain and France, where it's called courgette. Zucchini is actually the Italian plural form of zucchini, which is derived from zucca, the Italian word for squash. Italian immigrants brought the vegetable to America, commercially cultivating it in California during the 1920s. It is now the most common summer squash.

With its soft flesh and delicate skin, zucchini should be stored in a plastic bag in the refrigerator for no longer than five days. While it's best to look for smooth, shiny surfaces, zucchini's thin, tender skin scratches easily. These minor blemishes are common, but pass over zucchini with bruises or deep cuts and cracks. Available year-round, ideally, zucchini should be six to eight inches long and can be steamed, sautéed, grilled, fried or baked. Larger zucchini contain less moisture, making them perfect for grating into breads, cakes and vegetable fritters. Zucchini is rich in nutrients but very low in calories. One cup of raw zucchini has about 20 calories and contains B vitamins, vitamin C, magnesium, fiber and protein.



Summer GRILLING

We've transformed the original Cobb salad into a mouthwatering burger. And, this twist on an American classic can be made on the grill... simply cook the eggs in a nonstick oven-safe skillet directly on the grill rack, and enjoy!



Cooking beef can be as satisfying as the savory pleasure of eating it! Matching the correct beef cut to the appropriate cooking method is the key to moist, juicy, flavorful beef. Grilling is one of the most exciting and healthy ways to enjoy beef, whether you are cooking on a gas or charcoal grill.



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Cobb Burgers

Prep: 15 minutes

Grill/Cook: 8 minutes • Serves: 4

- 1¼ pounds ground round or ground sirloin
- 2 green onions, thinly sliced
- 1 teaspoon Sunny Select Dijon Mustard
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon Sunny Select Salt
- ¼ teaspoon Sunny Select Ground Black Pepper
- 4 whole wheat hamburger buns
- Nonstick cooking spray
- 4 Sunnyside Farms Large Eggs
- 4 romaine lettuce leaves
- 4 slices tomato
- 2 thin slices red onion, separated into rings
- ¼ cup sliced roasted red peppers
- ⅓ medium avocado, thinly sliced
- ¼ cup crumbled blue cheese

1. Prepare outdoor grill for direct grilling over medium heat. In medium bowl, gently mix beef, green onions, mustard, Worcestershire, salt and black pepper until well blended but not overmixed. Form mixture into four patties.
2. Place burgers on hot grill rack; cover and cook 8 to 10 minutes or until internal temperature of burgers reaches 165°, turning once. About 2 minutes before burgers are done, place top halves of buns, cut side down, on grill rack; cook 1 to 2 minutes or until lightly toasted.
3. Meanwhile, spray skillet with nonstick cooking spray. Add eggs to skillet; cover and cook over medium heat 4 to 6 minutes until egg whites are cooked through and yolks are slightly soft.
4. To assemble burgers, with spatula, separate eggs into 4 fried eggs. Place 1 lettuce leaf and 1 tomato slice on bottom half of each bun. Top each with a burger, fried egg, a few onion rings, ¼ each of the red peppers, avocado and cheese, and top half of buns.

Approximate nutritional values per serving: 549 Calories, 31g Fat (11g Saturated), 296mg Cholesterol, 581mg Sodium, 29g Carbohydrates, 4g Fiber, 35g Protein



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Grilled Corn, Cucumber and Arugula Pasta Salad with Scallion Pesto

Prep: 25 minutes plus standing

Cook/Grill: 20 minutes • Serves: 10

- ½ (16-ounce) package farfalle or penne pasta
- ⅓ cup pine nuts (about 1½ ounces)
- 3 ears fresh corn, husks and silks removed
- 9 green onions, coarsely chopped (about 1½ cups)
- 3 garlic cloves, coarsely chopped
- ½ cup Sunnyside Farms Grated Parmesan Cheese (about 1½ ounces)
- 3 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- ¼ teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- ½ cup Sunny Select Extra Virgin Olive Oil
- ½ (5-ounce) package baby arugula (about 3 cups lightly packed)
- 1 small English cucumber, cut lengthwise into quarters, then crosswise into ½-inch pieces (about 2½ cups)

