

JULY 2022

relish

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**SUMMER
ON THE GRILL**

*Simple Grilled
Flank Steak and
Farm-Stand
Skewers,
page 8*

First Bite

JULY 2022 • relish.com

ON SHELVES

McCormick Sunshine Seasoning by Tabitha Brown (\$15/2-pack, grocery stores) is a salt-free creation inspired by the plant-based diet enthusiast who shares recipes and tips on her social media channels. Roasted veggies are a great match for the Carribean-inspired blend of ginger, garlic, pineapple and mango.



French's Creamy Yellow Mustard Spreads (\$3, grocery stores) have a smoother finish than the squeeze-bottle original. Spread the Classic Yellow, Apple Smokewood or Honey Chipotle flavors on picnic sandwiches or backyard burgers.

NEW WAYS TO GRILL

Up your grilling game with these tips from *Preppy Kitchen: Recipes for Seasonal Dishes and Simple Pleasures* by John Kanell, available Oct. 4.



Season chicken with salt and pepper and refrigerate, uncovered, overnight before grilling. The salt adds flavor and dries out the skin for an extra crispy result.

Skip boneless pork chops, which tend to be lean and can be dry and tough when grilled. Opt for bone-in chops that are at least 1½-inch-thick.

For a quick appetizer, try super-thin lavash flatbreads, sold near pizza crusts and wraps in the grocery deli section. They grill up nice and crispy and are delicious topped with whipped feta cheese, grilled chicken and herbs.

Easily cut grilled corn from the cob by placing a clean kitchen towel on your work surface and cutting downward into the towel, which will collect the kernels and keep them from bouncing away.



Summer! 4 EVER!

Just four ingredients make a frozen tropical treat that's as healthy as it is tasty!

Mango-Banana Frozen Yogurt

In a blender or food processor, combine 1 (9-oz) pkg diced frozen **mango**, 1 frozen **banana**, ½ cup **Greek yogurt** and 1 tsp shredded **coconut**. Process until smooth and top with a sprig of **mint** (optional). **Serves 2**

Excerpted with permission from Snack Power, published in 2020 by Murdoch Books, an imprint of Allen & Unwin. Text © Tiffany Hall

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DEADLINE DINNER

Grilled Cod and Squash with Crispy Capers

Savory and satisfying, capers are usually sold near the pickles in grocery stores.

- ¼ cup capers, rinsed
- ½ cup olive oil
- 1 lb yellow squash, sliced into ¼-inch-thick rounds
- 12 oz plum tomatoes, sliced into ½-inch-thick rounds
- ½ tsp salt, divided
- ½ tsp pepper, divided
- 4 cod fillets, 1 inch thick
- 1 lemon, sliced into rounds

1. In a medium bowl, submerge capers in oil and microwave until darkened, about 5 minutes, stirring half-way through. Using slotted spoon, transfer capers to paper towel-lined plate (they will continue to crisp as they cool); set aside and reserve oil.


NO GRILL?
Place foil packets on a rimmed baking sheet and bake at 450°F for 8 to 10 minutes

2. Combine caper oil, squash, tomatoes, ¼ tsp salt and ¼ tsp pepper in bowl. Arrange four 18 x 14-inch sheets aluminum foil flat on counter. Divide vegetable mixture evenly among foil sheets.

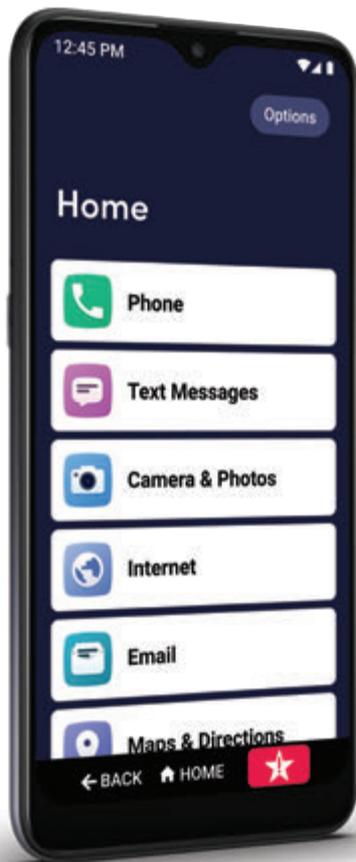
3. Pat cod dry and sprinkle with ¼ tsp salt and ¼ tsp pepper, place on top of vegetables, then top with lemon slices. Bring short sides of foil together and crimp tightly to seal. Crimp remaining open ends of packets.

