# The Best Mojito

|  |  |
| --- | --- |
| ***Get Vocal About Local…*** | **Wightmans Farms 2016 CSA – Week 7 6/28** |
| FARMFRESH |  |
|  | **Blueberries/Raspberries/Green Beans/Squash/Pickles/Lettuce/Kale/Mint/Arugula/Swiss Chard-Fanatics Only** |

Recipe from: Created by Cathy Pollak for NoblePig.com | Serves: 1

Ingredients

* 8 leaves fresh mint
* 3 slices of lime, halved, divided
* 1-1/2 Tablespoons ultrafine baker's sugar (on the baking aisle in a carton)
* 1.75 ounces Bacardi Superior rum
* 0.5 ounces Cointreau
* chipped ice
* San Pellegrino sparkling mineral water
* lime and mint for garnish

Directions

* In a tall, 12 oz glass, add mint leaves, 2 slices of lime (that have been halved) and sugar. Using a muddling tool, muddle ingredients in the bottom of the glass for seven turns to release the flavor and juices. Do not over muddle. Add one more slice of lime (halved) and fill the glass to the top with chipped ice.
* Pour Bacardi and Cointreau over ice and fill to the top with San Pellegrino. Serve with a regular sized straw, using it to release more of the mint flavor and dissolve the sugar on the bottom of the glass.

**Blueberry Cobbler**

*Food.com*

Servings 8

Ingredients:

* 1 1⁄4cups [all-purpose flour](http://www.food.com/about/flour-64)
* 1⁄2cup [sugar](http://www.food.com/about/sugar-139)
* 1⁄4teaspoon [salt](http://www.food.com/about/salt-359)
* 1 1⁄2teaspoons [baking powder](http://www.food.com/about/baking-powder-6)
* 3⁄4cup whole milk
* 1⁄3cup [butter](http://www.food.com/about/butter-141), melted
* 2cups [fresh blueberries](http://www.food.com/about/blueberry-67)
* 1⁄3cup [sugar](http://www.food.com/about/sugar-139)
* 1teaspoon [vanilla extract](http://www.food.com/about/vanilla-350)

DIRECTIONS

1. Add flour, 1/2 cup sugar, salt, and baking powder to a mixing bowl; stir to combine.
2. Add in milk and butter; stir to combine.
3. Spread batter into a greased 8-inch square baking pan.
4. Sprinkle blueberries evenly over batter.
5. Sprinkle with 1/3 cup sugar and drizzle with vanilla.
6. Bake at 350° for 40-45 minutes or until a pick comes out clean.
7. Can serve plain or with ice cream on top.

**INGREDIENTS**

¼ cup fresh blueberries
6 fresh mint leaves, torn
1½ oz Stoli Blueberry Vodka
2 tbsp fresh lime juice
1 tbsp simple syrup
7UP or Sprite, to top up

Fresh blueberries, for garnish
Fresh mint, for garnish

**DIRECTIONS**

Using a tall glass, muddle blueberries and torn mint leaves. Fill the glass halfway with ice cubes and stir in Blueberry Vodka, lime juice and simple syrup. Top up glass with 7UP or Sprite. Stir well and garnish with blueberries and mint.

**Rainbow Swiss Chard Salad with Almonds, Roquefort and Blueberries**

The fragrant sweetness of the blueberries tame the pungent nature of Roquefort cheese, and the almonds add a nutty bent and a good crunch.

Author: Jessica Dang

Serves: 1

**Ingredients**

* 4 large leaves of rainbow swiss chard (doesn’t have to be rainbow)
* A small handful of roasted almonds, chopped
* 2 tablespoons of Roquefort cheese, crumbled
* A handful of blueberries

**Instructions**

1. Clean the rainbow swiss chard leaves and pat dry. Tear them up into smaller pieces. Place in a bowl.
2. Add the almonds, Roquefort cheese crumbles, and blueberries. Toss.
3. Drizzle with a simple balsamic vinaigrette.

**Dr. Oz Swimsuit Cleanse Smoothie**

Ingredients
1 cup fat-free plain Greek yogurt
Zest of one whole orange
1 whole seedless orange, quartered (including the flesh, sections and pith)
1/2 banana sliced
1 Italian plum, pitted (or regular plum)
Juice of whole lemon
3 large Swiss chard leaves, deribbed

Blend and Enjoy

Serves 1

**Dr. Oz Menopause Fat Blasting Smoothie**

**Ingredients**

* 1 cup swiss chard
* 1 cup green tea
* 1/2 cup blueberries
* 2 brazil nuts
* 1 tbsp flaxseeds

**Directions**

Blend all ingredients together until you achieve the desired consistency.

