

A glass of strawberry mint smoothie with fresh strawberries and mint leaves on a wooden surface. The smoothie is a vibrant red color and is garnished with several fresh strawberries and a sprig of mint. The background is a blurred wooden surface with other strawberries scattered around.

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natural foods

SUMMER RECIPE FAVORITES

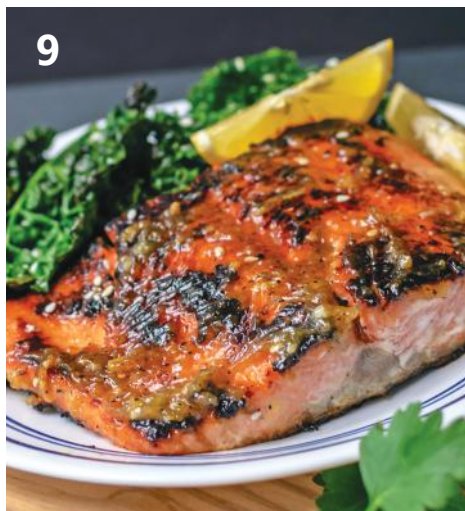
2019

15



CONTENTS

Summer Favorites • 2019



9



13



23

5 Pink Bay
Shrimp Ceviche

7 Chicken Tacos
& Mango Salsa

9 Honey Miso
Salmon

11 Pork
Spare Ribs

13 Flageolet
Bean Salad

15 Poppy Seed
Summer Pasta

17 Sweet Potato
Salad

19 Strawberry
Rhubarb Crisp

21 Sweet Biscuit
for Shortcake

23 Strawberry
Hibiscus
Sangria



PINK BAY SHRIMP CEVICHE

Makes 8 Servings

- 1 lb fresh pink bay salad shrimp
 - 1/2 cup red onion, finely chopped
 - 1 Serrano pepper, finely chopped
 - 1 cup cherry tomatoes, quartered
 - 1/2 cup cucumber, peeled and chopped
 - 1 avocado, chopped
 - 1/2 cup cilantro, chopped
 - 1/4 cup fresh lemon juice (about 2 lemons)
 - 1/4 cup fresh lime juice (about 3 limes)
 - Salt and pepper, to taste
1. Place shrimp, onion, Serrano pepper, tomatoes, cucumber, avocado and cilantro in a bowl.
 2. Add lemon and lime juice. Season to taste with salt and pepper. Gently toss to coat.
 3. Enjoy with tortilla chips.



CHICKEN TACOS & MANGO SALSA

Makes 8 Servings

Tacos

- 1 lb boneless skinless chicken breast
- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 2 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp cayenne
- ¼ tsp red pepper flakes
- 8 corn tortillas

Salsa

- 1 mango, peeled and chopped
- 1 jalapeño, seeded and finely chopped
- ½ cup red onion, finely chopped
- ¼ cup cilantro, chopped
- 1 tsp lime juice
- Salt and pepper, to taste

1. For more even cooking, pound chicken breast to an even thickness, about ¾ to 1 inch thick.
2. Add chicken, lime juice, olive oil, garlic, and spices to a bowl. Toss to coat and allow to marinate while you prepare the salsa.
3. Mix all salsa ingredients together in a small bowl. Set aside.
4. Cook chicken over medium heat in a large skillet until done, about 6-7 minutes each side. Remove from heat, allow to rest 5 minutes and shred with a fork.
5. While chicken is resting, heat tortillas as per package instructions.
6. Serve shredded chicken with mango salsa on warm tortillas.



HONEY MISO SALMON

Makes 4 Servings

- 4 salmon fillets, about 6 oz each
- 2 Tbsp white miso paste
- ¼ cup honey
- 1 Tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- Pepper, to taste
- 2 Tbsp olive oil, divided
- 6 cups chopped kale
- 3 tsp toasted sesame oil
- Sprinkle of sesame seeds

1. In a small saucepan over medium heat, melt honey and olive oil. Whisk in miso paste, rice vinegar, garlic, ginger and pepper. Remove from heat and set aside. Add salmon to a small bowl and cover with honey-miso sauce, reserving a small amount for serving. Allow to marinate covered 30 minutes in the refrigerator.
2. Heat remaining olive oil in a large skillet over medium high heat. Cook fish for 4-5 minutes, or until the first side gets a good sear. Flip and cook for another 3-4 minutes. Set aside.
3. In the same skillet, add chopped kale and cook for 4-5 minutes until slightly softened. Drizzle with toasted sesame oil, toss greens to coat and sprinkle with sesame seeds. Brush fish with reserved honey-miso sauce before serving.