1. Prepare outdoor grill for direct grilling over medium heat. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs; drain. Rinse pasta under cold water and drain.
2. Meanwhile, in small skillet, toast pine nuts over medium-low heat 3 to 4 minutes or until lightly browned, stirring frequently. Transfer to plate to cool completely.
3. Place corn on hot grill rack and cook 8 to 10 minutes or until tender and golden brown, turning frequently. Transfer corn to plate; let stand 10 minutes.
4. Meanwhile, in food processor with knife blade attached, pulse onions, garlic, cheese, lemon juice and zest, salt, pepper and pine nuts until finely chopped, occasionally scraping side of bowl with rubber spatula. Slowly add oil through feed tube and blend until pesto is thick and emulsified. Makes about 1½ cups.
5. Cut corn from cobs; place in large bowl. Add pasta and pesto and toss until well blended; fold in arugula and cucumber. Makes about 8 cups.

Approximate nutritional values per serving: 258 Calories, 15g Fat (3g Saturated), 3mg Cholesterol, 131mg Sodium, 26g Carbohydrates, 2g Fiber, 7g Protein



Summer GRILLING

This fruity Lime-Apricot Chicken is topped with a combination of nectarines, plums and cherries. If desired, these fruits can be substituted with any stone fruit (one which has a pit or stone at the center). In peak season during the summer, stone fruits make a flavorful marinade or topping.



Lime-Apricot Chicken

Prep: 20 minutes plus marinating

Grill: 20 minutes • Serves: 4

- 4 garlic cloves, minced
- 1 cup apricot preserves
- ¼ cup fresh lime juice
- 4 teaspoons less-sodium soy sauce
- 4 boneless, skinless chicken breasts (about 1½ pounds)
- 2 tablespoons packed Sunny Select Light Brown Sugar
- 2 tablespoons pineapple juice
- 1 teaspoon Sunny Select Apple Cider Vinegar
- ¼ teaspoon ground allspice
- 1 cup diced nectarines
- 1 cup diced plums
- ½ cup pitted and chopped sweet cherries
- Chopped fresh cilantro leaves for garnish (optional)

1. In small bowl, whisk together garlic, preserves, lime juice and soy sauce. Set aside ½ cup apricot mixture. Place chicken in large zip-top plastic bag; pour remaining apricot mixture over chicken. Seal bag; refrigerate 1 to 2 hours to marinate.

2. In medium bowl, mix brown sugar, pineapple juice, vinegar and allspice. Add nectarines, plums and cherries; toss to combine. Cover and refrigerate until ready to serve.

3. Prepare outdoor grill for direct grilling over medium heat. Remove chicken from marinade; discard marinade. Place chicken on hot grill rack and cook 18 to 20 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, brushing chicken occasionally with reserved apricot mixture and turning once halfway through cooking. To serve, spoon fruit mixture over chicken and sprinkle with cilantro, if desired.

Approximate nutritional values per serving: 474 Calories, 11g Fat (3g Saturated), 73mg Cholesterol, 306mg Sodium, 73g Carbohydrates, 3g Fiber, 26g Protein

Strawberries and Cream Grilled Pound Cake

Prep: 15 minutes

Grill: 3 minutes • Serves: 4

- 1 package (16 ounces) fresh strawberries, hulled and cut into ½-inch pieces (about 3 cups)
- 2 tablespoons Sunny Select Granulated Sugar
- 2 tablespoons water
- 1 cup whipped cream cheese (about 6.5 ounces)
- ¼ cup powdered sugar
- ½ teaspoon vanilla extract
- 1 pound cake (about 11.5 ounces)
- Nonstick cooking spray
- 1 cup Sunny Select Whipped Topping, thawed
- Mint leaves for garnish (optional)

1. In medium bowl, toss strawberries with granulated sugar and water. If not serving right away, cover and refrigerate up to 4 hours.

2. Prepare outdoor grill for direct grilling over medium heat. In medium bowl, stir together cream cheese, powdered sugar and vanilla extract until smooth.

3. Slice pound cake crosswise into 8 equal slices. Evenly spread cream cheese mixture on 1 side of 4 slices of cake. Place remaining 4 slices over cream cheese mixture to close sandwiches. Lightly spray outsides of sandwiches with nonstick cooking spray.

4. Grill pound cake sandwiches 3 to 4 minutes or until grill marks appear, turning once halfway through cooking. Serve topped with strawberry mixture and whipped topping; garnish with mint leaves, if desired.