Serves 1

QUICK & CLEAN: HEALTHYFOOD WITH MICHELLE

**Zucchini, green bean and mint risotto**

SERVES 2

1 cup reduced-salt chicken or vegetable stock

1 tbsp olive oil

1 onion, finely chopped

½ cup arborio rice

2 zucchinis, cut into batons

100g green beans, trimmed, cut into 3cm lengths

¼ cup grated parmesan

2 tbsp shredded mint

4 handfuls rocket

freshly ground black pepper

**Instructions:**

Place stock and 2 cups of water in a medium saucepan and bring to a simmer over medium heat.

Heat olive oil in a large, heavy-based saucepan over medium heat, then add onion and cook, stirring, for 5 minutes or until softened. Add rice and stir to coat with oil. Add a ladle of simmering stock and cook over medium heat, stirring, until stock has been absorbed. Continue for 10 minutes, stirring constantly, and add further ladles of stock as each is absorbed. Add zucchini and beans. Continue adding stock, a ladle at a time, stirring constantly, until risotto is cooked, about another 10 minutes. Taste rice – it should be soft but retain a bit of bite.

Remove from heat. Stir in parmesan and set aside, covered, for 5 minutes. Stir through mint and rocket, and season to taste with pepper.

*Recipe from*The Crunch Time Cookbook*(Viking) by Michelle Bridges*

**Green Bean and Kirby/Pickle Salad**

Serves 4

**Ingredients:**

1. **1/4**pound trimmed green beans
2. **1**teaspoon Dijon mustard
3. **1**teaspoon lemon juice
4. **3**tablespoons olive oil
5. **1/4**teaspoon kosher salt
6. zest of 1 lemon
7. 2 pickles

**DIRECTIONS**

1. Bring a small pot of water to a boil and cook green beans for about 3 minutes. Drain and rinse with cold water.

In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and zest. Halve and seed Kirby length-wise, then slice. Add the Kirby and green beans to the bowl; toss

Posted on Sep 7th, 2012

by [**Diana Johnson**](http://eatingrichly.com/author/diana/)

I don’t like water. There I said it.

I know that hydration is important, and even more important when you’re pregnant, but I just don’t like to drink water!  I find it boring and flavorless and a chore to drink unless I’m actually extremely thirsty, which usually means I’m already dehydrated.  Plus, if I don’t make myself drink it throughout the day, I end up gulping cupful’s right before bed and then getting no sleep because I have to run to the bathroom five times during the night.

There are flavored waters you can buy, or flavors you can add to water, but I really don’t want to put chemicals or artificial sweeteners in my body just to get the water I need.  I started thinking about how to flavor water naturally and quickly realized that it’s actually

quite simple.  There are so many fruits and vegetables that can add great flavor to water really cheaply!

Water infused with sliced strawberries, or orange slices, or cucumber mint water, well it suddenly becomes a treat instead of a chore.

I’ve also learned that fruit flavored sparkling water makes an amazing alcohol free cocktail for parties or at the end of a long day of housework.

By making three jars of flavored water in the morning and putting them in the fridge, I see them every time I open the fridge (which is a lot now that I’m pregnant!).  I just pull one out at a time and carry it around the house with me.  It’s helped me stay hydrated and I’ve also actually been enjoying drinking so much water!

You can also make this in a big pitcher or individual glasses, but if you make a pitcher I’d suggest drinking it within a day or two or the lime peel can start to add a bitter flavor.

**Lime Cucumber Mint Water Recipe**

Ingredients

* 1small lime, thinly sliced
* 12 mint leaves
* 10 cucumber slices
* 64 oz water

Directions

1. Divide lime slices, mint leaves and cucumber slices between two 32 oz mason jars. Add cold water.
2. Refrigerate at least 15 minutes before drinking.

