

FLAVOURS OF SUMMER



Weird and Wonderful

Summer brings a bounty of fresh produce to enjoy. Strawberries, peaches, tomatoes, and cucumbers... the list is almost endless. There are some summer fruits and veggies that aren't your typical choices in the kitchen. A trip to the grocery store gives you access to many *weird and wonderful* options that you may be overlooking. Be adventurous with your cooking and add something different to your summer menu!

Strawberry Dragon Fruit Popsicles

Ingredients

- 1 dragon fruit
- ½ cup strawberries
- 2 bananas
- 1 tbsp honey or maple syrup
- ½ cup Greek yogurt or coconut milk
- ½ tsp vanilla extract

Instructions

Add all ingredients to a blender and blend until smooth. Fill popsicle molds and place in the freezer until fully set (about 5 hours).



letseatcake.com/strawberry-dragon-fruit-popsicles/

Rockin' Summer Radish Salad

Ingredients

- 1 bunch radishes, rinsed and thinly sliced
- 1 English cucumber, peeled and diced
- 1 orange, sectioned and diced
- 2 thin slices of sweet onion, minced
- 2 tbsp fresh mint, finely chopped
- 3 tbsp olive oil
- 1 tsp salt
- 3 tbsp apple cider vinegar
- 1 tbsp honey, warmed to thin
- Black pepper, to taste

Instructions

In a large bowl, combine radishes, cucumbers, orange, onion, and mint. Add oil, vinegar, honey, salt, and pepper, and toss until well-coated. Enjoy immediately.



dailywaffle.com/2016/05/31/i-dont-even-like-radishes-salad/

Eggplant Pizza Bites

Ingredients

1 eggplant, cut into ½ inch slices
1 tbsp olive oil
½ tsp garlic powder
½ tsp Italian seasoning
1 cup marinara sauce
1 cup shredded mozzarella or feta
Salt and pepper, to taste
Additional toppings of your choice

Instructions

Preheat oven to 450 degrees. Brush eggplant with oil and sprinkle with seasonings. Place slices in a single layer on a baking sheet and bake for 12-15 minutes or until tender and beginning to brown. Remove and top with marinara and cheese – add other toppings if you'd like! Return to oven and bake for another 4-6 minutes. Enjoy!



slenderkitchen.com/recipe/eggplant-pizza-bites

Chile-Lemon Purple Sweet Potato Fries

Ingredients

2 lbs purple sweet potatoes
¼ cup olive oil
2 tsp chile powder
1 tsp brown sugar
½ tsp salt
2 ½ tbsp fresh lemon juice
Black pepper, to taste

Instructions

Preheat oven to 425 degrees. In a bowl, mix oil, lemon juice, chile powder, brown sugar, salt, and pepper. Wash potatoes and dry well (peel them if you wish). Cut potatoes into ¼-inch sticks and spread them evenly on a baking sheet. Drizzle with oil mixture and use your hands to ensure they are coated. Bake for 15-20 minutes, flip, and continue baking for another 15 minutes.



cookingontheweekends.com/chile-lemon-roasted-purple-sweet-potato-fries/