

Summer 2009

Dear Friends,

I hope you are enjoying summer and the bounty of vegetables this time of the year. We've seen more local farmer's markets spring up and it's been wonderful getting such an array of fresh, tasty vegetables at very reasonable prices.

Here's a really easy way to prepare all those veggies, one that we really enjoy – roast them! Create your own veggie medley with whatever veggies you have on hand. This is simple and quick, and the children can help.

Rinse the veggies and allow them to dry. Cut them into pieces about ¾". Toss with 2 T. of oil (I use olive or canola oil, but you can use any kind). Sprinkle with chopped herbs if you like. Spread the veggies in a single layer on a cookie sheet and bake at 425 degrees 15 – 20 minutes or until crisp tender.

Here's a photo of the roasted veggies I fixed last week. I used zucchini, yellow squash, cauliflower, one sweet potato, and some chopped tomatoes we had leftover from nachos the night before. Since tomatoes cook quickly, I added them during the last 5 minutes or so of baking. I usually stir the veggies once after 10 – 15 minutes of roasting, just to help them cook more evenly, but it's not necessary.

This is quick way to prepare a colorful, nutritious assortment of veggies. I tossed a couple of tablespoons of chopped pecans in the leftovers for a delicious lunch the next day.

I usually do not use seasoning; we just enjoy the flavors of the veggies themselves. But sometimes I add a bit of chopped rosemary from the garden. You could also use lemon-pepper, or any herb seasoning mix you find in the grocery store. Start with just ½ teaspoon or so and adjust to suit your taste.



Some days it's just too hot to turn on the oven, so we enjoy salads with a mixture of lettuces and spinach. We're on a low salt diet and I prefer to make my own salad dressing. It's usually cheaper to make, and it does not have all the additives of bottled dressing. Try these simple recipes.

Oil & Vinegar Dressing

1/3 Cup oil (I use olive or canola oil)

3 T. red wine or balsamic vinegar

1 teaspoon sugar or honey

½ teaspoon chopped dried herbs, optional (we like rosemary)

Shake well and serve.

Blue Cheese Dressing

1/3 Cup sour cream

1/3 cup mayonnaise

3 Tablespoons milk

2 – 3 ozs crumbled blue cheese

Stir well. Store in a covered jar in the frig **overnight** for best flavor. You may need to add a little more milk the next day as the dressing thickens a bit. You can use reduced fat sour cream and mayo if you wish.

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I hope you and your family enjoy these veggie and salad dressing recipes!

Until next time ~

Yours in Him,

Laurie Latour

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