



Made From Scratch Monthly

Summer Social

Summertime social outings means potluck season is here! When deciding what to bring to your next gathering, why not try something new? Here are a few ideas to get you started.

Baba Ghanoush (Roasted Eggplant Dip)

1 large purple globe eggplant	Garnish (optional)
1 1/2 tbsp tahini	1-2 tbsp olive oil
1 clove garlic, minced	Cayenne pepper or
1 tbsp lemon juice	paprika
Salt & pepper to taste	Parsley leaves

1. Grill or char on stovetop the whole eggplant until its skin is very charred and flakey, turning about every other minute.
2. Let eggplant cool, cut in half the long way, and scoop out the flesh. Discard the skin.
3. Put cooked eggplant, tahini, minced garlic and lemon juice in food processor or blender. Pulse it a few times making sure it is not over blended. You want it to be a similar consistency as hummus.
4. Transfer into a serving bowl and garnish. Serve chilled with pita bread, carrots and celery.



Palak Pakora (Crispy Spinach Fritters)

2 cups packed fresh spinach, roughly chopped
1 cup besan gram flour
2 tbsp corn starch
2 tsp chili flakes, adjust to taste
2 tsp coriander crushed
1/2 tsp mango powder
1/2 tsp cumin seeds
1/2 tsp salt
1/8 tsp asafetida
1 tsp oil



1. Combine spinach, besan, corn starch, chili flakes, coriander, mango powder, cumin seeds, salt, and asafetida in a bowl. Mix it well.
2. Add water, as needed, to make a sticky dough.
3. Heat at least one inch of oil in a frying pan over medium high heat. To test, put a drop of batter in the oil. The batter should come up slowly.
4. Oil your palm lightly and form patties (not too thin), using about 2 tablespoons of dough per patty. Place patties on a greased plate.
5. Slowly drop patties into oil, but do not overlap. Fry the pakoras, three to four minutes per batch, turning occasionally, until both sides are golden brown.
6. Repeat this process for the remaining batches.
7. Enjoy hot with a sweet and sour chutney to dip in.

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Recipe of the Month

Fennel, Citrus & Roasted Beet Salad

- 4 small to medium red beets
- 4 tbsp extra-virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp champagne vinegar or cider vinegar
- 1 tbsp finely chopped cilantro, plus whole leaves and flowers or fennel fronds for garnish
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1 medium pink or red grapefruit
- 1 medium navel orange
- 1 medium bulb fennel, cored and thinly sliced
- 2 tbsp chopped pistachios



1. Preheat oven to 400°F.
2. Wrap beets in foil and bake until tender when pierced with a knife, 40 minutes to 1 hour. When cool enough to handle, peel, trim and cut into wedges.
3. Whisk oil, mustard, vinegar, chopped cilantro, salt and pepper in a large bowl. Slice both ends off grapefruit. With a sharp knife, remove the peel and white pith; discard. Working over the bowl, cut the segments from their surrounding membranes (discard membranes). Repeat with orange. Add fennel and the beets. Toss to coat.
4. Let stand for 15 minutes. Serve topped with pistachios and cilantro leaves and flowers or fennel fronds, if desired.

Tip: Foodsmart has an entire category of recipes called '*In Season*'!

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