

Food for Life - Sizzlin' Summer Food Ideas

Hummus with roasted Jalapeno

1 can chickpeas/garbanzo beans
2 tablespoons tahini (sesame butter)
2 tablespoons plain yogurt
2 garlic cloves
2 tablespoons olive oil
lemon juice (half a lemon)
1 jalapeno pepper (fresh) or 2 for hot hummus
salt and pepper to taste

Split the jalapeno down the middle and discard the seeds unless you want to make HOT hummus. Wash your fingers and hands well after handling the hot peppers and keep them away from lips/eyes for the remainder of the day (or use rubber gloves). Roast (optional) the jalapeno on your gas grill or burner. To roast, place peppers on the grill at 350F for 4-5 minutes per side. (Or peppers may be used as-is). Combine all the ingredients in a food processor or blender and blend for a couple minutes until smooth. One jalapeno makes a mild hummus dip, go for two if you like it somewhat hot. This Hummus is easy to make, costs very little, and is so much better than store-bought. Stores well in refrigerator. Recipe can be doubled.

Gluten-Free Pie Crust - because we all deserve a little indulgence

1 cup butter
1-3/4 cup sugar
4 eggs
1-3/4 cups rice flour
1/2 cup sweet rice flour (from the Asian market)
1 teaspoon Xanthan Gum
1-1/2 teaspoons GF baking powder
1/4 teaspoon salt
1 teaspoon GF vanilla

Cream together margarine, eggs and sugar. Add remaining dry ingredients. Mix well, and spread about 1/4 inch deep on bottom and sides of your pie pan. A deep dish pie pan is best, because this crust takes a little more room than the regular kinds of pie crusts. You will get at least 2 large 1-crust pies out of this. Fill shell immediately with pumpkin pie filling mixture, and bake according to the directions in the pumpkin pie filling recipe you're using.

Since we are frequently asked, here is a list of gluten-free flours to try in some of your favorite family recipes

Special note: a small amount of xanthum gum is commonly used to help hold everything together. The amount of xanthum will vary depending on the flour, usually 1 tsp for every cup of flour.

- White Rice Flour
- Brown Rice Flour (This one can be a bit gritty)
- Potato Flour
- Millet Flour
- Sweet Rice Flour
- Coconut Flour
- Quinoa Flour
- Corn Starch
- Tapioca Starch
- Flax Meal (love this ingredient in spice cakes, cookies, etc. It adds a nutty flavour)
- Corn Flour
- Buckwheat Flour (FYI this one has a strong flavour)

8 glasses of water with a twist

We know that water is hard for some people to swallow, but there is nothing better for quenching summer thirst. Try adding some of the following ingredients to your water pitcher for a twist on your classic H2O.

The point here is to avoid products like Crystal light or Kool-Aid (loaded with artificial sugars and sugar respectively)

Water Pitcher Suggestions:

- Lemon or lime slices
- Fresh garden mint
- Natural cranberry juice
- Raspberries
- 1/2 grapefruit (squeezed) - very refreshing
- 1/2 cup of organic Ceres juice
- Cucumber & Strawberries
- Lemon and Begonias (yes you can eat Begonias)
Now, how pretty would that look on your summer spread!!



Did you know that cherries, grown right here in Ontario, contain fibre, vitamin C and a class of anti-oxidants known as anthocyanins. Anthocyanins are responsible for giving cherries their dark colour and also act as anti-inflammatories in the body. Recent studies have now suggested that cherries may also play a role in reducing your LDL (bad) cholesterol.