

## Summer Menu

### 1.) Summer Squash Sauté

#### Ingredients

- 2 zucchini, sliced into “coins”
- 2 yellow squash, sliced into “coins”
- 2 garlic cloves, smashed
- 2 tablespoons of oil
- Salt and pepper to taste
- ¼ cup of cheese, grated (optional)

#### Directions

1. Heat oil in pan over medium heat.
2. Add garlic , stir frequently about 2 minutes
3. Add squash and sauté for about 5 minutes
4. Season with salt and pepper to taste
5. Sprinkle with cheese before serving

### 2.) Tuna Pasta Salad

#### Ingredients

- ½ pound of pasta, cooked and drained
- 2 cups of broccoli or zucchini, chopped
- 1 tomato chopped
- ½ cup Italian salad dressing
- 1 can tuna, drained

#### Directions

1. Combine pasta and vegetables in a bowl (after pasta is cooked)
  2. Add dressing and stir until well combined
- Tip: add protein with 2-3 sliced hard boiled eggs or 1 can be drained beans

### 3.) Stuffed Peppers

#### Ingredients

- 2 bell peppers, cut length wise, remove seeds
- 2 zucchini or yellow squash, sliced
- 2 carrots, sliced
- 1 cup of rice, cooked
- 2 tablespoons of oil
- ¼ cup cheese, shredded (optional)
- salt and pepper to taste

#### Directions

1. Heat oil in pan over medium heat
2. Add squash or zucchini and carrots, sauté 7-10 minutes
3. Add cooked rice, stir frequently
4. Season with salt and pepper
5. Spoon into bell pepper halves (optional\* can bake bell pepper halves in oven @ 350 degrees for 20 minutes to make softer)
6. Sprinkle cheese when ready to serve.

### 4.) Eggplant Parmesan

#### Ingredients

- 1-2 eggplants
- Spaghetti pasta
- Spaghetti sauce

#### Directions

1. Cut eggplant into large “coins”, cut of stem and ends
2. In a large bowl dissolve salt in ½ cup warm water, add 4 to 6cupd of cold water, mix
3. Place eggplant into salt water, place a smaller plate or something to help keep the eggplant submerged for about 30 minutes
4. Meanwhile, preheat the oven to 375F. Also cook and drain pasta.
5. After it has soaked for 30 minutes, drain it and place eggplant on paper towel and pat excess water off.
6. Spray baking sheet with oil, lay eggplant flat, not over lapping, place in oven for 10 -15 minutes or browning and flip them and repeat once.
7. Serve them on top of spaghetti and top with sauce and cheese.

## 5.) Italian Avocado Cucumber Tomato Salad

### Ingredients

- 2 avocados, diced
- 1 cucumber, sliced
- 3 tomatoes, diced
- ¼ cup onion
- ½ cup mozzarella cheese
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 1 Table spoon Italian seasoning
- salt and pepper

### Directions

1. In a large bowl combine avocado, cucumber, tomato, red onion and mozzarella cheese, combine together
2. If you do not know how to slice an avocado here are some tips: Cut the avocado in half. Using a sharp knife slice through it lengthwise until you feel the knife hit the pit (seed). Turn Remove the pit; scoop out with a spoon and slice.
3. In a small bowl whisk the olive oil, lemon juice and Italian seasoning. Add to vegetables and toss. Salt and Pepper to taste