

2015



**it's more than just a box of food.**

## A close-up photograph of a white bowl filled with corn and beans salad. The salad consists of bright yellow corn kernels and white beans, all coated in a creamy, light-colored dressing. The top of the salad is garnished with a fine sprinkle of black pepper. The bowl is set against a dark red background.

- 3 cups fresh corn removed from the cob
- 1/2 cup low-fat milk
- 4 Tablespoons Parmesan cheese
- 2 Tablespoons water
- 1 Tablespoon cornstarch
- 1 Tablespoon low-salt Cajun Seasoning
- 1 Tablespoon butter
- Pepper, to taste

- Start by adding the corn to a pot along with the butter.
- Then mix the cornstarch in a shallow bowl with the water till blended
- Add the milk, Parmesan cheese and seasonings. Sauté all together for 5 minutes, Serve and enjoy!

A close-up photograph of a dish of roasted red potatoes. The potatoes are cut into irregular, bite-sized chunks, showing their characteristic red skin and pale yellow interior. They are garnished with finely chopped green herbs, likely parsley, and a light dusting of orange-brown seasoning, possibly paprika or a spice blend. The potatoes are served on a white plate with a subtle pattern. The background is dark and out of focus.

- 2 1/2 pounds red potatoes, cut into 1-inch chunks
- 3 Tablespoons olive oil
- 1/2 cup grated parmesan cheese
- 1 Tablespoon chopped fresh rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, or more to taste
- 3 cloves garlic, minced (1 Tablespoon)
- 2 Tablespoons chopped fresh parsley

- Preheat oven to 400°F
- Spray a rimmed 18 by 13-inch baking sheet with non-stick cooking spray. Lightly dust with flour and shake out excess.
- In a large mixing bowl toss potatoes with remaining olive oil. Add parmesan, and rosemary and season with salt and pepper (then more to taste if desired, but be careful with the salt), toss to evenly distribute.
- Pour mixture onto prepared baking sheet and spread into an even layer (add parmesan clumps that may have fallen off potatoes back on tops of potatoes).
- Bake in preheated oven until golden brown on bottom, about 30 minutes. Remove from oven, add garlic and toss (they may stick slightly so use a thin non-melt spatula to lift from pan and rotate).
- Return to oven and bake until tender and lightly browned, about 15 minutes longer. Sprinkle with parsley and serve immediately.

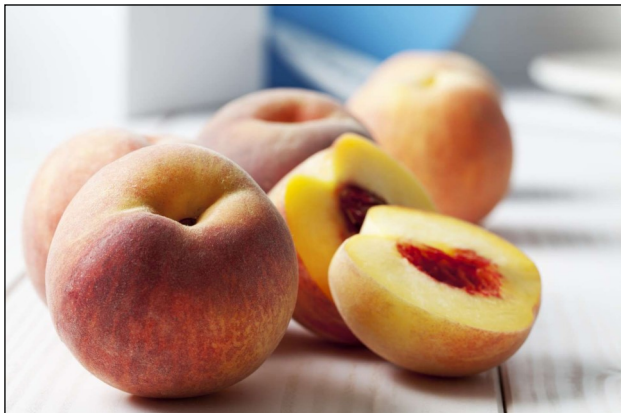
*Adapted from [cookingclassy.com](http://cookingclassy.com)*

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## How to Ripen Peaches Perfectly

Peaches, like apples and pears, or avocados and tomatoes, can ripen after being picked. Below are three ways, each with its own speed, to ripen peaches once you get them home.



### The Easiest Way

The easiest method is simply to leave peaches on the counter. Peaches like best to be kept on their shoulders (not their bottoms) and not touching one another. That may not work for your kitchen, and putting them in a bowl isn't the worst thing in the world, just handle all peaches gently and don't stack too many on top of each other. To speed this up, you can leave them where they will receive some direct sunlight, as long as that spot doesn't get too hot and start baking them (which will give them mushy spots).

### The Fastest Way

If you want to speed things up, pop the peaches in a paper bag. It will contain the ethylene gas the fruit gives off, which hastens the ripening process. Pretty cool, huh? Want to speed things up even more and ripen them faster? Add a banana in there, too, for even more ethylene action.

### Place Them In the Fridge

When you want to vastly slow down the ripening process, put the peaches in the fridge. Cold slams on the brakes of the ripening process, but doesn't bring it to a complete screeching halt. Keep your eye on any peaches you relegate to the fridge; if left in there too long they can start to dry out.

### Uses

Once you have perfectly ripe peaches you should eat them. Many people find it's best to store peaches that are ready to eat out on the counter so everyone can see them, think "wow, that peach looks like a delicious snack," and eat them immediately. **Visible fruit is eaten fruit—keep ripe and ready fruit where you can see it, remember it, and eat it in its prime.**

If immediate consumption isn't in the cards, peaches can be stored in the fridge where they'll last nicely for a few days. Anything longer than that, and think about taking a moment to do something very easy that will keep those peaches around for months and freeze them. Frozen peaches are fabulous additions to smoothies, work in any baked good, such as peach pie, and can even be used later, when things aren't quite so hot out, to make peach jam or peach chutney.

*Adapted from [thespruceeats.com](http://thespruceeats.com)*

## Baked Parmesan Zucchini



### Ingredients

- 3 medium zucchinis
- 1/2 cup parmesan cheese grated
- 1/4 cup olive oil
- salt and pepper

### Instructions

- Preheat oven to 350°F
- Cut the zucchinis in quarters, length-wise. Set aside.
- Line a baking sheet with foil and coat with cooking spray.
- Place zucchinis on the baking sheet and drizzle with olive oil.
- Sprinkle on grated Parmesan cheese (and any other spices desired).
- Top with a little bit of salt and pepper.
- Bake for 12-14 minutes.
- Broil for the last 2 minutes until the cheese is more browned..

*Adapted from [liluna.com](http://liluna.com)*

## Cool Herb Dip

### Ingredients

- 1/4 cup plain low fat yogurt
- 1/4 cup reduced fat sour cream
- 2 teaspoons fresh parsley
- 1 teaspoon fresh dill
- 1 teaspoon lemon juice
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder (not garlic salt)



### Instructions

- In a small mixing bowl, whisk together the yogurt and sour cream.
- Chop the parsley and dill and add to bowl
- Add lemon juice and remaining seasonings and mix.
- Cover and allow to chill for at least 10 minutes.
- Use as a dip with any raw veggies you like such as broccoli, cauliflower, and cherry tomatoes.
- Can keep in an airtight container for up to 5 days.

*Adapted from [culinarymedicine.org](http://culinarymedicine.org)*