



Summer

RECIPE BOOK





Table of Contents

Breakfast

Make Ahead French Toast
Granola
Sundried Tomato and Zucchini Frittata

Drinks

Lavender Lemonade
Lemon Iced Green Tea
Pineapple Spritzer
Strawberry Mint Smoothie

Soups

Cantaloupe Soup
Cool Yogurt Soup
Gazpacho Soup

Starters & Sides

Angelic Deviled Eggs
Black Bean Salsa
Boston Baked Beans
Bruschetta
Homemade Crackers
Potato Salad without Mayonnaise
Sweet Potato and Orange Hobo Packs
Tabouli
Trail Mix

Sauces, Spreads, and Marinades

Basil Pesto Sauce
BBQ Sauce
Beer Steak Marinade
Citrus Marinade
Honey Mustard Chicken Marinade
Hummus

Olive Tapenade

Teriyaki Sauce

Turmeric Garlic Marinade

Salads

Caprese Salad
Greek Salad
Spinach, Strawberry, Pecan Salad

Main Course

Fish in Lemon Coriander Sauce
Grilled Beef Tenderloin with Yukon Hobo Packs
Grilled Eggplant with Feta Cheese
The Last Lasagna
Lemon Basil Shrimp Pasta
Pizza on the Grill

Dessert

Banana Popsicle
Chocolate Sauce
Frozen Fruit Popsicle
Vanilla Popsicle

Breakfast

Make Ahead French Toast

**Vegetarian*

Looking for a dish to be a complement for a special brunch? This is the one for you. This meal will need to be prepared the night before so plan accordingly.

You'll Need

- 12 eggs
- 2 cups milk
- 1 teaspoon lemon rind
- 1 teaspoon sugar
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 8 slices of bread, cut on the diagonal



Directions

- Grease a 9" x 13" shallow baking dish; set aside.
- In large bowl, beat together all ingredients except bread.
- Arrange bread slices in baking dish so they overlap. Pour egg mixture over the bread. Cover and refrigerate overnight.
- When ready to serve, preheat oven to 350 degrees. Bake for 30 to 35 minutes, until golden and fluffy. Serve with syrup or jam.

Play With Your Food

- Add some fresh fruit to the French toast when it's finished.
- Try adding a pinch of nutmeg.

Medwell Kitchen Tested

Breakfast

Granola

**Vegan, Gluten-Free (if oats are made in a gluten-free facility)*

The fiber and fat in granola makes for a super dish to keep us satisfied, so we can make it between meals without feeling we need a snack. In addition the fiber found in oats, are a soluble fiber which is good for cholesterol control.

You'll Need

- 4 cups old-fashioned oats
- 6 to 7 Tablespoons softened butter or 5 to 6 Tablespoons coconut oil
- 5 to 6 tablespoons brown sugar (Start with 6 and then as you continue to make it, slowly cut down on amount of sugar used. Eventually you may even notice you are using less than 5 tablespoons.)
- 1/4 cup to 1/3 cup chopped nuts of choice
- A pinch of salt
- 1/2 teaspoon cinnamon



Directions

- Preheat oven to 350.
- Grease a 9" x 13" inch baking pan.
- Mix all of the above ingredients together.
- Place mixture in greased baking pan.
- Bake for 23 to 25 minutes or until lightly browned (bake shorter for a softer granola and longer for a crunchier granola).
- Let sit and slightly cool. Roughly cut into chunks or crumble into loose granola. Store granola in an airtight container.

Play with Your Food

- This recipe serves as a very versatile base. Get creative. Add some ground-flax seed, sunflower seeds, raisins, dried-fruit or, shredded-coconut. Add a teaspoon of vanilla. You could also add a 1/2 cup to 3/4 cup of nut butter and leave out the chopped nuts. You could add a some syrup or honey. When adding some other form of food that could sweeten the granola, reduce the amount of brown sugar.
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.

Medwell Kitchen Tested

Breakfast

Sundried Tomato and Zucchini Frittata

**Vegetarian, Gluten-Free*

Frittatas work well for a breakfast but they also make the perfect lunch and dinner option too. Make a frittata and enjoy it along-side a salad or some couscous. Make a frittata and take a piece to work for lunch.

You'll Need

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1/3 cup grated Parmesan cheese



Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

Play with Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.

Med Well Kitchen Tested

Drink

Lavender Lemonade

**Vegan, Gluten-Free*

Enjoy summer nights sipping on a refreshing glass of lavender lemonade. The color of this beverage adds a special dimension for food presentation so children find it to be an extra special treat too!

You'll Need

- 3 tablespoons dried lavender flowers
- 1 tray of ice cubes
- 2 cups boiling water
- ¼ to 1/2 cup sugar (try to decrease the amount you use)
- The juice from 8 lemons
- 5 cups cold water (you may want to add more to adjust for personal taste)

Directions

- Place the ice cubes into a pitcher that can hold at least 3 quarts.
- Put the lavender into a 4 cup or larger bowl that can withstand heat. Pour the boiling water over the lavender. Allow it to steep for approximately ten minutes. Then strain out the lavender and discard.
- Mix amount of sugar you desire (it's better to start with less and if you need more you can always add more) into the lavender mixture and then pour this mixture into the pitcher that contains the ice.
- Add the lemon juice to the pitcher. Then add the cold water and stir. Taste and adjust the sugar and water to your liking. Enjoy!!



Medwell Kitchen Tested

Drink

Lemon Iced Green Tea

**Vegan, Gluten-Free*

There is nothing quite like a refreshing iced tea on a hot summer day! The lemon added to this green tea allows more of the catechins (antioxidants) to be released and absorbed in our bodies.

