

## Recipes for Week 3 Summer Seminar Series: Picnics

### Syrian Potato Salad

#### You'll Need:

- 2 ½ pounds potatoes
- ½ of a medium red onion finely chopped
- ¼ cup parsley, finely chopped
- ¼ cup olive oil
- ½ cup lemon juice
- Salt and pepper to taste

#### Directions:

Boil whole potatoes (skins on) until done. Drain and let cool and then cube (you can peel the potatoes if you would like but remember if you leave the skins on you get additional fiber). Add other ingredients. Garnish, as desired, and keep refrigerated.

### Lemonade

Makes 8, 1 cup servings

#### You'll Need

- 3 lemons
- ½ to ¾ cup sugar
- Water
- 2 quart pitcher

#### Directions

Wash and slice two lemons as thin as possible, make sure to remove the seeds. Place the lemon slice and sugar in pitcher and cover with approximately 1 inch of water. Use a wooden spoon to mash the lemons, sugar, and water together. Add the juice of the third lemon to the pitcher and fill to the 2 quart line. Stir thoroughly, serve over ice!

For a variation you could also try this with two lemons, and one lime.

## **Chocolate Hazelnut Ice Cream**

You'll Need:

- 1  $\frac{3}{4}$  cups heavy cream
- 1 Tablespoons powdered sugar
- 4 Tablespoons chocolate hazelnut spread
- 2 ounces bitter sweet chocolate, chopped
- Crushed hazelnuts or fresh raspberries to garnish (optional)

Directions:

1. In a bowl, mix together the chocolate hazelnut spread and 5 Tablespoons of heavy cream.
2. Place remaining cream in a second bowl, sift in the powdered sugar and beat until whipped until the point that stiff peaks form. Be careful not to overmix
3. Fold the chocolate hazelnut mixture with the chopped chocolate until the mixture is rippled. Then transfer to a freezer container and freeze for 3 to 4 hours or until the mixture is firm.
4. Remove the ice cream from the freezer about 10 minutes before serve to allow it to slightly soften. Place a scoop in a dessert bowl and garnish with crushed hazelnuts, or berries.

## **Lemon Iced Green Tea**

You'll Need:

- 2 cups of water
- 1 Tablespoon honey
- 1  $\frac{1}{2}$  teaspoons grated lemon peel
- 6 green tea bags
- 4 teaspoons fresh lemon juice

Directions:

1. Add water and lemon peel to medium saucepan and bring to boil over medium heat. Reduce heat to where it sustains a gentle boil and cook for about 7 minutes. Remove from heat and stir in honey and add the green tea bags. Steep this tea mixture for 8 to 10 minutes, stirring or dunking the bags often.
2. Remove tea bags and stir lemon juice into the tea liquid. Cover and refrigerator for up to 1 to 2 weeks.
3. To make a cup of iced tea, pour  $\frac{1}{4}$  cup of the concentrated tea mixture into a tall glass and stir in  $\frac{3}{4}$  cup of seltzer water or regular water. Add ice cubes and enjoy!

## Angelic Deviled Eggs

Every year about this time, we find ourselves awash in the ironic – chicken eggs, delivered by a rabbit. Hence, it's time once again to boil, color, and hide the eggs. Okay, it's true. Only a portion of those that make it into hiding ever come back. Some are stepped on, some are legitimately found and then lost again, or simply hurled at a neighborhood kid.

Finally, there are those eggs that are hidden and never found again. You see the parents with contorted faces. “37? I thought we had 38. Are you sure we had 38? Count them again. You didn't throw it on the roof did you? ....”

Those eggs go to the Universe's colossal holding bin through the same vortex that sucks out sock singles, lip balm, and ballpoint pens. They're all in there in a big pile. Science has yet to sort out what happens to them. As soon as they do, I'll let you know.

For those fortunate few eggs that make it back unscathed, you can make the best deviled eggs on the planet. They are so good, in fact, that we call them “angelic”.

### Angelic Deviled Eggs

#### **You'll need:**

6 eggs  
3 Tbsp mayonnaise  
1 tsp Dijon mustard  
Garlic salt, pepper, paprika

(optional)

Cayenne (a pinch), half-n-half (a petite splash), relish (a touch)

#### **To Start:**

*Set the eggs in a pan of cold water, and then bring the water to a boil. Once it comes to a boil, set the timer. Here at home, the time to boil eggs is 13 minutes flat. Of course, if you're at a higher altitude, you'll have a longer boil time. When the timer goes off, run cold water into the pan to cool the eggs. After about 2-3 minutes, take them out and peel the shells.*

#### **Next -- the yolks:**

*Getting them out of the egg without destroying the white takes just a bit of care. First cut them lengthwise before gently separating the yellow around the edges. Now press gingerly on the underside of the egg half and turn it over to pop the yolk out. Put all yolks into a small bowl and add the mayonnaise, mustard, salt, and pepper.  
That's it!*

**Tricks:**

*You can make these a bit more "devilish," like I like them, by throwing in a conservative sprinkle of cayenne.*

*But the thing that really makes them silky and "angelic" is by adding one Tbsp half-n-half to the mix. Another suggestion is to throw in one Tbsp relish.*

*Taste and correct the seasonings with each addition.*

**Finishing up:**

*When the mix makes you moan out loud, you know you've gotten it right! Now take a small spatula and refill the tiny cups in the egg whites, one at a time.*

*Finally sprinkle it over with just a bit of paprika and top it with a slice of olive.*

**Eating Instructions:**

*As always, our recipes come with eating instructions. Guilt-free eating only comes when you take small bites, make it last, and control your portions.*

*So have a half, two at most, as one luscious part of a great meal with your family and friends! That way you get the taste, you get the superb health benefits of eggs, and you don't compromise your heart or pants sizes! Perfect.*