

# HEALTHY SOMERSET RECIPES

## Cool Melon Slushie

### Ingredients:

- 3 cups ice cubes
- 2 cups watermelon, washed and cut in cubes
- ½ cup cantaloupe, washed and cut in cubes
- ¼ cup orange juice
- 1 Tablespoon honey
- 4 sprigs fresh mint, optional

### Directions:

1. In a blender, add ice, watermelon, cantaloupe, orange juice, and honey.
2. Blend until thick and smooth.
3. Pour into 4 glasses.
4. Garnish with mint if desired.



## Squash Pasta Salad

### Ingredients:

- ½ cup pasta (macaroni, rotini, small shells), uncooked
- 1 small crookneck or yellow squash, washed
- 1 medium carrot, washed
- 1 ½ cups fresh spinach leaves, washed and dried, and stems removed
- 4 ounces low-fat or fat-free cheddar cheese, cubed (1 cup)

### Directions:

1. Cook pasta with water according to directions on the package.
2. Drain pasta. Chill in refrigerator if desired while preparing vegetables.
3. Wash the squash and carrots under cool tap water and scrub with a vegetable brush, trim ends and remove any bad spots. Do NOT peel either the squash or the carrots.
4. Dice the squash and shred the carrots then place them in a medium-size bowl.
5. Wash the fresh spinach in cool tap water with a salad spinner or colander and thoroughly dry. Remove stems and any bad leaves. Stack several spinach leaves on top of each other and roll together. Slice crosswise through the roll, making very thin slivers of spinach.
6. Add the pasta, spinach, and cheese to the squash-carrot mixture; toss to combine.
7. Make the dressing in a small bowl. Thoroughly blend mayonnaise, orange juice, dried basil, prepared mustard, garlic, and black pepper.
8. Pour dressing over the salad mixture and toss to evenly distribute the dressing.
9. Serve immediately or refrigerate and serve chilled.

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## Beef and Cabbage

### Ingredients:

- 1 whole green cabbage, cut into bite-size pieces and washed
- 1 medium onion, chopped
- 1 pound lean ground beef
- Non-stick cooking spray
- Garlic powder, salt and pepper
- Optional: hot pepper flakes



### Directions:

1. Chop cabbage and onions. Set aside.
2. In a large skillet, cook the ground beef on medium heat until browned.
3. Drain the fat. Set beef aside.
4. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
5. Add cabbage to the onions and cook until cabbage starts to brown.
6. Stir the beef into the cabbage and onion mixture.
7. Season with garlic powder, salt and/or pepper. Add hot pepper flakes to cabbage if you like it spicy.

## Beet and Tomato Soup

### Ingredients:

- 2 Tablespoons vegetable oil
- 1 onion, chopped
- 1 clove garlic, chopped
- ½ teaspoon salt
- 4 small beets, washed, peeled and cubed
- 6 carrots, washed, peeled and sliced
- 1 28-ounce can diced tomatoes
- 4 cups low-sodium chicken or vegetable broth
- ½ teaspoon black pepper
- Juice of 1 lemon

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add the onion, garlic, and salt and cook for 5 minutes.
3. Add the beets, carrots, tomatoes, and broth.
4. Bring to a boil, then reduce heat to low.
5. Cover and cook for 1 hour.
6. Let cool, and blend soup in batches until smooth.
7. Stir in lemon juice and chill in the refrigerator if desired.
8. Soup can be served cold or hot.