Approximate nutritional values per serving: 591 Calories, 30g Fat (20g Saturated), 145mg Cholesterol, 602mg Sodium, 75g Carbohydrates, 2g Fiber, 7g Protein

Y **Chef Tip**
Pound cake sandwiches can also be grilled on a grill pan.



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Pan de Queso

Prep: 20 minutes plus standing

Bake: 35 minutes • Makes: 12 pieces

- 1½ cups tapioca flour
- ½ cup plus 3 tablespoons all-purpose flour plus additional for dusting
- 4 teaspoons baking powder
- ¾ teaspoon salt
- 6 tablespoons whole milk
- 2 large eggs
- 3 tablespoons vegetable oil
- 2¼ cups shredded queso fresco
- Nonstick baking spray

1. In large bowl, whisk together flours, baking powder and salt. In medium microwave-safe bowl, heat milk in microwave oven on high 20 seconds or until warm; whisk in eggs and oil. With wooden spoon, stir milk mixture into flour mixture until just combined, do not overmix. Fold in queso fresco.

2. Spray large bowl with baking spray. Dust work surface and hands with flour. Turn dough onto work surface; with hands, knead dough until smooth. Place dough in prepared bowl. Cover loosely with plastic wrap; let stand 30 minutes.

3. Preheat oven to 350°. Line rimmed baking pan with parchment paper. Divide and shape dough into 12 equal balls, placing on prepared baking pan. Bake 35 to 40 minutes or until golden brown. Makes 12 pieces.

Approximate nutritional values per serving: 252 Calories, 13g Fat (6g Saturated), 61mg Cholesterol, 646mg Sodium, 21g Carbohydrates, 0g Fiber, 10g Protein

Ropa Vieja

Prep: 30 minutes plus standing

Cook: 2 hours 10 minutes • Serves: 6

- 2 pounds flank steak
- 2 medium carrots, chopped
- 2 medium celery stalks, chopped
- 2 medium yellow onions, chopped
- 1 bay leaf
- 1 can (15 ounces) Sunny Select Black Beans
- 1½ cups uncooked instant white rice
- 1 tablespoon Sunny Select Vegetable Oil
- 3 garlic cloves, minced
- 2 red and/or yellow bell peppers, chopped
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 1 cup tomato purée
- 2 tablespoons Sunny Select Red Wine Vinegar
- Fresh cilantro sprigs (optional)

1. Place meat, carrots, celery, half the onions and bay leaf in large saucepot; add enough water to cover by 1 inch. Heat to simmering over medium heat; simmer 1 hour 20 minutes or until meat shreds easily, adding more water if necessary to keep meat covered. Remove saucepot from heat; let stand 30 minutes. Transfer meat to large bowl.

2. Strain and discard vegetables in saucepot; reserve liquid. Return liquid to saucepot; heat to boiling over high heat. Reduce heat to medium-high and simmer 20 minutes or until reduced by half.

3. Meanwhile, with 2 forks, shred meat. Prepare beans and rice as labels direct.

4. In large skillet, heat oil over medium heat. Add garlic, bell peppers, oregano, cumin, salt and remaining onions; cook 10 minutes or until vegetables are tender, stirring occasionally. Stir in tomato puree, vinegar, shredded meat and 1 cup reduced cooking liquid; cook 10 minutes, stirring occasionally. Serve Ropa Vieja with beans and rice garnished with cilantro sprigs, if desired. Makes 6½ cups.

Approximate nutritional values per serving: 400 Calories, 10g Fat (4g Saturated), 73mg Cholesterol, 1125mg Sodium, 45g Carbohydrates, 7g Fiber, 32g Protein



Celebrate **HISPANIC HERITAGE**

“Ropa Vieja” translates to “old clothes,” describing the shreds of meat and vegetables in this dish, which are said to resemble colorful strips of rags.





Spice UP YOUR SAUCE

Any dish referencing “Veracruz” usually hails from the Mexican state of Veracruz, which is a major port city on the Gulf of Mexico. Veracruz sauce is a tomato-based sauce that melds the flavors of old Mexico with Spanish ingredients like olive oil, capers, olives and peppers. Typically spicy, the level of heat can vary from mild to hot, depending on personal preference and the amount of jalapeño peppers used.