You'll Need

- 2 cups water
- 1 tablespoon honey
- 1 1/2 teaspoons grated lemon peel
- 6 green tea bags
- 4 teaspoons fresh lemon juice

Directions

- Add water and grated lemon peel to a medium saucepan and bring to a boil over medium heat. Reduce heat so it sustains a gentle boil and cook for about 7 minutes.
- Remove from heat, stir in honey, and add the green tea bags. Steep tea mixture for 8 to 10 minutes stirring or dunking the bags often.
- Remove tea bags and stir lemon juice into the tea liquid. Cover and refrigerate until cold. It will keep for up to 2 weeks.
- To make a cup of iced tea, pour 1/4 cup of the concentrated tea mixture into a tall glass, and stir in 3/4 cup of seltzer water or regular water. Add ice cubes and enjoy!



Play with Your Food

- Try different honeys.
- Add fresh mint.
- Try black tea or an herbal tea of choice.

Drink

Pineapple Spritzer

**Vegan, Gluten-Free*

This is a refreshing and easy to make beverage that is a nice alternative to sodas.

You'll Need

- 1/2 cup pineapple juice
- 1/2 cup seltzer water
- 1/4 teaspoon lime
- Fresh mint (as much as you would like)

Directions

- In the serving cup of choice, mix all ingredients together.

Play With Your Food

- Try using another fruit juice.
- Change the ratio of fruit juice to water (if someone has been used to drinking high sugar drinks, they may need a higher fruit juice to water ratio. But over time this will change).
- To have a stronger mint flavor muddle mint or simply break leaves in half to release flavor.
- Leave out the mint.
- Garnish with a piece of pineapple.
- Throw in some fresh fruit.
- Leave out the lime.



Medwell Kitchen Tested

Drink

Strawberry Mint Smoothie

**Vegetarian, Gluten-Free*

This is a refreshing and satisfying way to start your morning or end an evening meal. Take advantage of this smoothie while strawberries are in season.

You'll Need

- 1 cup frozen strawberries
- 1 teaspoon chopped mint
- ½ cup orange juice
- ¼ teaspoon vanilla
- ½ cup plain yogurt

Directions

Place everything in a blender and blend until smooth. Add some crushed ice if you would like.

Play with Your Food

Try using pineapple juice instead of orange juice.



Soup

Cantaloupe Soup

**Vegetarian, Gluten-Free*

Entertaining anytime soon? This dessert soup is a nice, cool, and unique ending to a meal.

You'll Need

- 1 cantaloupe
- 1 orange
- 1/2 cup whipping cream
- 1 teaspoon sugar
- A pinch of salt

Directions

- Quarter cantaloupe melon; remove seeds and outer rind.
- Cut melon into small pieces.
- In blender or food processor, process melon until smooth; transfer to a bowl.
- Grate rind from orange and reserve for garnish.
- Squeeze juice from orange; add to the bowl along with the cream, sugar, and salt.
- Cover and refrigerate for at least 4 hours or until chilled.
- Sprinkle with the grated orange rinds.

Play with Your Food

- Before serving, add a squirt of lime.
- Mix in some freshly grated ginger.



Soup

Cool Yogurt Soup

**Vegetarian, Gluten-Free*

The herbs in this soup really make it pop! This soup is a nice complement to grilled meats and a tomato based salad. Yields: 2 – 2 ½ quarts

You'll Need

- 3 medium cucumbers
- 6 cups yogurt
- 2 tablespoons white vinegar
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 tablespoon chopped mint
- 1 ½ teaspoons chopped dill
- Salt



Directions

- Peel cucumbers and slice lengthwise into halves. Scoop out seeds from each half with a spoon. Coarsely grate the cucumbers to measure about 3 cups.
- Place yogurt in a deep bowl and whisk or stir until completely smooth.
- Gently, but thoroughly, stir in grated cucumbers, vinegar, oil, garlic, mint, and dill.
- Season to taste with salt.
- Refrigerate soup for 2 hours or until thoroughly chilled.

Play With Your Food

Substitute the dill with chopped fresh parsley.

Soup

Vegetable Gazpacho Soup

**Vegan, Gluten-Free*

This is a great soup with tomatoes fresh out of the garden. It's also a nice option when you don't want to heat the kitchen up.

You'll Need

- 2 garlic cloves, chopped
- 6 large tomatoes
- 1 large onion
- 1 green pepper
- 2 small cucumbers
- ½ cup olive oil
- 1/3 cup lemon juice
- 3 cups tomato juice
- Salt
- Cayenne pepper



Directions

- Peel the tomatoes and blend with the garlic in a blender.
- Add 1/4 of the green pepper, 1/4 of the onion, and 1/2 of the cucumber.
- Chill.
- Chop remaining vegetables and put in refrigerator.
- Put tomato juice in refrigerator.
- Just before serving, blend olive oil, lemon juice, salt, cayenne, and tomato juice.
- Add to blender mixture.
- Ladle into soup dishes and add chopped vegetables.
- Top with croutons as a garnish.

Play with Your Food

Top soups with some fresh herbs of choice. Try cilantro, basil, or parsley.

Starters, Sides, and Complements

Angelic Deviled Eggs

** Vegetarian, Gluten-Free*

A good old time staple! Deviled eggs are always a crowd pleaser. Experiment and make these your own. They also lend themselves nicely to the art of food presentation.

