



# Peach And Strawberry Bruschetta

**Serves 4-6. Prep time: 15 minutes.**

- |                            |                                  |
|----------------------------|----------------------------------|
| 2 fresh peaches            | 1 teaspoon chopped fresh thyme   |
| ½ pint fresh strawberries  | 1 teaspoon sherry vinegar        |
| 1 tablespoon honey         | 2 tablespoons olive oil, divided |
| ½ teaspoon smoked sea salt | 6 ounces chevre                  |
| ¼ cup chopped fresh chives | 1 whole wheat baguette, sliced   |

## Preparation

Preheat the oven to 375 degrees F.

Peel the peaches by bringing a pot of water to boil. Cut a small “X” into the pointed end of each peach, and submerge in boiling water for approximately 30 seconds. Remove the peaches from the boiling water with a strainer or tongs, and drop into a bowl of ice water. The skin will slip off, or at least, be fairly easy to peel. Halve, pit and dice the peaches and stem and dice the strawberries. Stir in the honey, sea salt, chives, thyme, sherry vinegar and 1 tablespoon of the olive oil; set aside. Brush the baguette slices lightly with the rest of the olive oil, and place in a single layer on a baking sheet in the oven to toast for 15 or 20 minutes, turning once halfway through. Spread the warm baguette slices with chevre and top with the fruit mixture.

# Peach And Strawberry Bruschetta

## Ingredient checklist

### PRODUCE

- Peaches
- Chives
- Strawberries
- Thyme

### GROCERY

- Honey
- Sherry vinegar
- Olive oil
- Whole wheat baguette

### REFRIGERATED/DAIRY

- Chevre

### SPICES/SEASONINGS

- Smoked sea salt

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## Serving suggestion

This easy appetizer or snack takes advantage of summer's most luscious fruits. Serve with a glass of sparkling lemonade, limeade or prosecco.

## Nutritional information per serving

130 calories	3 g. fat
10 mg. cholesterol	330 mg. sodium
10 g. carbohydrate	7 g. fiber
5 g. protein	

*The nutritional values and information provided are approximations.*



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## Zucchini Pesto “Pasta”

**Serves 4. Prep time: 20 minutes.**

- |  |                                |
|--|--------------------------------|
| 1/3 cup unsalted almonds                           | 1 tablespoon lemon juice       |
| 1/2 cup olive oil                                  | 3 pounds zucchini              |
| 6 to 8 cloves of garlic, peeled                    | 1 cup halved cherry tomatoes   |
| 3 packed cups fresh basil leaves,<br>stems removed | Salt and black pepper to taste |
| 1/2 cup grated Parmesan cheese<br>(optional)       |                                |

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### Preparation

Using a blender or food processor, process the almonds, olive oil and garlic until they form a slightly-chunky paste. Blend the basil leaves into the almonds, olive oil and garlic, adding in small batches, until it forms a thick smooth paste. Blend in the grated Parmesan cheese and lemon juice until desired consistency and add salt to taste.

Peel the zucchini and cut each in half lengthwise. Hold one half with one hand and use the tip of a spoon to scoop out the seeds. Repeat the process for all the zucchini.

Using a julienne peeler or spiralizer, slice the zucchini into long, thin strips or spirals. Place zucchini “noodles” into a large bowl. Toss the zucchini noodles with the basil pesto, adding the cherry tomatoes before serving.

# Zucchini Pesto “Pasta”

## Ingredient checklist

### PRODUCE

- Garlic
- Zucchini
- Basil
- Cherry tomatoes

### BULK

- Unsalted almonds

### GROCERY

- Olive oil
- Lemon juice

### REFRIGERATED/DAIRY

- Grated Parmesan (optional)

### SPICES/SEASONINGS

- Sea salt
- Black pepper

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## Serving suggestion

A fresh and delicious twist on pesto pasta (with no wheat and no cooking required) is equally tasty as a salad course or a light lunch. Add whatever chopped fresh vegetables are abundant: radishes, carrots, cucumbers or cauliflower work well.