PORK SPARE RIBS

Makes a 2 lb Rack of Ribs

- 2 lbs pork spare ribs
 - 2 Tbsp Dijon mustard
 - ¼ cup brown sugar
 - 1 tsp smoked paprika
 - ½ tsp garlic granules
 - ½ tsp onion powder
 - ½ tsp sea salt
 - ½ tsp pepper
 - ½ tsp cumin
 - ½ tsp chili flakes
 - ½ tsp mustard powder
 - ¼ tsp cayenne pepper
 - ¼ cup BBQ sauce
1. Make the dry rub by mixing brown sugar, paprika, garlic, onion, salt, pepper, cumin, mustard powder, and cayenne in a small bowl.
 2. Brush ribs on both sides with Dijon mustard. Sprinkle with dry rub all over and pat to make sure mixture sticks to the meat. This step can be done the night before, if desired.
 3. Place ribs meaty side up on a rack on a foil lined, rimmed baking sheet. Broil about 5 minutes on low, or until sugar is bubbly and ribs are browned.
 4. Bake at 300° for about 60 minutes on low, then cover with foil and bake another 30 minutes.
 5. Brush with BBQ sauce, recover with foil, and bake another 30 minutes. Remove from the oven and allow to rest covered at least 10 minutes.



FLAGEOLET BEAN SALAD

Makes 6 Servings

- 1 cup dried flageolet beans
 - 1 shallot, finely chopped
 - 1/2 cup olives, sliced
 - 1 cup cherry tomatoes, quartered
 - 1/4 cup parsley, chopped
 - 2 Tbsp olive oil
 - 3 Tbsp golden balsamic vinegar
 - 2 cloves garlic, minced
 - 1/2 tsp salt, or to taste
 - 1/2 tsp pepper, or to taste
1. Sort beans, rinse, and soak overnight in 3 cups water.
 2. Rinse beans, put in a medium saucepan and cover with 2 inches of water. Bring to a boil, reduce heat and simmer 45 minutes, or until tender. Drain and allow to cool.
 3. Add beans, shallot, olives, tomatoes and parsley to a bowl.
 4. Whisk together olive oil, vinegar, salt, pepper, and garlic in a small bowl. Pour dressing over beans and gently toss.



POPPY SEED SUMMER PASTA

*By Miranda Vaughn · Wellness
Makes 4-6 Large Servings*

- 1 package Montebello linguine
- 1 whole cucumber, diced
- 1 whole green zucchini, diced
- 1 bunch green onion, sliced
- 1 whole summer yellow squash, diced
- 1 orange bell pepper diced
- 1 whole garlic bulb, separated, peeled cloves
- 1 package cherry tomatoes, halved
- 1 can black olives
- 4 Tbsp poppy seeds
- 4 Tbsp ground pepper
- 2 Tbsp salt
- 1 bottle Annie's French dressing
- 1 Tbsp chili flakes
- 7 Tbsp olive oil

1. Bring a pot of water to a high boil, add in pasta, and cook until al dente. Drain.
2. While the pasta is draining, add 5 tablespoons of olive oil to small pan on medium-high heat.
3. After the oil has been thoroughly heated, add the peeled garlic cloves to the oil. Be careful not to overcook the garlic, allowing the garlic to infuse the oil to create a flavor that is out of this world. I recommend stirring the garlic slowly until the outside is golden brown.
4. In a large bowl add the remaining olive oil to the pasta, you may add more oil depending on how dry the pasta has become, and then add the garlic infused oil including the cloves to the pasta and stir. Put the pasta into the refrigerator to cool down over night or for 3-4 hours.
5. While pasta is cooling, dice up your vegetables and gather your ingredients. Add ingredients in the order listed above for proper mixing of flavors. Add the diced vegetables first and mix thoroughly, next add the Annie's French dressing and mix until coated. Now you can add your dried ingredients and mix again. Plop back into the fridge to become colder, especially if it's a hot day, serve and enjoy!