You'll Need

- 12 eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon French's mustard
- Salt and pepper to taste
- Cayenne
- Sliced Olives (optional)
- 1 tablespoon half-n-half



Directions

- 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. We set the timer at 13 minutes, but if you're at a higher altitude, they'll have to boil longer.
- 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, it's time to remove 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.
- Press gingerly on the underside of the egg half and turn it over to pop the yolk out. Pull all yolks into a small bowl and add the mayonnaise, mustard, salt, and pepper, pinch of cayenne, and half -n-half. Mix ingredients together. Taste and correct the seasoning with each addition.
- Take a spatula and refill the tiny cups in the egg whites, one at a time.
- Sprinkle with just a bit of cayenne and top it with a slice of olive.

Play with Your Food

- Add a tablespoon of relish.
- Leave the cayenne out of the mixture.
- Leave out the half-n-half.
- Experiment with different mustards.

Starters, Sides, and Complements

Black Bean Salsa

**Vegan, Gluten-Free*

This recipe can be prepared in a short amount of time. Use the beginning of this recipe as a base and build on it in order to create a quick meal. Or serve it as a dip as a starter to a meal.

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, baked potato, in a wrap, in a taco shell, or as a dip with some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Add some chili powder.



Medwell Kitchen Tested

Starters, Sides, and Complements

Boston Baked Beans

**Vegan, Gluten-Free*

Baked beans are a staple of American cuisine! Try whipping up your own ... once you try it, it's hard to go back to the canned beans.

You'll Need

- 4 cups cooked navy beans
- 1/3 cup molasses
- 1 tablespoon olive oil
- 1 large white onion, sliced
- 2 tablespoons brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon dry mustard



Directions

- Preheat oven to 350. Combine the beans, molasses, oil, brown sugar, ginger, salt, and dried mustard in a 1 ½ quart baking dish. Add ¼ cup of water to baking dish. Mix thoroughly, cover, and bake for 30 minutes.
- While it's baking, heat the oil in a skillet and sauté the onion slices until slightly browned. After the beans have baked for 30 minutes take them out of the oven and top with the onions. Bake uncovered for 10 minutes.

Play with Your Food

Add some finely chopped cooked bacon.

Starters, Sides, and Complements

Bruschetta

**Vegan*

This appetizer is always a hit. Take it to a potluck or enjoy in your own home. It's a perfect dish to make with fresh tomatoes and basil from the garden. And it can be made in advance. In fact it's even better when done that way because the time allows the flavors to meld.

You'll Need

- 1 pound tomatoes, finely chopped
- 2 cloves garlic, crushed
- 3 tablespoons fresh basil, finely chopped
- 2 tablespoons balsamic vinegar
- Pinch of salt
- 1/4 cup olive oil
- Crostini

Directions

- Mix all ingredients well. If possible, let mixture sit in the refrigerator for at least an hour for flavors to meld (but if you do not have the time it will still taste good without sitting).
- Serve on pieces of crostini, but wait to place the tomato mixture onto crostini closer to serving time to prevent the bread from becoming soggy. Or simply leave mixture in bowl with crostini beside mixture and allow people to portion out mixture onto crostini at serving time.

Play with Your Food

- Try using fresh parsley instead of basil or try a mixture of both.
- Use a variety of tomatoes and switch it up based on what is available to you.
- This mixture also tastes nice with fresh bread or on top of a salad.
- Try topping with a sprinkle of grating cheese.

Medwell Kitchen Tested

Crostini is easy to make and a great way to use an almost stale baguette. Cut the baguette into thin slices and place on baking sheet. Brush the top of each piece with olive oil. Place in a preheated 375 degree oven. Leave in for approximately 5 minutes. Check crostini. If it's hard when tapped it is ready.

Once cooled store in an airtight container until you are going to use them. They taste great on top of many soups and work well with other dips too.



Starters, Sides, and Complements

Homemade Crackers

**Vegan*

Crackers can be a wonderful food to enjoy with everything from cheese, to hummus, to olive tapenade to salmon pate. You get it the list can go on and on. But just like with everything else remember portion control is the key.

You'll Need

- 2 ½ cups flour
- 3 teaspoons dried herbs/seasonings (ex. dill, coarse cracked pepper, oregano, parmesan, basil, rosemary, sage, cumin, cayenne, garlic salt, and onion powder)
- 1 teaspoon salt
- 4 tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top



Directions

- Preheat oven to 400 F. Mix dry ingredients together in a medium bowl being sure to get everything well blended. Add the oil and half of the water and begin mixing. Add more water as necessary to form a rough dry dough. Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet.
- Cut the dough into squares (a pizza cutter works nice for this step) or other desired shape and use a fork to prick each square two or three times. Sprinkle with coarse sea salt.
- Bake for 15 minutes, or until golden brown, turning the sheet once half way through.
- While the first batch is baking, roll out another quarter of dough.
- Let baked crackers cool before breaking apart. Store in a airtight container.

Play with Your Food

- Substitute 1 cup all-purpose flour with 1 cup of whole wheat pastry flour. If you choose to make this substitution, make sure to add one additional Tablespoon of water.

Medwell Kitchen Tested

Starters, Sides, and Complements

Potato Salad without Mayonnaise

**Vegetarian, Gluten-Free*

Worried about leaving mayo out in the sun for too long? Try this potato salad because it's free of mayo and it's a delicious complement to any picnic.