## Nutritional information per serving

470 calories	39 g. fat
10 mg. cholesterol	200 mg. sodium
19 g. carbohydrate	6 g. fiber
18 g. protein	

*The nutritional values and information provided are approximations.*



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# Shish Tawook

**Serves 4-6. Prep time: 4 hours; 20 minutes active.**

1 cup Greek yogurt, nonfat  
½ cup lemon juice  
¼ cup chopped fresh garlic  
(about 12 cloves)  
⅓ cup olive oil  
¼ cup apple cider vinegar  
2 tablespoons tomato paste  
½ teaspoon ground ginger  
¼ cup chopped fresh mint  
1 teaspoon paprika

½ teaspoon cayenne pepper  
2 pounds boneless, skinless  
chicken breast, cut into 2-inch  
cubes  
1 red bell pepper  
1 green bell pepper  
1 small eggplant  
8 ounces whole fresh  
mushrooms, rinsed and halved

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## Preparation

In a medium-sized bowl, mix together the yogurt, lemon juice, garlic, olive oil, vinegar, tomato paste and spices. Add the cubed chicken to the marinade and refrigerate for at least 4 hours or overnight.

Heat the grill to 375 degrees F.

Seed peppers and cut into approximately 2-inch squares. Slice the eggplant crosswise into ¼-inch thick slices. When the grill or oven is hot, remove chicken from the marinade and place on skewers, alternating with the cubed peppers, eggplant slices and mushrooms. Place kabobs on grill, and cook, covered with grill lid, for 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Let stand 5 minutes before serving.

# Shish Tawook

## Ingredient checklist

### PRODUCE

- Garlic
- Red bell pepper
- Eggplant
- Mint
- Green bell pepper
- Mushrooms

### BULK

- Unsalted almonds

### GROCERY

- Lemon juice
- Apple cider vinegar
- Olive oil
- Tomato paste

### MEAT/SEAFOOD

- Boneless, skinless chicken breast

### REFRIGERATED/DAIRY

- Nonfat Greek yogurt

### SPICES/SEASONINGS

- Ground ginger
- Cayenne pepper
- Paprika

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## Serving suggestion

The lemon-yogurt marinade makes the chicken extra-tasty; a side of pita and cucumber-yogurt relish are great accompaniments.

## Nutritional information per serving

310 calories	7 g. fat
130 mg. cholesterol	120 mg. sodium
9 g. carbohydrate	4 g. fiber
50 g. protein	

*The nutritional values and information provided are approximations.*



## Chipotle Cherry Barbecue Sauce

**Makes approximately 12 servings. Prep time: 10 minutes active; 70 minutes total.**

2 cups cherries, washed  
and pitted  
2 cloves garlic  
¼ cup apple cider vinegar  
2 tablespoons stone-ground  
mustard

1 ½ teaspoon smoked sea salt  
⅔ cups canned diced tomatoes  
with chilies  
¼ cup canned chipotle sauce  
⅓ cup turbinado sugar

### Preparation

Place all ingredients in a blender or food processor. Blend until well combined and transfer to a saucepan. Cook, stirring occasionally, on medium heat for about 60 minutes until sauce is reduced by half, or reaches desired thickness.

# Chipotle Cherry Barbecue Sauce

## Ingredient checklist

### PRODUCE

- Cherries
- Garlic

### GROCERY

- Apple cider vinegar
- Canned chipotle sauce
- Canned diced tomatoes with chilies
- Stone-ground mustard
- Turbinado sugar

### SPICES/SEASONINGS

- Smoked sea salt

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## Serving suggestion

Take advantage of in-season fresh cherries and make a double batch of this slightly sweet, slightly spicy sauce. Serve with barbecued chicken, pork or burgers, or drizzle over smoky marinated tofu steaks.

## Nutritional information per serving

40 calories	1 g. fat
0 mg. cholesterol	380 mg. sodium
9 g. carbohydrate	0 g. fiber
0 g. protein	

*The nutritional values and information provided are approximations.*