

# Summer Feed Passport to Healthy Eating



**Brought to you by Delaware Greenways**  
Creating connections for Active Living & Healthy Eating.



# Week 1: Radish

## Radish Salad with Parsley and Chopped Eggs

Serves 8

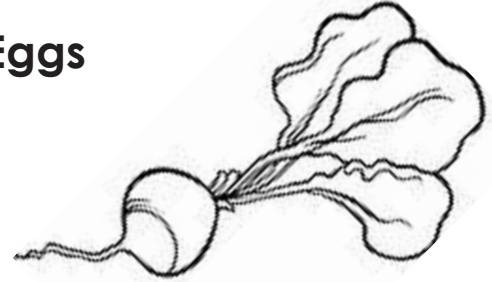
### Dressing:

2 medium shallots minced  
2 t. dijon mustard  
3 T rice wine vinegar  
1/2 c. extra virgin olive oil  
salt & pepper to taste

### Salad:

4 c. thinly sliced radishes  
1 c. italian flat leaved parsley, washed, patted dry, stems discarded, chopped.  
4 hard cooked eggs, diced

1. Whisk shallots, mustard and vinegar with a generous sprinkling of salt and pepper in a 2-cup measuring cup. Gradually whisk in oil in a slow, steady stream to form a thick dressing. (Can be covered and held at room temperature several hours.)
2. Place radishes, parsley and chopped eggs in a medium bowl. (Can be covered and refrigerated for several hours.)
3. When ready, toss with dressing, adjust salt, pepper and vinegar to taste, and serve.



# Week 2: Cucumber

Refridgerator

Dill Pickles

3 - 4 pounds pickling cucumbers  
20 fresh dill sprigs  
1 large onion, thinly sliced  
2 - 3 garlic cloves  
2 c. water  
2 c. white vinegar  
3/8 c. sugar  
1/4 c. pickling salt

1. Cut each cucumber lengthwise into four spears. In a large bowl or plastic container, combine the cucumbers, dill, onions and garlic; set aside.

2. In a large sauce pan, combine the remaining ingredients. Bring to a boil; cook and stir just until salt is dissolved. Pour over cucumber mixture; cool.

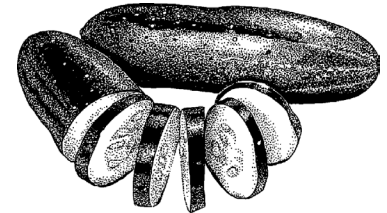
2. Cover tightly and refrigerate for at least 24 hours. Store in the refrigerator for up to 2 months. Yield: about 50 pickle spears.

Cucumber Sandwiches

1 (8 oz.) package of cream cheese, softened  
1/2 c. mayonnaise  
1 (7oz.) package of dry Italian salad dressing mix  
2 loaves french bread cut into slices  
2 medium cucumbers, sliced  
1 pinch dried dill weed

1. In a medium bowl, mix together the cream cheese, mayonnaise and Italian dressing mix. Refrigerate for at least 6 hours, or preferably overnight.

2. Spread the cream cheese blend onto slices of French bread. Top with a cucumber slice, and sprinkle with dill. You can make as many or few as you like. the cream cheese mixture keeps for about a week in the refrigerator so you can make them over and over again!



# Week 3: Beets

## Dark Chocolate Beet Cupcakes with Blueberry Glaze (makes 16)

2 c. flour  
1/2 c. unsweetened cocoa powder  
1 1/2 t. baking powder  
pinch of salt  
3 eggs  
3/4 c vegetable oil  
1 1/4 c sugar  
1 1/2 c fresh beets, cooked and pureed  
1 t. vanilla  
3 T Pom blueberry juice  
confectioners sugar

1. Preheat oven to 375°F. Line muffin pan with cupcake liners.
2. In a large bowl, sift flour, cocoa, baking powder, eggs and salt. Add the oil, sugar and vanilla; mix well. Add beet mixture; mix well.
3. Fill cupcake liners until almost full (batter will not expand much.) Bake at 375° for about 20 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes, then remove from pan to wire rack to cool.
4. To make the glaze, mix blueberry juice with enough confectioners sugar to get a spreadable consistency. Spread a dab on each cupcake.