You'll Need

- 2 ½ pounds potatoes
- ½ of a medium red onion, finely chopped
- ¼ cup parsley, finely chopped
- ¼ cup olive oil
- ⅓ to ½ cup lemon juice
- Salt and pepper to taste



Directions

- Boil whole potatoes (skins on) until done. Drain and let cool and then cube.
- Add other ingredients. Garnish, as desired, and keep refrigerated

Play with Your Food

- Add some sliced green onion and hold back a tiny bit on the red onion.
- Use a white onion.
- Try with cilantro instead of parsley.
- Peel the potatoes. However when the skins are left on, you get additional fiber and it makes the cooking process that much easier.

Starters, Sides, and Complements

Sweet Potato and Orange Hobo Packs

**Vegetarian, Gluten-Free*

Sweet potatoes are one of the healthiest root veggies on the planet! This is a great way to enjoy them prepared on the grill.

You'll Need

- 8 medium sweet potatoes (5 lb.) unpeeled, halved lengthwise and cut crosswise into 2-inch pieces
- 2 navel oranges, left unpeeled, thinly sliced
- 2 large red onions, peeled and trimmed (leaving root ends intact) and cut into 1/2-inch-thick wedges
- ½ cup unsalted butter, melted
- 1/4 cup olive oil
- 1 cup golden raisins
- 1/3 cup honey
- 1/3 cup fresh lemon juice
- 1/4 cup chopped fresh parsley
- **Special equipment:** heavy-duty foil



Directions for Preparation:

- Toss together sweet potatoes, oranges, onions, butter, oil, and salt and pepper to taste.
- Put a 2-foot-long double layer of foil on a work surface. Place half of sweet potato mixture in center and sprinkle with 1/2 cup raisins. Cover with a third sheet of foil and tightly roll up all sides to seal. Wrap packet in a fourth sheet of foil to ensure insulation.
- Make another packet with remaining vegetables and raisins.

Directions for Charcoal Grill:

- Prepare grill for cooking.
- Put packets side by side directly on hot coals. Cover grill and open grill vents, then grill packets until vegetables are tender, about 30 minutes.
- While packets are grilling, stir together honey, lemon juice, and parsley. Remove packets from grill and carefully unwrap. Drizzle vegetables with honey mixture.

Directions for Gas Grill:

- Put packets on grill rack and close lid. Roast with grill set to moderately low.
- While packets are grilling, stir together honey, lemon juice, and parsley. Remove packets from grill and carefully unwrap. Drizzle vegetables with honey mixture.

Starters, Sides, and Complements

Tabouli

**Vegan*

The base of this recipe is parsley so it is a perfect way to enjoy this herb that is packed full of antioxidants.

You'll Need

- 1 cup bulgur wheat
- 1 ½ cups fresh chopped parsley
- ½ cup chopped green onion
- 1 small cucumber, chopped
- 3 medium size tomatoes, chopped
- 1 teaspoon salt
- ¼ cup fresh mint, chopped
- 1/3 cup olive oil
- 1/8 cup lemon juice
- 2 cups warm water



Directions

- Soak bulgur wheat in 2 cups of warm water for 35-40 minutes.
- While wheat is soaking, finely chop all of the vegetables, parsley, and mint.
- In a large size bowl, combine all chopped ingredients, olive oil, salt, and lemon juice.
- Drain and dry wheat and combine with ingredient mixture. Mix well. Enjoy!

Play with Your Food

- Add some chopped Kalamata olive.
- Leave our mint or use dried mint instead.

Starters, Sides, and Complements

Trail Mix

**Vegan, Gluten-Free*

Sometimes you need a quality snack as a bridge to get you to the next meal. This trail mix works perfectly and gives you flexibility in the flavors you choose to create.

Ingredient Suggestions

- Nuts of choice
- Dark chocolate chips
- Dried fruit of choice
- Shredded coconut
- Cheerios or other dried cereal
- Popcorn
- Sunflower seeds
- Pumpkin seeds
- Pretzels



Directions

Mix a combination of your choice together and store in an airtight container.

Sauces, Spreads, and Marinades

Basil Pesto Sauce

**Gluten-Free, Vegetarian*

Pesto sauce is great on pasta! This recipe freezes well. A great idea is to make a bunch of pesto and freeze in ice cube trays. Once hardened, place in freezer bags, and use as needed.

You'll Need

- 1 cup packed basil leaves
- 1/2 cup toasted walnuts
- 1 garlic clove
- 1/2 cup Parmesan cheese
- 1/3 cup olive oil
- Salt to taste
- Pepper to taste

Directions

- Mix all in a blender or food processor until an even consistency is reached.



Play with Your Food

- You can add more garlic if you would like. You may want to mix it, have a taste and then decide.
- The recipe can easily be doubled.
- You can try different nuts such as pine nuts or macadamias.
- You can try different herbs such as cilantro or parsley.
- Serve over top of pastas, grilled vegetables, and fish. Or turn a piece of French or Pita bread into a pesto pizza. The options are endless but all are delicious.
- Leave out the parmesan cheese for a vegan pesto sauce.

Sauces, Spreads, and Marinades

BBQ Sauce

**Gluten-Free, Vegan*

Nothing is better than some homemade barbeque sauce! Use this sauce on chicken, pulled pork, or even as a sauce on pizza!

You'll Need

- 2 teaspoons olive oil
- 1/4 cup finely chopped onion
- 1 garlic clove
- 3 tablespoons white vinegar
- 1 Tablespoon Worcestershire sauce
- 1/2 cup tomato sauce
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon chili powder (less if you do not want such a kick)
- 1/2 teaspoon chipotle sauce or hot sauce (chipotle sauce will add a smoky flavor)
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon pepper



Directions

- In a sauce pan heat olive oil. Sauté garlic and onion until slightly soft and fragrant and be careful not to burn.
- Next add all additional ingredients. Stir to combine.
- Continue to cook, stirring occasionally on low heat until thickened consistency is reached.