4. Grill over high (covered if using gas) 10 minutes, until cod reaches 135°F and vegetables are tender. Carefully open packets, allowing steam to vent away from you. Place cod and veggies on plates and drizzle with olive oil and top with capers. **Serves 4**

Per serving: 459 cal, 30g fat, 92mg chol, 40g prot, 10g carbs, 6g sugar, 4g fiber, 628mg sodium

Recipe reprinted courtesy of America's Test Kitchen

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LITHO IN USA

Light 'n' Easy SIDEKICKS

These cookout partners are fat- and carb-conscious—perfect for anyone watching their heart disease or diabetes risk



Watermelon-Strawberry Agua Fresca

In blender or food processor, place 3 cups cubed, seedless **watermelon**, 2 cups halved **strawberries** and 2 Tbsp **lime juice**. Cover and blend about 30 seconds or until smooth. Place large fine-mesh strainer over medium bowl. Pour fruit mixture into strainer. Let stand 15 minutes, stirring occasionally. Discard fruit pulp in strainer. In large pitcher, place ¼ cup packed **mint** or **cilantro** leaves; press with the back of spoon to bruise leaves. Add strained fruit mixture to pitcher. Add 3 cups chilled **sparkling water**; stir gently to mix. Serve over ice and add thin sticks of watermelon and mint leaves before serving, if desired. **Serves 6**

Per serving: 34 cal, 0.5g fat, 0mg chol, 1g prot, 9g carbs, 6g sugar, 1g fiber, 1mg sodium

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Garden Cucumber Salad

This refreshing medley—packed with vitamin C and potassium—can feed a crowd.

- 4 medium cucumbers, cut into ½-inch pieces (about 7 cups)
- 2 medium sweet red peppers, chopped
- 1 cup cherry tomatoes, halved
- 1 cup crumbled reduced-fat feta cheese
- ½ cup finely chopped red onion
- ⅓ cup olive oil
- ¼ cup lemon juice
- 1 Tbsp Greek seasoning

1. In a large bowl, combine cucumber, peppers, tomatoes, cheese and onion.
2. In a small bowl, whisk together oil, lemon juice and Greek seasoning. Pour over veggies and toss to coat. **Serves 12**

Per serving: 90 cal, 7g fat, 4mg chol, 3g prot, 6g carbs, 3g sugar, 1g fiber, 462mg sodium

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Tastes Like SUMMER

Try these new riffs on the traditional Italian caprese salad of tomato, mozzarella and basil

Peach Caprese Pasta Salad

Crank up the seasonal vibes with fresh, sweet peaches and a lemony-herb dressing in this sublime take on a side-dish staple.

- 8 oz cavatappi pasta, cooked al dente and drained
- 2 ears corn, cooked lightly with kernels cut from cobs
- 4 Roma tomatoes, cut into wedges
- ½ cup basil, chopped
- ½ red onion, cut into slivers
- 2 peaches, sliced
- 1 cup mini mozzarella balls
- ½ tsp salt
- ¼ tsp pepper
- ½ cup lemon juice
- 2 cloves garlic, minced
- 2 tsp Dijon mustard
- 1 tsp honey
- ½ cup olive oil
- 1 tsp thyme

1. In a large bowl, combine pasta, corn, tomatoes, basil, onion, peaches and mozzarella.

2. In a jar with a tight-fitting lid, add salt, pepper, lemon juice, garlic, mustard, honey, oil and thyme. Shake until ingredients are fully combined.

