



# DINNER BELLE

BY JIL UTTERBACK



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 Soup (Serve cold or hot, I prefer cold!)

6 medium zucchini  
1-2 onions  
3 cloves of garlic  
5 cups of vegetable broth  
1 Tbsp dry herbs (oregano, basil, red pepper flakes or a mixture blend like Italian seasonings) Cut the unpeeled zucchini 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!



## Cilantro Hummus

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 Tbsp balsamic vinegar  
2 Tbsp mustard  
1 Tbsp 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 mustard—use 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 ¼ cup Greek Yogurt  
1/4 cup Rolled Oats (not Quick)  
2 tsp Chia seeds  
2 tsp Honey  
1 tsp cinnamon  
1/4 cup fresh (or frozen) blueberries/fruit  
Refrigerate 8 hours/ overnight



Finally, a quick salad trick I just learned... take one time to chop your favorite salad veggies... carrots, celery, green pepper, red pepper, zucchini, yellow squash, cabbage, green onions—etc. Squeeze a lemon over them to keep them fresh then store in a tight covered container. This will last for several days. Then when you are ready for 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.