Play with Your Food

- Adjust spice level as you see fit.
- Decrease vinegar amount for a less tangy sauce.
- This sauce will keep for at least 2 1/2 weeks in refrigerator.

Sauces, Spreads, and Marinades

Beer Steak Marinade

* *Gluten-Free*

This recipe provides enough marinade for a 1 lb. sirloin. Beer works as a great tenderizer.

You'll Need

- 1/8 cup soy sauce
- 1 cup dark beer
- 2 tablespoons brown sugar
- 2 teaspoons molasses
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon cayenne



Directions

- Combine marinade ingredients in shallow bowl and add sirloin. Cover and refrigerate for at least 1 hour or up to 24 hours.

Play with Your Food

- Use a teaspoon of powdered ginger if fresh is not available.

Sauces, Spreads, and Marinades

Citrus Marinade

**Vegan, Gluten-Free*

This is a high antioxidant marinade with everything from ginger to orange. It not only tastes great it is a bonus to our health!

You'll Need

- 1/2 cup orange juice
- 2 tablespoons Sherry, dry
- 1 green onion, chopped
- 1/8 teaspoon powdered ginger
- 1/4 cup soy sauce
- 1 garlic clove, minced
- 1 Tablespoon olive oil

Directions

- Combine all ingredients.
- Works well on fish, shrimp and chicken.
 - When marinating seafood, marinate for no longer than a 1/2 hour.

Play with Your Food

Use apple cider vinegar instead of sherry.



Sauces, Spreads, and Marinades

Honey Mustard Chicken Marinade

When it's grilling time, it's marinating time! Many store bought marinades tend to be higher in sugar and contain fake ingredients. Try this easy to make marinade next time you grill chicken.

You'll Need

- $\frac{3}{4}$ cup brown mustard
- 1 cup dry white wine
- $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup honey
- 3 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 teaspoon dried minced onion

Directions

- Combine all ingredients in a medium bowl.
- Pour the marinade over the chicken & let sit in a sealed container.
- Refrigerate for a couple hours turning the container every so often.
- Grill the chicken & enjoy.



Play with Your Food

Experiment with different types of mustards. Spicy mustards work well to.

Sauces, Spreads, and Marinades

Hummus

**Vegan, Gluten-Free*

Hummus can be used as a sandwich spread, a side dish, or even as an appetizer. The sesame seed paste is the key ingredient that gives it its unique flavor.

You'll Need

- 1 1/2 cups cooked chickpeas
- 1/4 water
- 1/4 cup tahini (sesame seed paste)
- 1 1/2 tablespoons lemon juice from a fresh lemon
- 1 1/2 tablespoons extra virgin olive oil
- 1-2 garlic cloves, crushed



Directions

- Place all ingredients in a blender except olive and mix until smooth but thick.
- Put on a plate and decorate with spices, herbs and olive oil.
- Enjoy with raw vegetables such as carrots, celery, and bell pepper or with pita bread or crackers.

Play with Your Food

- Try different spices or herbs to season: cumin powder, dried or fresh parsley, sweet paprika, curry powder.
- When everything is in the blender, try adding some roasted red pepper or sun dried tomato.

Sauces, Spreads, and Marinades

Olive Tapenade

**Vegan, Gluten-Free*

This tapenade works wonderfully as a dip with pita bread or on top of crostini. It also makes a great sandwich spread. Spread it on some bread and top it with some sautéed tomato and mushrooms.

You'll Need

- 2 cloves garlic, peeled
- 1 cup pitted Kalamata olives
- 1 tablespoon capers
- 3 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- 2 tablespoons olive oil

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley, lemon juice, and olive oil.
- Blend until everything is finely chopped.

Play with your Food!

- Try this recipe with chives instead of parsley or just add some chives to the tapenade.
- Try 2 teaspoons of red wine vinegar instead of the lemon juice.



Medwell Kitchen Tested

Sauces, Spreads, and Marinades

Teriyaki Sauce

**Vegan, Gluten-Free*

This is a simple sauce made with ingredients that can be found in your pantry. Make some extra and store it in the fridge for a meal you plan to make the following week.

You'll Need

- 1 garlic clove, crushed
- ½ teaspoon fresh ginger minced
- 2 tablespoons brown sugar
- ½ cup soy sauce
- ½ cup water

Directions

- Mix all ingredients.
- Pour over meat, fish, or poultry. NOTE: Marinate fish for ½ hour. Meat and poultry can marinate longer.

Play with Your Food

Use this sauce in other dishes such as stir fries made with both meats and vegetables.



Sauces, Spreads, and Marinades

Turmeric Garlic Marinade

**Vegan, Gluten-Free*

This meat marinade features the super healthy spice turmeric. You can also give it a try on fish. If you use it on fish, only marinate for about a ½ hour and no longer than 1 hour.

You'll Need

- 1 garlic clove finely minced
- 2 teaspoons garlic powder
- 1 ¼ teaspoon ground turmeric
- 1/8 teaspoon salt
- ½ cup water

Directions

- Mix all ingredients.
- Brush over meat and marinate overnight in the refrigerator.

Play with Your Food

Replace the garlic powder with onion powder or a try a mix of both.



Salad

Caprese Salad

**Gluten-Free, Vegetarian*

A perfect dish to make with tomatoes fresh out of the garden! This salad is refreshing and can be enjoyed as a side or main dish! Or even place it on a baguette to enjoy a caprese sandwich.

