

July 2006 KWS Picnic recipes

First-Place Salad Winner: Kathy Hamlett's Gorgonzola Roasted Apple Salad

Spring Greens
Roasted onions, apples w walnuts
¼ cup Olive Oil
2 cloves of Garlic
Pinch of Salt and Pepper
1/8 cup of Balsamic Vinegar
Touch of Brown Sugar
Gorgonzola cheese

Dressing
½ cup Balsamic Vinegar
3 tsp Brown Sugar
3 Cloves of Garlic
¼ cup onion cut up
Place in food processor and gradually add Canola Oil

Add roasted Onions, Apples with walnuts to the Greens
Add Cheese
Add Dressing Prior to Serving

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Second-Place Salad Winner: Jean's Green Papaya Salad

(With help from Thai cookbook author Kasma Loha-unchit)

8-12 Thai chilies, cut into 3-4 pieces 8 cloves garlic, each cut into 2-3 pieces
2 Tbsp small dried shrimp 4 C julienned peeled unripe green papaya
1 C long beans cut into 1-1/2-inch lengths 1 julienned carrot
¼ C tamarind juice Juice of 2-3 limes, to taste
2-3 Tbsp fish sauce, to taste 2-3 Tbsp palm sugar melted w/1 Tbsp water
12 cherry tomatoes, halved ¼ C chopped unsalted roasted peanuts

[Note: Make tamarind juice by placing 1 Tbsp of compressed tamarind in 1/3 C warm water. Work the tamarind with your fingers to dissolve the soft fruit; gathering up remaining pulp to squeeze and extract juice, then discard pulp. Add more tamarind or water as necessary to make 1/4 cup of juice concentrate.]

Divide the ingredients into two batches and make each batch as follows. Using a large clay mortar with a wooden pestle, pound the garlic and chilies to a paste. Add the dried shrimp and long beans and pound to bruise. Follow with the green papaya and carrot. Stir well with a spoon and pound to bruise the vegetables so that they absorb the heat and flavor of the chilies and garlic. Add the tamarind and lime juices, fish sauce, and palm sugar. Stir and pound a bit more to blend the vegetables with the flavorings and seasonings. Taste and adjust flavors to the desired hot-sour-sweet-salty combination. Then add the tomato pieces, stir and bruise lightly to blend in. Transfer to a serving plate and sprinkle with peanuts. Serves 6-8.

Jean Charneski (also see the Green Papaya Salad recipe at ThaiTable.com)

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Fresh fruit kebabs with lemon lime dip

When I had this, the caterer turned the shell of the pineapple into the serving dish by sticking the skewers into the shell. It was very colorful.

Dietitian's tip: These kebabs work well with any type of fruit, including more exotic types such as star fruit, kumquats or prickly pears.

To prevent fruit from browning, dip in pineapple or orange juice.

SERVES 2

Ingredients

4 ounces low-fat, sugar-free lemon yogurt
1 teaspoon fresh lime juice
1 teaspoon lime zest
4 to 6 pineapple chunks
4 to 6 strawberries
1 kiwi, peeled and diced
1/2 banana, cut into 1/2-inch chunks
4 to 6 red grapes
4 wooden skewers

Directions

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.

Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Nutritional Analysis

(per serving)

Serving size: 2 fruit kebabs

Calories	160	Cholesterol	4 mg
Protein	4 g	Sodium	45 mg
Carbohydrate	36 g	Fiber	4 g
Total fat	1 g	Potassium	516 mg
Saturated fat	< 1 g	Calcium	122 mg
Monounsaturated fat	trace		

MAYO CLINIC HEALTHY WEIGHT PYRAMID SERVINGS

Fruits 2

Protein and dairy 1/2