SWEET POTATO SALAD

*By the LifeSource Deli
Makes 8 Servings*

- 2 ½ lbs organic sweet potatoes, peeled and cut into 1-inch cubes
 - ¾ cup organic red onion, diced
 - ½ bunch organic green onions, sliced
 - ¼ cup red wine vinegar
 - ¼ cup organic sunflower oil
 - 2 rounded tsp Dijon mustard
 - ⅛ tsp sea salt
 - ½ tsp black pepper
 - 3 tsp dried marjoram
1. Boil sweet potatoes until just soft, cool.
 2. Place red and green onion into a large bowl.
 3. Whisk together oil, mustard, vinegar, salt and pepper. Add to chopped onions.
 4. Add cooled sweet potatoes and mix gently so they don't break up.
 5. Chill before serving.



STRAWBERRY RHUBARB CRISP

Makes 4 Servings

Filling

- 6 stalks rhubarb, cut into half inch pieces (About 4 cups)
- 1 pint strawberries, stemmed and halved
- 1 cup cane sugar
- ¼ cup cornstarch
- ½ tsp cinnamon
- ¼ tsp nutmeg
- Pinch salt

Crisp Topping

- 2/3 cup packed brown sugar
- ½ cup all-purpose flour, or gluten free flour blend
- ½ cup rolled oats
- ½ cup roasted hazelnuts, chopped
- ½ tsp cinnamon
- ½ cup butter, melted

1. Preheat your oven to 375°F. Grease a 9x9 inch baking dish with butter or a little cooking spray.
2. Mix together 1/4 cup sugar, cornstarch, spices, and salt in a small bowl. In a large bowl mix strawberries and rhubarb. Add sugar-spice mixture to the rhubarb and toss to coat. Layer in the prepared baking dish.
3. Combine brown sugar, oats, flour, hazelnuts, and cinnamon. Pour in melted butter and mix with your hands or a fork until mixture is evenly moistened and crumbly. Sprinkle over the top of the rhubarb.
4. Place baking dish on a rimmed baking sheet with a bit of parchment paper. (You'll be glad you did if it bubbles over!) Bake for about 40-45 minutes, or until rhubarb is cooked and topping is golden. Allow to cool at least 20 minutes before enjoying.



SWEET BISCUIT FOR SHORTCAKE

*By Kathy Biskey · Wellness
Makes 6 Servings*

- 3 cups organic flour
 - 1 Tbsp baking powder
 - 1/4 cup organic sugar
 - 1 tsp salt
 - 3/4 tsp cream of tartar
 - 3/4 cup butter, softened
 - 1 cup whole milk
1. Preheat oven to 450°F.
 2. In a large bowl stir together the flour, baking powder, sugar, salt, and cream of tartar. Using a pastry blender, cut in butter until mixture resembles coarse crumbs.
 3. Make a well in the center of the flour mixture. Add milk all at once. Using a fork, stir just until moistened.
 4. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing dough for four to six strokes or just until dough holds together. Mom taught me to “Go gently and fondle the dough, rather than knead it”.
 5. Sprinkle a little flour in the bottom of a pie plate and shake it around to cover. Place the dough ball in the pie plate and gently push it out until it is nearly flat, still a little mounded. Leave the outer edges a little rounded, don’t push them tight to the sides of the pie pan.
 6. Bake for 12 to 15 minutes or until golden. Test the center for doneness with a toothpick.
 7. Serve while still warm (not hot) by cutting into pie shaped wedges and topping with berries and whipped cream. It’s also delicious the next day!



STRAWBERRY HIBISCUS SANGRIA

Makes 6 Servings

- 12 strawberries, quartered
 - 1 500ml bottle La Familia Hibiscus Cider
 - 1 750ml bottle sparkling wine
 - 1 Tbsp dried hibiscus petals, for garnish
 - 6 sprigs mint, for garnish
1. Muddle one quartered strawberry in each glass.
 2. Divide remaining strawberry slices between 6 glasses.
 3. Add about 4 oz sparkling wine to each glass, and 3 oz cider.
 4. Sprinkle each serving with a pinch of dried hibiscus, and garnish with mint.



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