3. Drizzle desired amount of dressing over pasta and veggies and toss gently to coat. **Serves 6**

Per serving: 417 cal, 25g fat, 15mg chol, 14g prot, 39g carbs, 11g sugar, 6g fiber, 394mg sodium

Recipe by Teresa Blackburn

Chicken Salad Caprese Toasts

These two-bite delights can pull double-duty as an appetizer or a full meal on a hot day.

- 2 cups cooked shredded chicken
- 1 lb fresh mozzarella cheese, cubed
- 2 cups grape tomatoes, halved
- 1 (14-oz) can water-packed artichoke hearts, drained, rinsed and coarsely chopped
- ½ cup pitted Greek olives, sliced
- ¼ cup minced basil
- ½ cup olive oil, divided
- 6 cloves garlic, divided
- ½ tsp salt, divided
- ½ tsp pepper
- 2 baguettes, cut into ½-inch slices

1. In a large bowl, combine chicken, cheese, tomatoes, artichoke hearts, olives and basil.

2. In a small bowl, whisk together ¼ cup oil, 2 cloves garlic (chopped), ¼ tsp salt and pepper. Drizzle over chicken mixture and toss to coat. Refrigerate.

3. Preheat oven to 425°F. Place bread slices on a baking sheet and bake 2 to 4 minutes, until lightly browned.

4. Halve 4 cloves garlic and rub cut sides over bread, then brush with remaining ¼ cup oil and sprinkle with ¼ tsp salt. Discard garlic. Bake 2 to 3 minutes longer, until crisp. Top with salad mixture. **Makes 24**

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African Gem Cutter Makes \$2,689,000 Mistake... Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000! The tanzanite gem cutter missed his chance to hit the jeweler's jackpot ... and make history. Would you have made the same mistake then? Will you make it today?

In the decades since its discovery, tanzanite has become one of the world's most coveted gemstones. Found in only one remote place on Earth (in Tanzania's Merelani Hills, in the shadow of Mount Kilimanjaro), the precious purple stone is 1,000 times rarer than diamonds. Luxury retailers have been quick to sound the alarm, warning that supplies of tanzanite will not last forever. And in this case, they're right. Once the last purple gem is pulled from the Earth, that's it. No more tanzanite. Most believe that we only have a twenty year supply left, which is why it's so amazing for us to offer this incredible price break. Some retailers along Fifth

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SUMMER on the Grill

The secret's in
the sauce!

Simple Grilled Flank Steak

For bigger flavor and extra-tender results, marinate the steak in $\frac{1}{2}$ cup chimichurri sauce at least 1 hour before grilling.

- 1½ lbs flank steak
- 1 Tbsp olive oil
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{3}$ cup chimichurri sauce

Brush steak with olive oil and sprinkle with salt and pepper. Grill over medium-high, 3 to 5 minutes per side, depending on desired doneness. Brush with chimichurri sauce and slice against the grain or at the shortest side of the steak.

Serves 6

Per serving: 203 cal, 11g fat, 67mg chol, 24g prot, 1g carbs, 0g sugar, 0g fiber, 264mg sodium

Garlic-Lime Chimichurri

Zingy citrus and a pop of jalapeño star in this twist on a popular South American sauce. For a creamy texture, add half of a ripe avocado to the mixture.

- 1 cup packed cilantro (discard any thick stems)
- $\frac{1}{2}$ cup packed parsley leaves
- 3 cloves garlic, peeled and smashed
- 1 jalapeño, seeds and stems removed
- $\frac{1}{4}$ tsp salt
- 3 Tbsp lime juice
- $\frac{1}{2}$ tsp sugar
- $\frac{1}{4}$ cup olive oil

In a food processor or blender, add cilantro, parsley, garlic, jalapeño pepper, salt, lime juice, sugar and olive oil. Process, scraping down sides of bowl as needed, until ingredients are well blended and mixture is mostly smooth. Thin with a few drops of water, if needed. **Makes 1½ cups**

Per serving: 23 cal, 2g fat, 0mg chol, 0g prot, 1g carbs, 0g sugar, 0g fiber, 25mg sodium



For a lower-cost alternative to flank steak, try skirt steak or tri-tip.

