



## The Dreyer Sheets

Week 12: Aug 3rd & 6th

BAM: Nectarines, Pickles, Corn, Lettuce, Tomatoes, Beets, Garlic Scapes

Small: Melon, Nectarines, Corn, Lettuce, Tomatoes, Beets, Garlic Scapes

Medium: Melon, Nectarines, Pickles, Corn, Lettuce, Tomatoes, Beets, Garlic Scapes

Market Box: Melon, Nectarines, Pickles, Corn, Lettuce, Tomatoes, Beets, Garlic Scapes, Griggstown Chicken Pieces

### Wellness Tip: August Challenge

Here we are at the start of another month - a great time to challenge yourself. Is there something you have been wanting to try or a goal you have thought about but haven't committed to? Now is the time. Grab a friend and get started.

\*Maybe it's 21 days of exercising in the 31 days of August.

\*Maybe it's 25 days of doing 25 burpees.

\*Maybe it's running xx miles by the end of the month - you have the next 31 days to work towards it.

\*Maybe it's starting a meditation practice - sitting for at least 5 minutes per day.

\*Maybe it's reading a book you have had on your nightstand waiting to find time to start.

\*Maybe it's disconnecting from social media or setting a time limit on scrolling.

Sometimes the smallest step in the right direction ends up being the biggest step of your life.

## Balsamic Glazed Veggie Kebabs - by Sheela Prakash

### INGREDIENTS

- 1/2 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1/8 teaspoon kosher salt, plus more for seasoning
- Freshly ground black pepper
- 2 pounds mixed vegetables (such as eggplant, bell peppers, zucchini, red onion, tomatoes), cut into 1-inch chunks
- 2 tablespoons olive oil
- 16 (9- to 10-inch) skewers, soaked in water if wooden

### INSTRUCTIONS

1. Place the vinegar, mustard, garlic, 1/8 teaspoon salt, and a few grinds of pepper in a small saucepan and bring to a simmer over medium heat. Simmer, stirring occasionally, until thickened and reduced slightly, about 5 minutes. Remove from the heat.
2. Prepare a grill for medium-high heat cooking. While the grill is heating, place the vegetables and oil in a large bowl, season with salt and pepper in a large bowl, and toss to combine. Thread the vegetables onto the skewers.
3. Put the kebabs on the grill and cook undisturbed until grill marks appear on the vegetables, about 2 minutes. Using tongs, flip the skewers, and grill 2 minutes more.
4. Brush the vegetables with the balsamic glaze. Reduce the heat to medium (or move the vegetables to a cooler part of the grill). Flip the skewers every minute or so, brushing the vegetables with the glaze each time you flip them. Grill until the vegetables are cooked through and lightly charred, 10 to 15 minutes total. Brush the vegetables once more with glaze before serving.

## Avocado Corn Salad - ifoodreal

### Ingredients

- 3 ears of corn 2 cups corn kernels
- 1 lb mini cucumbers or 1 large English cucumber sliced
- 1 lb grape/cherry tomatoes cut in halves or regular size, chopped
- 3 medium-large avocados cubed
- 3 green onion sprigs finely chopped
- 1 lime zest and juice of
- 2 tbsp olive oil extra virgin
- 1/2 tsp salt
- Ground black pepper to taste

## Instructions

1. To cook corn:
2. °Grill: Remove corn from the husk and grill on medium heat for 20 mins or so, turning every 5 mins.
3. °Instant Pot corn – so easy!!!
4. °Microwave: Remove the end and microwave with husk on for 4 minutes. After you can pick it up by the end and it will slide out of the husk.
5. °Frozen corn: Place in a colander into a bowl with hot water for a few minutes and then drain thoroughly.
6. To remove cooked corn kernels off the cob, hold cob vertically with narrow tip down on a cutting board and using a chef's knife cut them off in "stripes".
7. In a large salad bowl, add corn, cucumber, tomato, avocado, green onion, lime zest and juice, olive oil, salt and pepper.
8. Stir gently and serve cold with salmon or chicken.

Store: Refrigerate covered for up to 1 day.

Make Ahead: Add all ingredients, except avocado, to a bowl. Cover and refrigerate for up to 24 hours. Add diced avocado and stir right before serving.

## Cucumber Tomato Salad - Immaculate Bites

### Ingredients

- 2 tablespoon vinegar or lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon minced garlic
- 2 tablespoons granulated sugar
- 1/4 teaspoon onion powder
- 1/2 tablespoon poppy seeds
- 3 tablespoon extra light olive oil
- 1 teaspoon fresh ground black pepper
- 2 cups tomatoes , *quartered and cut in half*
- 2 medium cucumbers, sliced and half
- ½ small red onion , *sliced thin*
- 1 large avocado , *peeled , seeded and diced large (optional)*

### Instructions

1. In a small bowl, whisk together: vinegar, dijon mustard , garlic , sugar , onion powder, poppy seeds, salt and pepper and olive oil until fully combined.
2. In another bowl, mix sliced tomatoes , cucumber, onions and avocados.
3. Pour the dressing over the salad and toss to coat. Serve immediately.

## Homemade Hummus with Garlic Scapes - A Dish of Family Life

### Ingredients

- 3 15.5 oz cans chickpeas, drained and rinsed
- 1/3 cup garlic scapes, chopped
- 3/4 cup tahini
- 3/4 cup lemon juice, freshly squeezed
- 1/4 cup water
- 1/4 cup extra virgin olive oil
- 1 1/2 teaspoons cumin
- 1 teaspoon sea salt

### Instructions

1. In a food processor, chop garlic scapes
2. Combine chickpeas, tahini, and lemon juice with garlic scapes, and process.
3. Your mixture will be fairly thick. Add water and process again.
4. Slowly add olive oil while continuing to blend.
5. Add cumin and sea salt, and blend one more time.

### Storage Tips

Melons (Canary, Honeydew, Cantaloupe, Watermelon): Store uncut melons at room temperature. Once cut, will last in the refrigerator for 2-3 days.

Tomatoes: Keep tomatoes at room temperature. Do not refrigerate as it will make the tomatoes mealy and flavorless. Keep on the counter until ready to eat.

Beets (Red, Golden, and Watermelon): Keep beets refrigerated. Store unwashed beets with the tops on. Do not cut until ready to use. Once you cut the tops, use immediately. Can be sautéed similar to spinach or chard. Both the beets and beet greens are edible.

Cucumbers: Always store in the fridge, unwashed. They will keep for several days.