Veracruz Shrimp en Papillote

Prep: 20 minutes

Bake: 10 minutes • Serves: 4

- 1 cup basmati rice
- 4 large Roma tomatoes (about 1 pound), chopped (about 2 cups)
- 2 garlic cloves, minced
- ½ small yellow onion, thinly sliced (about ½ cup)
- ½ cup drained Lindsay Naturals Green Ripe Olives, sliced
- ⅓ cup drained Lindsay Hot Sliced Jalapeño Peppers
- 2 tablespoons rinsed and drained capers
- 4 teaspoons Sunny Select Olive Oil
- 1 tablespoon finely chopped fresh oregano leaves
- 1 tablespoon fresh lime juice
- 2 teaspoons lime zest
- 1¼ pounds raw 21-25 count peeled and deveined shrimp, thawed if necessary

1. Preheat oven to 400°. Prepare rice as label directs.
2. Meanwhile, in medium bowl, toss tomatoes, garlic, onion, olives, jalapeños, capers, oil, oregano, and lime juice and zest until well combined.
3. Cut four 15 x 18-inch sheets parchment paper. Place 1 sheet parchment on work surface. Arrange about 1 cup of tomato mixture on half of parchment sheet; place ¼ of shrimp (about 7 shrimp) over tomato mixture. Fold parchment over to cover shrimp and tomato mixture. Fold edges several times to seal tightly. Repeat with remaining parchment sheets, tomato mixture and shrimp.
4. Place parchment packets on rimmed baking pan. Bake 10 minutes or until shrimp reaches an internal temperature of 145° and turns opaque throughout. With kitchen shears, cut an X in top of parchment packets, then carefully pull back parchment to open.
5. To serve, evenly divide rice over 4 dinner plates, then pour 1 packet over rice.

Approximate nutritional values per serving: 386 Calories, 11g Fat (1g Saturated), 183mg Cholesterol, 717mg Sodium, 41g Carbohydrates, 2g Fiber, 29g Protein

< Chef Tip
Packets can also be prepared with foil instead of parchment paper. Grill packets, covered, over medium heat for 10 minutes.



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Back to School: HEALTHY LUNCH

Serve up these crunchy fish sticks with your kids' favorite fruits skewered on popsicle sticks.



Cornflake-Crusted Fish Sticks

Prep: 30 minutes

Bake: 10 minutes • Serves: 4

Fish Sticks

- Nonstick cooking spray
- 1¼ pounds cod or tilapia fillets, rinsed in cool water and patted dry
- 3 cups cornflakes
- ½ teaspoon dry mustard
- ½ teaspoon garlic powder
- 2 Sunnyside Farms Large Egg whites
- ¼ cup whole wheat flour

Dill-Mayo Dip

- ¼ cup olive oil mayonnaise
- ¼ cup Sunnyside Farms Sour Cream
- 2 tablespoons dill relish

1. For Fish Sticks: Preheat oven to 450°. Spray rimmed baking pan with nonstick cooking spray. Cut fillets into 3 x 1-inch sticks.
2. In food processor with knife blade attached, process cornflakes, dry mustard and garlic powder 1 to 2 minutes or to fine crumbs. Transfer mixture to wide, shallow dish. In separate wide, shallow dish, whisk egg whites until frothy. Place flour in third wide, shallow dish.
3. Dip fish sticks in flour, then in egg whites, then in cornflake crumb mixture, patting lightly so mixture adheres; place on prepared baking pan. Lightly spray fish sticks with cooking spray. Bake 10 minutes or until fish sticks are lightly browned and crispy and internal temperature reaches 145°.
4. For dip: In small bowl, whisk together all ingredients. Serve with fish sticks.

Approximate nutritional values per serving (about 4 Fish Sticks): 204 Calories, 1g Fat (0g Saturated), 49mg Cholesterol, 239mg Sodium, 24g Carbohydrates, 2g Fiber, 25g Protein

Approximate nutritional values per serving (2 tablespoons Dill-Mayo Dip): 86 Calories, 7g Fat (2g Saturated), 10mg Cholesterol, 165mg Sodium, 5g Carbohydrates, 0g Fiber, 0g Protein

< Chef Tip

To have fish sticks on hand and ready to go, place the baking pan with the breaded fish sticks into the freezer instead of baking them in step 3. Once frozen, transfer them to a freezer-safe zip-top plastic bag and label it with the date. To prepare fish sticks for a hot lunch, transfer the desired amount of frozen fish sticks to a parchment-lined cookie sheet and bake at 450° for 20 minutes or until the internal temperature reaches 145°.



