**PALATINE LIBRARY – “SEASONAL EATING – LIGHT SUMMERTIME MEALS”**

**July 19, 2023**

**Summer Shrimp Scampi with Tomatoes and Corn**

**Makes 4-6 servings**

**Ingredients**:

1-pound large shrimp – peeled and deveined

2 TBS olive oil

1 pint cherry/grape tomatoes

2 cups fresh or frozen corn kernels (4 ears)

4-5 garlic cloves

½ tsp red pepper flakes (to taste)

1-1/4 cup dry white wine

2 TBS fresh lemon juice

5 TBS unsalted butter – cut into 5 pieces

3 TBS EACH parsley, chives, basil - chopped

Salt/Pepper – to taste

**Preparation**:

Pat shrimp very dry and season with salt/pepper. In a large skillet, heat olive oil over medium-high heat. Add shrimp and cook until pink and lightly golden – 1-2 minutes per side. Use a slotted spoon to transfer shrimp to a plate/bowl.

Add the tomatoes to the skillet, season with salt/pepper and cook, stirring just once or twice, until they start to blister in spots – 3-4 minutes. Add the corn, season with salt/pepper and cook, stirring just once or twice until the tomatoes burst and the corn is golden in spots – 3-4 minutes.

Add the garlic and red-pepper flakes and cook, stirring, until you smell the garlic – about 1 minute.

Reduce heat to medium, add wine and lemon juice, scrapping any brown bits from the bottom of the pan. Cook until liquid is slightly reduced then add butter and stir until melted. Add shrimp back to pan and stir until shrimp is warmed through. Remove from heat, add herbs, season with salt/pepper as needed. Serve with extra lemon wedges if desired.

*NOTES:*

* *Be careful not to overcook the shrimp as they will become tough and rubbery.*
* *Can use chicken or vegetable stock in place of wine if desired.*

**Shaved Brussels Sprout Salad with Pine Nuts and Lemon**

**Makes 4-6 servings**

**Ingredients**:

10-20 medium Brussels sprouts

4 TBS extra virgin olive oil

2 TBS fresh lemon juice

½ cup toasted pine nuts

½ cup grated Parmesan cheese

Salt/pepper to taste

**Preparation**:

Starting at the top of the Brussels sprout, thinly slice until you reach the chunky part of the core (about ¾ of the way down). Discard core. Place sliced sprouts in a mixing bowl and add olive oil, lemon juice, pine nuts and cheese. Mix thoroughly and season with salt and pepper. Cover and let sit for 30 minutes to let the flavors marry before serving.

*NOTES:*

* *Can use a sharp knife, a mandolin or food processor to shred Brussels.*
* *To toast pine nuts – Place pine nuts into a cold medium sized skillet. Put over medium heat and DO NOT WALK AWAY! Toast, tossing occasionally, until nuts start to turn golden brown. Once browning has started it will go very quickly. Remove from heat and skillet once lightly toasted and let cool.*

**Strawberry and Goat Cheese Chopped Salad**

**Makes 4-6 servings**

**Ingredients - Vinaigrette:**

1/2 shallot – finely chopped

1 TBS tarragon – finally chopped

1 TBS honey/agave

1 TBS Dijon/whole grain mustard

¼ cup balsamic vinegar

¾ cup extra virgin olive oil

Salt/Pepper to taste

**Ingredients - Salad:**

1 quart container strawberries – hulled; with ¼ rough chopped and ½ thin sliced

Arugula

8 oz crumbled goat cheese

Candied pecans

**Preparation:**

Prepare vinaigrette – Combine first 5 ingredients. Drizzle in olive oil and whisk to combine. Season with salt and pepper

Prepare salad - In large bowl, add rough chopped strawberries and 1/3 vinaigrette. Mix to combine and let stand about 10 minutes to let flavors combine. Meanwhile, combine sliced strawberries, arugula and goat cheese in a large bowl. Add in marinated strawberries and remaining dressing – mix to combine. Transfer to platter and top with pecans.

*NOTES:*

* *Can substitute feta cheese for goat cheese.*
* *Alt Fruit/Green salad – Nectarines, mixed greens, mozzarella pearls, sliced prosciutto.*

**Turkey Cheddar Burgers**

**Makes 4 burgers**

**Ingredients**:

1-pound ground turkey

½ cup cheddar cheese – grated

2 TBS Panko breadcrumbs

1 small zucchini (or other vegetable such as jalapeno, red/yellow/green pepper, eggplant, mushrooms) – shredded or fine chop

1 garlic clove – minced or grated

1 cup grated onion (1/2 large or 1 small)

Salt/Pepper to taste

**Preparation**:

In a large bowl, combine turkey, cheese, breadcrumbs, zucchini (or other vegetable), onion, garlic, salt/pepper. Mix well with hands and form into 4 patties.

To cook burgers – can be grilled, pan-fried, or oven-baked. Cook until internal temp reaches 165.

*NOTES:*

* *Can substitute ground beef, chicken or pork if desired.*
* *Serving recommendations – Toasted buns, butter lettuce, sliced tomato, sliced avocado, herbed or garlic mayo.*