(Continued on page 10)

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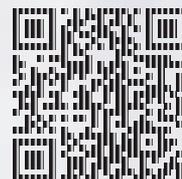
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(Continued from page 8)

Farm-Stand Skewers

Try your favorite summer produce—squash, eggplant, cherry tomatoes and even peaches or plums are all winners.

- 6 ears corn, husks and silks removed, sliced into rounds
- 3 bell peppers, any color, chopped into 3-inch pieces
- 4 zucchini, sliced into rounds
- 2 red onions, sliced into 3-inch pieces
- ¼ cup olive oil
- 1 tsp salt
- ½ tsp pepper
- ⅓ cup chimichurri sauce

1. Thread veggies, alternating colors and varieties, onto 8 skewers. Brush with oil and sprinkle with salt and pepper.

2. Heat outdoor grill or grill pan over medium-high. Grill skewers 8 to 10 minutes, turning occasionally, until fork-tender and slightly charred. During the last 2 to 3 minutes, brush with chimichurri sauce or serve with sauce for dipping. **Serves 8**

SKEWER SMARTS

• Slice veggies into equally sized pieces for even cooking.

• Soak wooden skewers in water at least 30 minutes before grilling to prevent burning.

Per serving: 190 cal, 9g fat, 0mg chol, 4g prot, 25g carbs, 8g sugar, 4g fiber, 313mg sodium

Recipes by Teresa Blackburn

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Words of Wisdom To My Grandson Michael

I've *traveled* paths you've yet to walk
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And now the *wisdom* of my life
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Learn to *trust* your feelings,
Your *beliefs* you should uphold.
Don't walk away from what is right
Be *courageous* and be *bold*.

Let yourself be *humble*,
And remember to be *kind*.
When you have *respect* for others
True friendships you will find.

Have *dignity* and *honor*,
And be proud of all you do,
Confidence will take you far,
A future that waits for you.

And so, I cannot wait to see,
The *wonders* you will do
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BBQ Chicken Waffle Sliders

Keep the kitchen cool, and prep these minis in an air fryer.

- 24 frozen seasoned waffle fries
- 12 frozen breaded chicken nuggets
- $\frac{1}{3}$ cup barbecue sauce
- 24 dill pickle chips
- 2 slices cheddar cheese, each cut into 6 pieces

1. Bake waffle fries and chicken nuggets according to package directions.
2. Place chicken nuggets in a large bowl and toss with barbecue sauce.
3. Place 12 waffle fries in a single layer on a cookie sheet. Top each with 2 pickle chips, one chicken nugget and a piece of cheese; top with a remaining waffle fry.
4. Bake an additional 2 to 3 minutes or until cheese is melted. Remove from oven and insert a toothpick into each slider. **Serves 4**

Per serving: 329 cal, 19g fat, 40mg chol, 12g prot, 27g carbs, 10g sugar, 3g fiber, 1057mg sodium

FREEZER PLEASERS

Fun food ideas from the frozen-foods aisle for the whole crew

Popcorn-Shrimp Polynesian Pizza

Wake up a plain ol' cheese pizza with three easy toppers. Sweet-and-sour or teriyaki sauces work well here, too.