## Beet and Feta Salad (serves 6)

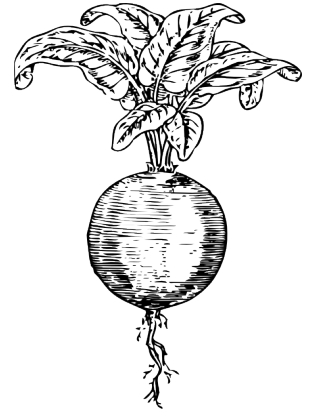
### Salad:

4 medium beets  
about 1/2 c. feta cheese  
2 T chopped parsley

### Dressing:

3 T lemon juice  
3 T olive oil  
2 garlic cloves, minced  
1/2 t. black pepper  
1/2 t. salt

1. Boil the beets on medium heat for 45 mins or until they can be easily pierced through with a knife.
2. The skin will easily peel off. After removing the skin of the beets, chop the beets into cubes and do the same with the feta cheese.
3. Mix the dressing ingredients in a small bowl and whisk.
4. Combine beets, feta cheese, parsley with the lemon vinaigrette and serve.

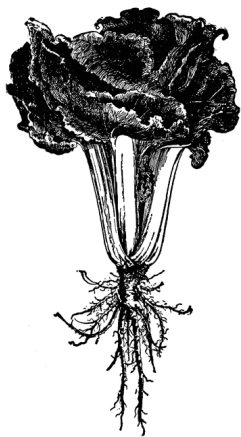


# Week 4: Kale

## Chili Kale Chips (serves 4)

1 bunch kale, ribs removed and torn into pieces.  
1 - 2 T olive oil  
2 t. chili powder  
salt

1. Preheat oven to 350 degrees.



2. In a bowl, combine the kale and 1 tablespoon olive oil. Use your fingers to massage the oil into the kale. If it seems dry, add more oil. Season with chili powder and salt and toss to coat.

3. Spread the kale onto 2 baking sheets. Bake until the chips look crisp, 10 to 15 minutes, rotating the baking sheets halfway through. Cool and serve.

## Kale Salad (serves 4)

Salad:

1 bunch kale, chopped  
1 large tomato seeded and diced  
1/2 c. roasted sunflower seeds  
1/2 c. dried cranberries

Dressing:

1/2 c. lemon juice  
1 T canola oil  
1 T olive oil  
1 t. sugar  
1/2 t. salt  
1/4 t. pepper

Whisk dressing ingredients together in a large salad bowl. Add kale, tomato, sunflower seeds and cranberries. Toss to coat and serve.

# Week 5: Tomato

## Tomato Caprese Canape (makes 30)

1 pint cherry tomatoes, halved  
1 c fresh mozzarella pearls  
1 t. kosher salt  
4 T white balsamic vinegar  
2 T olive oil  
30 small basil leaves  
toothpicks

1. Combine the tomatoes and mozzarella in a bowl with the salt, vinegar and oil. Stir well and set to refrigerate for an hour.

2. Once ready, assemble the canapés using a tomato bottom, mozzarella ball, basil leaf and tomato top.

3. Arrange on a platter for serving. Place in the fridge loosely wrapped with plastic wrap until ready to serve. Best when eaten the same day they are prepared.

## Easy Fresh Salsa (makes 2 cups)

6 - 8 medium tomatoes  
1/2 c. finely chopped onions  
1/2 c. finely chopped cilantro  
1 small garlic clove chopped  
1 chopped jalapeno pepper (optional)  
2 T cider vinegar  
1 t. or less sugar

Mix together in a bowl, Add jalapeno to taste if you want a spicier salsa. Cover and chill. Serve with chips.

