

# Kid Friendly Summer Dishes

## Black Bean Guacamole

- 5 avocados, diced
- 3 scallions, chopped
- 2 limes, juiced
- 1/2 cup chopped tomatoes
- 1 tablespoon chopped cilantro
- 1 can (15 oz) black beans, drained and rinsed
- salt and black pepper, to taste
- Assorted dippers such as toasted whole wheat pita bread triangles or multi-grain tortilla chips.

1. Place avocados, scallions and lime juice into a large bowl.
2. Mash avocados to a coarse puree.
3. Stir in tomatoes, cilantro and beans.
4. Season with salt and pepper. Serve immediately with assorted dippers.

Serves: 7 to 9

## Asian Satay Skewers with Black Bean Sauce

### For Satays:

- 1 lb. boneless, skinless, chicken breasts cut in 1/2-inch by 2-inch strips
- 1 cup low-sodium teriyaki sauce
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 teaspoon sesame oil
- 1 pack wooden skewers, 6-inch long salt and black pepper, to taste

### For Sauce:

- 1/2 can (15 oz) black beans, drained and rinsed
- 1/2 can (15.8 oz) great northern beans, drained and rinsed
- 1 cup frozen shelled soybeans, thawed and ready to eat
- 1/2 cup chopped green onions
- 1 tablespoon chopped fine ginger
- 2 tablespoons chopped cilantro
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 1/4 cup low-sodium soy sauce
- 1 teaspoon chopped fine garlic
- 2 teaspoons sesame oil



### Satays:

1. Season chicken with salt and pepper. Combine teriyaki sauce, ginger, garlic, and sesame oil in a medium bowl.
2. Toss the marinade with the chicken. Let marinate for 45 minutes. Weave meat onto skewers. Discard marinade.
3. Preheat the grill to medium hot. Place satays on the grill and cook until chicken is done.

### Sauce:

4. Combine beans, soybeans, green onions, ginger and cilantro into a medium bowl. Mix well.
  5. In a small bowl, combine sugar, lime juice, and soy sauce.
  6. Mix until the sugar dissolves. Add garlic and sesame oil. Let sit for 5 minutes.
  7. Add soy sauce mixture to the beans, gently toss to coat.
  8. Serve the satays with bean salad. Drizzle some of the liquid from the salad on top of the satays.
- Serves: 6 to 8

## Olive & Bean Pasta Salad

- 1 cup cooked spiral pasta
- 1 cup seeded and chopped tomatoes
- 1 clove garlic, chopped
- 1 cup cucumber cut in 1/2 lengthwise, then 1/4-inch wide pieces
- 1/2 cup chopped roasted red pepper
- 1 jar (6 oz) marinated artichoke hearts, drained, quartered
- 2 tablespoons canned black olives, chopped
- 1 can (15.5 oz) Cannellini beans, drained and rinsed
- 1 lemon, juiced
- 3 tablespoons extra virgin olive oil
- 1/4 cup crumbled feta cheese
- salt and black pepper, to taste

1. In a large bowl, combine tomatoes, garlic, cucumbers, red peppers, artichokes, olives, and cooked pasta. Add the beans and gently mix.
2. Add lemon juice and olive oil. Adjust seasoning with salt and pepper. (let sit for 1 hour.)
3. Sprinkle with feta cheese.

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### PAM'S SWEET PICKLES

- Cucumbers, whole
- 4 cups cold white vinegar
- 4 tablespoons pickling salt
- 2 tablespoons powdered alum
- 3 tablespoons pickling spices
- 8 cups sugar

Fill a gallon jar with whole cucumbers. Pour ingredients over cucumbers. Mix next four ingredients and pour over cucumbers, add water to the top of the jar. Let set for at least 3 to 4 weeks. Drain. Slice cucumbers and pour sugar over them and let set for a while. Now they are ready to eat. You don't have to seal them but you can boil them and seal them if you would like. Pickles are very crisp and good. This recipe makes one gallon.

### APPLE DUMPLINS

- 2 cans crescent rolls
- 2 to 3 Granny Smith apples
- 2 sticks butter
- 1 1/2 cups sugar
- 1 tablespoon cinnamon
- 8 oz. regular Mountain Dew

Spray pan with Pam. Cut apples in 16 slices. Start at the large end of the crescent rolls and roll up the apples and place in pan. Melt butter in boiler; add sugar and cinnamon. Pour over the dumplings, then pour Mountain Dew over them and bake at 350 degrees for 40 minutes.