**Steamed Green Beans with Lemon-Mint Dressing**[Cooking Light (July 2013)](http://www.myrecipes.com/recipe/steamed-green-beans-lemon-mint-dressing-50400000128801/)**Yield:** Serves 4 (serving size: 1 cup)

**Ingredients**

1 pound green beans, trimmed
2 tablespoons finely chopped fresh mint leaves
1 tablespoon minced shallots
2 tablespoons fresh lemon juice
1 1/2 tablespoons extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

**Preparation**

* 1. Steam green beans 4 minutes or until crisp-tender; drain.

	2. Combine mint and remaining ingredients in a large bowl, and stir with a whisk. Add green beans to bowl, and toss to coat.

**Cucumber Salad with Mint and Feta Recipe**

Yield: Serves 4

**Ingredients**

* 1 lb thin skinned, mild (non bitter) cucumbers, such as Persian, Kirby,Armenian, or English cucumbers.
* 1/4 red onion, thinly sliced
* 2 or 3 red radishes, thinly sliced
* 10 young mint leaves, thinly sliced
* 2 teaspoons white wine vinegar
* 1 1/2 Tbsp olive oil
* 1/2 teaspoon kosher salt (more to taste)
* 1/8 teaspoon freshly ground black pepper (more to taste)
* 1/3 cup crumbled feta cheese

**Method**

**1** In a medium sized bowl, gently toss together the sliced cucumbers, red onion, radishes, and mint leaves. Sprinkle with vinegar and toss to coat.

**2** Right before serving sprinkle with olive oil, salt, and pepper, and toss to coat. Place on serving dish and sprinkle with crumbled feta cheese

**Parmesan Lime Zucchini Coins**

*Babble.com*
*serves 4*

**Ingredients:**

3 – 4 large zucchini, trimmed and sliced into 1/2 inch coins
2 tablespoons butter
1/2 teaspoon sea salt
1/2 teaspoon fresh-ground white pepper
grated zest of 1 lime
juice of half a lime
1/4 cup grated Parmesan

In a large skillet, heat the butter over medium-high heat. As soon as the butter is melted and fragrant, add the coins, sea salt, pepper, and zest. Stir gently to prevent sticking, and then flip all of the coins after 5 minutes. Cook for another 5 minutes, and then remove coins to a bowl. Toss with lime juice and Parmesan, and serve.

**CHICKEN PARMESAN OVER ZUCCHINI NOODLES**

A julienne peeler creates lovely "zoodles," but may we suggest a spiralizer? It works like a pencil sharpener, turning veggies into noodles Serves 4

Ingredients:

* 1 tablespoon chopped
* fresh thyme
* 2 TBs Olive Oil, divided
* 6 garlic cloves, thinly sliced and divided
* 1 shallot, thinly sliced
* 1 pound heirloom tomatoes, chopped
* ½ cup dry white wine
* ½ teaspoon kosher salt, divided
* ½ teaspoon black pepper
* 3 tablespoons 2% reduced-fat Greek yogurt
* 1 ounce grated Parmesan cheese (about ¼ cup), divided
* 4 (4-ounce) skinless, boneless chicken breast cutlets
* ½ cup whole-wheat panko
* 1 teaspoon garlic powder
* Cooking spray
* 4 medium zucchini
* 2 ounces fresh mozzarella cheese, very thinly sliced
* ½ cup torn basil leaves, divided

**1.** Preheat oven to 425°.

**2.** Heat 1 tablespoon oil in a skillet over medium heat. Add thyme, 4 garlic cloves, and shallot; cook 2 minutes. Add tomatoes, wine, ¼ teaspoon salt, and pepper; cook 8 minutes or until liquid is reduced by half.

**3.** Combine yogurt and Parmesan; spread over both sides of cutlets. Combine panko and garlic powder. Dredge cutlets in panko mixture. Place cutlets on a wire rack coated with cooking spray. Place rack on a baking sheet. Bake at 425° for 12 minutes or until done.

**4.** Using a julienne peeler, peel zucchini lengthwise into strips, stopping at the inside part containing the seeds; discard seeds.

**5.** Preheat broiler to high. Top each cutlet with 2 tablespoons sauce; top sauce evenly with mozzarella. Broil 2 minutes or until cheese is bubbly.

**6.** Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add remaining 2 garlic cloves; cook 1 minute. Add zucchini; cook 2 minutes. Remove from heat. Toss with remaining sauce, remaining ¼ teaspoon salt, and half of basil.

**7.** Arrange ¾ cup zucchini noodles on each of 4 plates. Top each serving with 1 chicken portion; sprinkle servings evenly with remaining half of basil.