

Cool Food for Hot Days and Nights

Lighter dishes that are easy to make, too

✕ Cool Cauliflower Salad ✕



Fresh dishes on a hot day taste marvelous. Replace that traditional coleslaw, which may be loaded with mayonnaise, for something healthier. Start with some fresh cauliflower from the garden, farmers' market or your local grocer. We commonly eat cauliflower steamed and served warm, but it is also great chilled.

The celery adds a crisp quality to the dish. Properly stored,

celery keeps well - put unwashed celery in a plastic bag in the fridge and it keeps for as long as 7 to 10 days. Rinse celery right before using and trim the leaves and base.

Then top the cauliflower and celery with a delightful dressing. The vinegar and lemon combine to provide just the right tartness. The mustard further enhances the taste with a bit of zest. The garlic and herbs complete the flavor. A dash of red pepper adds a little heat to the mix. Experiment to suit your taste. Serve this salad chilled.

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| 1 medium head cauliflower, broken into florets | 1 tsp. Dijon mustard |
| ½ cup celery, sliced into ½ inch pieces | 1 Tbsp. extra virgin olive oil |
| ¼ cup of water | 2 cloves garlic, minced |
| 1 Tbsp. red wine vinegar | ½ tsp. Italian seasoning |
| 1 Tbsp. lemon juice | 1/8 tsp. red pepper flakes |
| | Salt and freshly ground black pepper |

Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.

In small mixing bowl, combine remaining ingredients. Whisk together to mix well. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.

Cover and chill 2 or more hours. Serve chilled.

Makes 6 servings. Per serving: 50 calories, 2.5 g total fat (0 g saturated fat), 6 g carbohydrate, 2 g protein, 2 g dietary fiber, 55 mg sodium.

✕ Papaya Salsa with Jicama Chips ✕

With just a little chopping and whisking you can whip up a colorful, fresh and fruity version of ever-popular salsa. Pair with sweet and crunchy jicama for a refreshing appetizer that also packs a cancer protective punch with nutrients like vitamin C, carotenoids and fiber.



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| 2 cups diced papaya | 1/2 tsp. sea salt, or table salt |
| 2/3 cup chopped plum tomato, seeded | Freshly ground black pepper |
| 1/2 cup chopped English cucumber | 1 medium jicama |
| 1/4 cup finely chopped red onion | 1/3 cup chopped cilantro |
| 1 serrano or jalapeno pepper, seeded and finely chopped | |
| 2 Tbsp. fresh lime juice | |
| 1/4 tsp. ground cumin | |

In mixing bowl, combine papaya, tomatoes, cucumber, onion and chile pepper to make the salsa. Toss gently with fork. In small bowl, whisk lime juice and cumin with sea salt and 3-4 grinds pepper until salt dissolves. Pour over salsa and toss to combine. Set aside.

Meanwhile, use paring knife to peel brown skin from jicama and cut away fibrous layer beneath it. Cut a thin slice off bottom and stand jicama on work surface. Using large knife, cut jicama vertically into 1/8- to 1/4-inch slices. Stack oval slices, including uneven ones, and halve vertically. Cut slices into 2- to 3-inch pieces. Store sliced jicama in a bowl of water in the refrigerator for up to 8 hours if not serving immediately. Drain and pat dry before using.

Just before serving, mix cilantro into salsa. Spoon salsa into serving bowl in center of serving plate. Arrange sliced jicama around it to use as dippers.

Makes 4 servings. Per serving: 105 calories, 25 g carbohydrate, 2 g protein, 10 g dietary fiber, 304 mg sodium.

✕ Chilled Fruit Soup with Character ✕



Cool and refreshing, fruit soup sounds so appealing. But in the bowl, most fruit soups turn out to be too sweet, too thin, or - when made with a wine base - too boozy.

Here's a velvety version—a purée with body made with melons that are full of sunny flavor. The recipe includes grapes, strawberries and apples too. Sounds like a fruit bowl, but together, this quartet, sharpened with a splash of lemon, creates a taste that is appealingly tropical. Describing

it, pineapple comes to mind, a nice surprise given the soup's pink-peach color.

To keep it a quickly prepared dish, buy cubed melon and frozen strawberries. Along with saving work, the frozen berries cost less. Use the savings and buy fresh raspberries and blueberries to garnish the soup and add textural contrast.

This soup keeps for a few days, though it probably will not last that long since it can also be sipped like a light smoothie. If it separates, shake the soup in a jar or whisk it vigorously quickly to bring it back together.

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| 2½ cups diced ripe cantaloupe, about ½ melon | ¼ cup sugar |
| 2 Braeburn or Gala apples, peeled, cored and diced | 2 Tbsp. fresh lemon juice |
| 1 cup green grapes | 1 cup fresh blueberries, for garnish |
| ½ lb. strawberries, halved, or ½ of 10 oz. package frozen strawberries | 1 cup fresh raspberries, for garnish |
| | 12 mint leaves, cut crosswise into thin strips for garnish |

In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.

Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.

Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.

Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.

Makes 6 servings. Per serving: 140 calories, 0.5 g total fat (0 g saturated fat), 36 g carbohydrate, 2 g protein, 5 g dietary fiber, 15 mg sodium.

✕ Fresh Cherry & Corn Salad ✕

This seasonal salad boasts a pound of bright cherries. This colorful fruit is a good source of fiber, vitamin C and natural antioxidants called anthocyanins. They pair perfectly with the natural sweetness of corn and mild flavor of leafy greens like arugula.



Dressing Ingredients

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| 1/2 medium shallot, finely chopped | |
| 3 cloves garlic, minced | |
| 1/4 cup extra virgin olive oil | |
| 1/4 cup balsamic vinegar | |
| Salt and freshly ground black or white pepper to taste | |

Salad Ingredients

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| 5 ounces baby arugula or baby spinach | 3/4 cup feta cheese |
| 4 ears cooked fresh corn, kernels sliced off cob | 1 lb. fresh dark cherries, pitted, sliced in half |
| 1/2 cup finely sliced red onion | |

In small mixing bowl, combine all dressing ingredients. Whisk well.

In large salad bowl combine arugula, corn and onion. Drizzle with dressing and toss to coat.

Arrange salad on individual dishes and sprinkle with feta. Top with cherries and serve.

Makes 8 servings. Per serving: 215 calories, 10 g total fat (3 g saturated fat), 29 g carbohydrate, 6 g protein, 3 g dietary fiber, 167 mg sodium.

SOURCE: The American Institute for Cancer Research