You'll Need

- Tomatoes, cut into 1/4-inch thick slices
- 1/2 pound fresh mozzarella 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Olive oil for drizzling
- Salt and pepper'
- Balsamic Vinegar for drizzling



Directions

- Layer basil on plate, top with tomato and cheese slices.
- Drizzle with olive oil, balsamic vinegar, salt and pepper.

Play with Your Food

- Remove the balsamic vinegar from recipe.
- Switch arugula, for the basil.

Salad

Greek Salad

**Vegetarian, Gluten-Free*

Ok three words... YUM, YUM and YUM. Ok so they're the same three words but that pretty much sums it up! YUM! Greek salads are so refreshing and complement a variety of meals so well. In addition, they are quite flexible so add or subtract ingredients based on what you have available. When tomatoes and cucumbers are in season, no doubt about it, it is Greek salad time!

You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into ¼ inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper



Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.

Medwell Kitchen Tested

Tips

Prep portions of the salad ahead of time. Chop the tomato and cucumber in the morning and place in fridge. Then when you come home from work all you need to do is chop the onion and mix together the dressing.

To save time, cook in stages when you can.

Salad

Spinach, Strawberry, Pecan Salad

**Gluten-Free, vegan*

Summertime screams salads! Enjoy this salad to complement some grilled white fish. Switch up the fruit as you see fit.

You'll Need

Salad

- Spinach
- Sliced strawberries

Nuts

- 1 cup sliced, whole or coarsely chopped pecans
- 3 tablespoons sugar

Dressing

- 1/3 cup olive oil
- 2 tablespoons rice vinegar
- Poppy seeds (optional)



Directions

- Stir the sugar, in a large skillet over medium heat until the sugar melts approximately 3 minutes.
- Then mix in the pecans and stir until the syrup evenly coats the nuts.
- Next place the nuts on a piece of parchment paper or foil to cool and with a knife separate the nuts.
- Then mix all ingredients for dressing in a bowl.

To prepare the salad plate some spinach topped with strawberries and candied nuts. Then add a drizzle of dressing.

Note

These nuts can also be stored in an airtight container for up to one month.

Play with Your Food

- Try a different nut
- Use brown sugar instead of white sugar.
- Add other vegetables of choice.
- Do not candy nuts and just serve salad with toasted nuts.
- Choose a different fruit.

Medwell Kitchen Tested

Main Course

Fish in Lemon Coriander Sauce

* *Gluten-Free*

Such a refreshing dish to have in the summer time! Serve with a side salad, rice, and a glass of white wine.

You'll Need

- 2-3 green chilies stems removed and deseeded and chopped
- 2 garlic cloves, minced
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 4 tablespoons chopped fresh cilantro
- 1/2 teaspoon ground coriander seeds
- 1 1/2 pounds halibut or other firm white fish
- 4 tablespoons butter or olive oil
- Lemon Slices



Directions

- Mix the chilies, garlic, salt, lemon juice, cilantro, and coriander and use to marinate the fish for half an hour (no longer than one hour).
- Remove the fish and combine the marinade with the butter or olive oil.
- Grill or broil the fish, basting with the marinade mixture.
- Serve with lemon slices.

Play with Your Food

- Try this marinade with shrimp.
- Try with lime instead of lemon.

Main Course

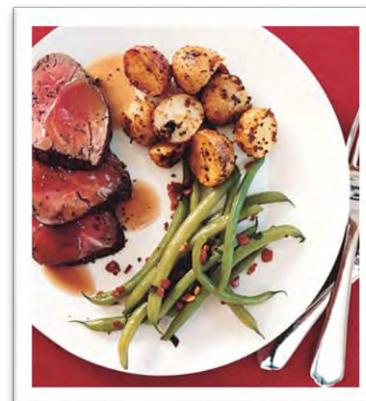
Grilled Beef Tenderloin with Yukon Hobo Packs

* *Gluten-Free*

This recipe seems long, but it's only because there is some explaining that needs to be done regarding the hobo packs. None the less, once you get the hobo pack concept down it's a terrific way to grill all sorts of foods.

You'll Need

- 2 tablespoons black peppercorns
- 1 1/2 tablespoons kosher salt
- 2 tablespoons olive oil
- 1 (2 1/2 lb.) center-cut beef tenderloin roast, trimmed and tied
- 1 1/2 lb. fingerling or baby Yukon Gold potatoes (about 16), halved lengthwise
- 1/2 lb. pearl onions (about 16), blanched in boiling water 1 minute, drained, and peeled
- 12 garlic cloves
- 2 tablespoons minced fresh sage
- 1/4 cup extra-virgin olive oil
- **SPECIAL EQUIPMENT:** 12-inch-wide heavy-duty aluminum foil; a 22 1/2-inch kettle grill with a hinged top rack (if using charcoal); a large chimney starter (if using charcoal); long metal tongs; a 17- by 12 1/2- by 3 1/2-inch disposable aluminum roasting pan (if using charcoal); an instant-read thermometer.



Preparation Directions

- Coarsely crack peppercorns (see note, below). Stir together pepper and salt in a small bowl, then add oil and stir until combined well. Rub spice mixture all over beef.
- Tear off 8 (2-foot-long) sheets of heavy-duty foil. You will make 4 hobo packs using 2 pieces of foil for each (1 for bottom, 1 for top). Mix potatoes, onions, garlic, and sage together and divide evenly onto each bottom piece of foil. Drizzle each with 2 tablespoons of oil and season with salt and pepper. Working with top sheet of foil, fold together the bottom and top piece of foil until it is completely closed.