HOW TO PACK A *Hot Lunch*

Break out of your "brown bag" routine and pack your kids a hot lunch for school. When PB&J isn't cutting it, it's easy to liven up lunches with warm and delicious options. If you make the extra effort at least one day a week, you'll send the kids off to school with more than just lunch, there will be smiles too!

To pack foods like soup, pasta, corn dogs, chicken nuggets, fish sticks and more, use a pre-heating method with an insulated container. Using a hot pot, microwave, or stove-top pot, boil water or obtain hot water from a coffee maker. Then, simply pour the water into the container, put the top on, and let it sit until you are ready to add the food. When ready, pour the water out, dry the container and add the hot food. Close it quickly to retain as much heat as possible, and make sure the container is not opened again until lunchtime.





3-Seed Honey Bars

Prep: 15 minutes plus cooling and chilling

Cook: 12 minutes • Makes: 16 bars

- Nonstick cooking spray
- 1/3 cup sesame seeds
- 1/3 cup Sunny Select Honey
- 1/3 cup packed Sunny Select Light Brown Sugar
- 1 cup roasted, salted shelled pumpkin seeds
- 1/3 cup roasted, salted shelled sunflower seeds

1. Spray 8 x 8-inch glass or metal baking pan with nonstick cooking spray. Line baking pan with parchment paper or nonstick aluminum foil so that paper or foil extends about 2 inches over opposite sides of pan.

2. In large nonstick skillet, cook sesame seeds over medium-low heat 8 to 10 minutes or until lightly toasted, stirring occasionally to prevent burning. Transfer sesame seeds to plate.

3. In medium saucepan, stir together honey and sugar. Cook over medium-low heat 4 to 5 minutes or until mixture simmers and sugar is dissolved, stirring occasionally with rubber spatula. Remove saucepan from heat; stir in seeds. With rubber spatula, immediately spread seed mixture evenly in prepared pan. Cool 1 hour at room temperature.

4. Using overhanging sides of paper or foil, lift seed mixture out of pan and invert onto cutting board. Remove parchment paper or foil, and cut into 1 x 4-inch bars. Line rimmed baking pan with parchment paper or nonstick aluminum foil. Place bars in single layer on prepared baking pan. Cover with plastic wrap and refrigerate at least 2 hours or up to 3 days.

Approximate nutritional values per serving (1 bar): 108 Calories, 5g Fat (1g Saturated), 0mg Cholesterol, 73mg Sodium, 12g Carbohydrates, 1g Fiber, 4g Protein



Chef Tip

To transport bars, wrap in parchment paper or nonstick aluminum foil.



Kiwi-Lime Shake

Prep: 10 minutes • Makes: about 4 cups

- 2 ripe kiwis, peeled and cut into ½-inch pieces
- ½ cup Sunnyside Farms Low Fat Milk
- 3 tablespoons fresh lime juice
- 1 tablespoon chopped fresh mint leaves
- 1 teaspoon lime zest
- 4 cups frozen vanilla yogurt or ice cream

In blender, blend kiwis, milk, lime juice, mint and lime zest until smooth. Add frozen yogurt and blend until smooth.

Approximate nutritional values per serving (1 cup): 239 Calories, 7g Fat (3g Saturated), 22mg Cholesterol, 85mg Sodium, 42g Carbohydrates, 1g Fiber, 6g Protein

Apple-Celery Shake

Prep: 10 minutes • Makes: about 5 cups

- 2 Granny Smith apples, peeled, cored and cut into ½-inch pieces
- 2 medium celery ribs, including leaves, peeled and cut into ½-inch pieces
- ½ cup Sunnyside Farms Low Fat Milk
- ½ teaspoon vanilla extract
- ⅛ teaspoon almond extract
- ⅛ teaspoon ground nutmeg
- 4 cups frozen vanilla yogurt or ice cream

In blender, blend apples, celery, milk, vanilla extract, almond extract and nutmeg until smooth. Add frozen yogurt and blend until smooth.

Approximate nutritional values per serving (1¼ cups): 266 Calories, 7g Fat (3g Saturated), 22mg Cholesterol, 100mg Sodium, 49g Carbohydrates, 3g Fiber, 5g Protein





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