

## **Last Blast of Summer – Camerota’s Cupboard—September 2010**

This month’s 4 recipes feature fresh fruit, one of the blessings of summer. They are all easy to prepare, healthy, and taste of summer fun. Happy Labor Day Weekend, Everybody!

The “Sports Drink” for Everyone

### Honeydew-Kiwi Smoothies

This great smoothie recipe from AICR (American Institute for Cancer Research) provides instant electrolyte replenishment and is an excellent source of vitamin C and potassium. Everyone will want a sip of this warm-weather staple.

Honeydew Kiwi Smoothie

- \* 2 cups cubed honeydew melon, frozen or well chilled
- \* 1 ripe kiwi
- \* 2 Tbsp. fresh lime juice
- \* 1 Tbsp. agave nectar (or honey)
- \* 2 mint sprigs, optional, for garnish

In blender, whirl melon, kiwi, lime juice and nectar until smoothly blended. If using frozen melon, divide smoothie between 2 tall, narrow glasses. If using chilled melon, pour smoothie into glasses filled with ice cubes. Garnish each glass with mint sprig, if desired, and serve immediately.

Makes 2 servings.

Per serving: 120 calories, 0 g. total fat (0g. saturated fat), 32 g. carbohydrate, 2 g. protein, 3 g. dietary fiber, 35 mg. sodium.

### Berry Vinaigrette Salad Dressing

This recipe comes from the book, *More Nutritious Still Delicious*, edited by Suzanne Hopper, Med, RD, LD and Lauren Niemes, Med, RD, LD for The Nutrition Council of Greater Cincinnati. Lauren, who is the Executive Director of the Council, was our speaker at the July PCNG meeting. The copies she brought sold out quickly. I’ll regularly include one of its recipes, but you many want to buy your own for \$20 plus \$5 per copy postage and handling from the Nutrition Council.

- 1 cup strawberries (about 6 large, thaw if frozen)
- 1 tablespoon balsamic vinegar
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon granulated sugar
- 1/4 teaspoon salt
- 2 tablespoons canola oil

1. Place berries, vinegar, pepper, sugar and salt in a blender or food processor; process until pureed.

2. Add oil and process until smooth.

Makes about 12 tablespoons (3/4 cup)

Nutrition information per (1 tablespoon):

27 calories; 0 gm protein; 1 gm carbohydrate; 0 gm dietary fiber; 2 gm fat; 0 gm saturated fat; 50 mg sodium

Jan Golan's Fruit Smoothie (Thank you, Jan!)

My smoothie recipe calls for a large container of acidophilus vanilla low-fat yogurt combined with any variety of frozen un-sweetened fruit. Mix in blender to smooth consistency. Sweeten to taste.

### Watermelon and Arugula Salad

When I was a little girl, watermelon was a real and rare treat. My mother, who made sure we ate lots of vegetables, might have thought that it tasted too delicious to be good for you. Little did we know that watermelon is full of nutrients. Recently I had a sample of a similar salad at Trader Joe's. When I asked if I could use the recipe for this column, the woman handing out samples suggested I check out its many variations on the Internet. Here is my adaptation.

1 cup watermelon, cut in 1 inch cubes

2 oz. crumbled feta cheese

2 slices red onion

2 TBSP balsamic vinegar

½ tsp ground black pepper to taste

2 TBSP extra virgin olive oil

2 cups arugula

3 TBSP toasted sliced almonds

salt to taste

Put watermelon, cheese, onion, vinegar and pepper in a bowl to marinate in the refrigerator for 15 minutes. Add olive oil, arugula, salt and toss.

Sprinkle with almonds.

Serves 2

Nutrition Analysis per serving: 290 calories, 7 grams protein, 15 grams carbohydrate, 24 grams fat, 6.5 grams saturated fat, 14 grams monounsaturated fat, 25 mg cholesterol, 329 mg sodium (with no added salt), 210 mg calcium.

(Includes ¼ tsp. salt)

(no salt added)