Directions for charcoal grill:

- Open vents on bottom of grill. Light charcoal (80 to 100 briquettes) in chimney starter. Leave about one quarter of the grill free of charcoal, bank lit charcoal across rest of grill so that coals are about three times higher on opposite side.
- Charcoal fire is medium-hot when you can hold your hand 5 inches above rack over area where coals are piled highest for 3 to 4 seconds. Using long metal tongs, lift up one hinged side of rack and put hobo packs, folded sides down, on portion of bottom rack with no coals on it. (One side of packages will be in direct contact with coals.) Cook hobo packs, turning a quarter turn with tongs every 15 minutes, 45 minutes total.

- While hobo packs are cooking, sear beef on lightly oiled grill rack directly over hottest part of coals, uncovered, turning occasionally and, if necessary, moving around grill to avoid flare-ups, until well browned, 12 to 15 minutes total. Move beef to coolest part of grill, then cover with inverted roasting pan and grill, turning occasionally, until thermometer inserted diagonally into center registers 120°F for medium-rare, about 10 minutes. Transfer beef to a cutting board and let stand, loosely covered with foil, 15 minutes.

Directions for Gas Grill:

- Preheat all burners on high and covered for 10 minutes. Reduce heat to moderately low on 2 burners if your grill has 3 (or 1 burner if your grill has 2). Place hobo packs, folded sides down, on low burner side covered with lid for approximately 40 minutes.
- Meanwhile, sear beef on lightly oiled grill rack over remaining burner that is set on high. Close grill lid and turn meat over occasionally, until well browned for about 12 to 15 minutes. Reduce heat to moderate, close lid, and cook beef about 10 minutes, turning occasionally, until a thermometer inserted diagonally into center registers 120°F for medium-rare. Transfer beef to a cutting board and let stand, loosely covered with foil, 15 minutes.

Main Course

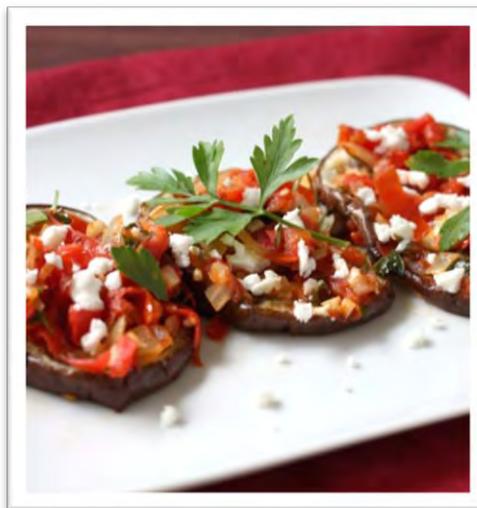
Grilled Eggplant with Feta Cheese

**Gluten-Free, Vegetarian*

It's time to light up the grill and enjoy that outside summer breeze! This recipe is something you will enjoy making time and time again. This can work as a main dish, side, or an appetizer.

You'll Need

- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh oregano leaves, chopped
- 2 medium eggplants
- 1/2 teaspoon salt and a couple of extra pinches
- 1/4 teaspoon freshly ground pepper
- 1/4 cup crumbled feta cheese
- 1 medium tomato, diced



Directions

- Cut eggplant into 1/4 inch circles and sprinkle each with a 1/4 teaspoon salt.
- In a bowl, combine 2 tablespoons olive oil, feta cheese, tomatoes, and oregano.
- Brush eggplant with remaining olive oil (use more if necessary) and add pepper. Place the eggplant on a hot grill, cover and let cook for 5 minutes before turning over.
- Let cook for another 3 to 4 minutes or until tender and/or browned.
- Transfer eggplant to a platter and cover with feta cheese mixture.

Play with Your Food

- Use basil or parsley instead of oregano.
- Try with crumbled goat cheese or parmesan.

\

Main Course

The Last Lasagna

This lasagna could get the trump card. The use of spicy Italian sausage and red wine takes this lasagna to the next level.

For the Sauce You'll Need:

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

For the Ricotta Cheese Mix You'll Need:

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano

For the Lasagna You'll Need:

- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

Directions

- Preheat the oven to 350.

Make the Sauce:

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's browned, add the whole tomatoes and tomato sauce right into the frying pan. Cut the tomatoes into bite-sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.
- While the sauce is bubbling its way into its various stages of perfection, continue below.



The Last Lasagna Continued...

recipe continued on next page...

Make the Ricotta Mix:

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.

Prepare Noodles

- Boil 12 lasagna noodles in a pot of salty water and a splash of olive oil.
- Drain when done.

In a Standard Lasagna Pan

- Place a layer of pasta on bottom of baking dish.
- Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix.
- Sprinkle a third of the mozzarella onto the sauce.
- Repeat the process for the remaining ingredients.

Into the Oven

- Bake for 45 minutes – you'll smell it when it is getting close.
- When it's crisping a bit on the top and bubbling up on the sides pull it out.
- Allow another 30 minutes for it to cool and set.

Play with Your Food

- Try using a red onion or a sweet onion.
- Try using ground beef instead of sausage.