- 1 (20-oz) frozen cheese pizza
- $1\frac{1}{2}$ cups frozen popcorn shrimp
- $\frac{1}{2}$ cup frozen pineapple chunks, thawed and cut in half
- $\frac{1}{4}$ cup Thai chili sauce

1. Preheat oven to 450°F. Place pizza on a baking sheet. Top evenly with shrimp and pineapple.
2. Bake 13 to 15 minutes or until crust is golden and shrimp is crispy.
3. Drizzle with sauce and slice. **Serves 4**

Per serving: 542 cal, 20g fat, 61mg chol, 20g prot, 66g carbs, 14g sugar, 10g fiber, 1459mg sodium

Recipes courtesy of EasyHomeMeals.com, created by the Mr. Food Test Kitchen



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Secret-Ingredient BURGER

The real MVP in this recipe
might surprise you...

Tex-Mex Turkey Burgers

A touch of creamed corn keeps these patties much juicier than the average turkey burger.

- 1 lb ground turkey
- ¼ cup canned creamed corn
- ¼ cup breadcrumbs
- 1 large egg
- ¼ cup minced onion
- 2 Tbsp chopped cilantro
- 1½ tsp ground cumin
- ½ tsp kosher salt
- ½ tsp pepper
- 4 hamburger buns
- 4 slices Monterey Jack cheese

1. In a large bowl, combine turkey, corn, breadcrumbs, egg, onion, cilantro, cumin, salt and pepper. Using your hands, mix ingredients until just combined and shape into four patties.

2. Heat a large skillet over medium, then coat with nonstick cooking spray. Add patties to the skillet and cook 5 minutes on one side, then flip and cook 10 minutes, until no pink remains and burgers have reached an internal temperature of 165°F. Place patties on buns with cheese. If desired, top with sliced avocado, tomato, lettuce and Chipotle Mayo (recipe below). **Serves 4**

Per serving: 622 cal, 38g fat, 170mg chol, 37g prot, 33g carbs, 5g sugar, 2g fiber, 1091mg sodium

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TOP IT!

Chipotle Mayo

In a bowl, whisk together ½ cup mayonnaise, 2 tsp adobo sauce from canned chipotle chiles, 2 tsp lime juice and ¼ tsp salt. Makes ⅔ cup

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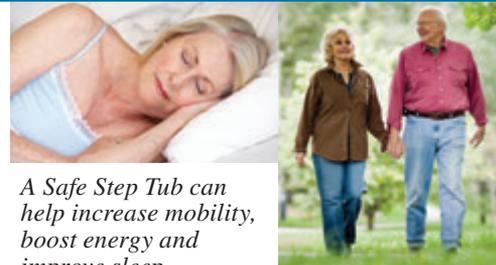
Then read on to learn how a Safe Step Walk-In Tub can help.

Personal Checklist:

- Arthritis
- Lower Back Pain
- Insomnia
- Anxiety
- Diabetes
- Mobility Issues
- Dry Skin
- Poor circulation

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.



A Safe Step Tub can help increase mobility, boost energy and improve sleep.

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you to bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:

Hydro-Jet Water Therapy – 10 Built-In Variable-Speed Massaging Water Jets

16 Air Bubble Jets

Complete Lifetime Warranty on the Tub

Personal Hygiene Therapy System and Bidet

Anti-Slip Tub Floor



Foot Massaging Jets

Wider Door, The Industry's Leading Low Step-In

Heated Seat and Back

Electronic Keypad

MicroSoothe® Air Therapy System

New Rapid Fill Faucet

Call now toll free

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for more information and for our Senior Discounts.
Financing available with approved credit.

Call today and receive a
FREE SHOWER PACKAGE

PLUS \$1600 OFF

FOR A LIMITED TIME ONLY

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With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



www.BuySafeStep.com

ALL-NEW mobility technology

Introducing the world's lightest mobility scooter with anti-tip technology

The So Lite Scooter is easy to transport and almost impossible to tip over.

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the So Lite™ Scooter. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat,



Why a So Lite™ Scooter is better:

- Latest "No-Tip" Technology
- Lightweight yet durable
- Folds and locks in seconds
- Easier to operate

trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a So Lite™ Scooter of your very own.



Exclusive Electronic Stability Control helps prevent tipping

The So Lite™ Scooter

Call now Toll-Free **1-800-399-7857**

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