

May 23rd marked one year for me on my new healthy lifestyle of eating Whole Food Plant Based food. And... I'm still loving it! Am I 100%----no...but our motto is Progress not Perfection! The Get Healthy Bandera FREE group meets every Tuesday at 5:30 at the Arthur Nagel Clinic classroom and we would love for you to join us! With summer produce ready to hit the stores and local market stands we have a lot to look forward to. My garden...and the weeds...are off to a great start with all the spring rain we have had. Here are a couple of recipes to use some of that produce!

Zucchini Saup (Serve cald or hat, I prefer cald!)

6 medium zucchini

1-2 onions

3 cloves of garlic 5 cups of vegetable broth

1 Thsp dry herbs (oregano, basil, red pepper flakes or a mixture blend like Italian seasonings) Cut the unpeeled zucchinis lengthwise and salt heavily. Let sit for 30 minutes. In the meantime, dice onion and garlic and sauté with a bit of water until tender. Carefully wipe off the zucchini and press with a paper towel to remove the liquid. Cut into 1" pieces. Add to the sautéed onions and cook. for 5 minutes. Add broth, herbs, and simmer for 15 minutes. Run through a blender or use an immersion blender to mix. Taste and adjust spices. Serve hot or cold. Enjoy!

Cilantra Humus

- 1-15 oz can garbanzo beans, drained (reserve the liquid)
- 1 cup fresh cilantro (not stems)
- 1 jalapeno seeded and diced
- 2 cloves of garlic

Salt and pepper and a pinch of garlic powder.

Blend all ingredients in a blender or processor using the reserved garbanzo beans for liquid to get desired consistency for the dip. This is a pretty very green dip great to eat with whole grain crackers!



3-2-1 Dressing

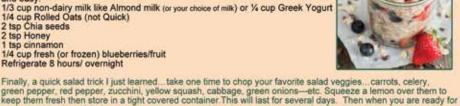
- 3 Tosp balsamic vinegar
- 2 Tosp mustard
- 1 Thsp maple syrup

How easy is that? And it is yummy! There are so many kinds of vinegar...raspberry. pomegranate, my favorite is a Champagne vinegar and so many kinds of mustarduse your favorites for different variations of this dressing!

Overnight Oats

Now for a quick summer oatmeal recipe to grab out of the refrigerator on your way to work or play...put the ingredients in small mason jar or other jars you have accumulated from jelly, pickles, etc. This is incredibly good (and good for you) and easy.

- 1/3 cup non-dairy milk like Almond milk (or your choice of milk) or 1/4 cup Greek Yogurt



a salad, grab a handful of greens, throw your vegetable mixture on top, add a few cherry tomatoes and top with your 3-2-1 salad dressing. There is a YouTube video that demonstrates this-Ross Pelton's 'Salad Buzz'

Bandera Fresh Market Produce Days is in front of Sid's BBQ every Thursday 8am-11am.