Medwell Kitchen Tested

Faux Food Equivalent:

Marie Callender's Meat Lasagna

Ingredients: Tomatoes (water, tomato paste), lasagna pasta (water, enriched semolina), ricotta cheese (pasteurized whey, milk, cream), seasoned cooked beef (beef, seasoning [flavorings, salt, spices, dextrose], tomato paste, salt, soybean oil), premium pizza cheese (part skim mozzarella [pasteurized part skim milk, cheese cultures, whey protein concentrate, enzymes]), Parmesan and Romano cheese, part-skim milk, cheese culture, salt, enzymes, cellulose powder [to prevent caking], garlic (contains citric acid), carrots, celery, seasoning (salt, dextrose, sugar, spice, spice extractives, disodium inosinate, and disodium guanylate [flavor enhancer], tri-calcium phosphate and soybean oil), garlic (contains citric acid), onions, heavy whipping cream, sugar, salt, bread crumb (wheat flour, sugar, partially hydrogenated soybean oil, salt, yeast, and calcium propionate), spices, modified food starch, dried egg whites.

Main Course

Lemon Basil Shrimp Pasta

Fresh basil really takes this dish to the next level. You can use dried basil, however when fresh is available take advantage of it.

You'll Need

- 8 ounces uncooked spaghetti
- 1 pound peeled and deveined large shrimp, cooked
- 1 garlic clove, crushed
- 1/4 cup chopped fresh basil
- 2 tablespoons drained capers
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 2 cups baby spinach

Directions

- Cook pasta.
- When pasta is done, stir in all other ingredients.

Play with Your Food

- Replace the capers with olives of choice.
- Lightly sauté spinach.
- Choose a different type of pasta.
- Add more garlic.



Main Course

Pizza on the Grill

**Vegetarian*

A summer favorite in our household! We make it with olives, red peppers, and tomatoes seasoned with olive oil and garlic powder. It may take a time or two to get this recipe just right, but you'll love it!!

You'll Need

- 1 package active dry yeast (2 1/4 teaspoons)
- 1 cup warm water
- 1/2 teaspoon sugar
- 1 1/2 teaspoons salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- Toppings of choice for pizza
- Garlic powder
- Pepper
- Mozzarella cheese

Directions:

- In a large bowl, dissolve the yeast in the warm water and mix in the sugar. Let sit until it becomes frothy.
- Mix in the salt, olive oil, and flour until the dough is in the form of a ball and is not sticking to the sides of the bowl. On a lightly floured surface, knead the dough until smooth. Add more water or flour as needed.
- Place the dough in an olive-oil greased bowl and cover with a damp cloth. Set aside and let it rise until the size has doubled (approximately 1 hour). Then punch down the dough and knead for approximately 5 to 7 minutes and let rise again until doubled.
- Heat the grill up to high heat. While grill is heating, get the dough out again, punch it down, and divide the dough in half. Form 1/2 inch thick rectangular size shapes. Brush the dough with olive oil, garlic, and pepper. Place olive oil side down on grill. The dough will tend to puff up. Carefully watch for the bottom crust to become lightly browned and remove from heat. Brush uncooked side olive oil, garlic, and pepper and flip so cooked side is up. On cooked side, top it with the toppings you chose and cheese. NOTE: Be careful not to top it too much as you do not want the pizza to become too heavy.
- Lower the heat on the grill and place pizza back on it. Close the lid and cook for a few minutes checking to see when cheese is melted and bottom is browned.

Play with Your Food

- Experiment with various toppings.
- Make personal size pizzas and let people choose their own toppings.



Dessert

Banana Popsicle

**Vegetarian, Gluten-Free*

This is a wonderful dessert for a child to help prepare. It is also a fun treat to serve when entertaining. Consider cutting larger bananas in half.

You'll Need

- Bananas
- Chocolate sauce (see Chocolate Sauce recipe)
- Chopped nuts of choice
- Popsicle sticks

Directions

- Peel bananas.
- Insert popsicle stick into banana, cover, and freeze.
- Dip frozen bananas in chocolate sauce (see recipe) and roll in nuts.
- Freeze again to allow chocolate to harden.



Dessert

Chocolate Sauce

**Vegan, Gluten-Free*

This chocolate sauce can be used for almost anything. Use it as a dip for fresh fruits or a topping for vanilla ice cream. It's a perfect dessert addition when entertaining.

You'll Need

- ½ cup sugar
- ¼ teaspoon salt
- ¼ cup unsweetened cocoa powder
- ½ cup water
- 2 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped

Directions

- Whisk sugar, salt, and cocoa powder in a small heavy saucepan to blend. Whisk in water. Add chopped chocolate. Stir over medium heat until chocolate melts and mixture is smooth and begins to simmer, about 5 minutes.
- Let slightly cool before dipping.
- Any unused chocolate can be refrigerated and reheated before using again.

Play With Your Food

Add a pinch of cinnamon to the sauce.



Dessert

Frozen Fruit Popsicle

**Vegetarian, Gluten-Free*

Make your own popsicles and enjoy the taste of the fruit instead of consuming unnecessary amounts of added sugar.

You'll Need

- 1 cup bananas, mashed
- 9 ounces frozen strawberries
- Approximately 14 ounces crushed pineapple
- 2/3 cup evaporated milk

Directions

- Blend in blender and put in Popsicle molds.
- Freeze well.

Play With Your Food

Substitute the strawberries with a different frozen fruit.



Dessert

Vanilla Popsicle

**Vegetarian, Gluten-Free*

This basic recipe is the perfect dessert for adults and kids alike! It's also great activity for the children to be involved in too!

You'll Need

- 2 cups milk
- 1 ½ tablespoons sugar
- 1 tablespoon vanilla

Directions

- Mix all ingredients until sugar is dissolved.
- Pour into popsicle molds.
- Freeze until solid (approximately 4 hours).

Play With Your Food

Try making your own vanilla extract from a vanilla bean. Use the extract in the popsicle.

