

Lemon-Lime Basil Shortbread Cookies

Servings: 16

Source: Bon Appetit

Enjoy these tasty, light, and buttery cookies loaded with flavor!

INGREDIENTS

1 cup all-purpose flour
1/2 cup powdered sugar plus more for pressing cookies
1/2 cup chilled unsalted butter, cut into 1/2-inch cubes
1 tablespoon crushed, dried basil, or 2 tablespoons sliced fresh basil leaves
1 teaspoon finely grated lemon zest
1 tablespoon fresh lemon juice
1/2 teaspoon finely grated lime zest
1/4 teaspoon kosher salt
Sanding sugar (optional)

DIRECTIONS

1. Preheat oven to 375° F.
2. Place flour, 1/2 cup powdered sugar, butter, basil, both zests, lemon juice, and salt in a food processor. Pulse until large, moist clumps form.
3. Measure level tablespoonfuls of dough; roll between your palms to form balls. Place on a large baking sheet, spacing 2-inches apart.
4. Lightly dust the bottom of a flat measuring cup with powdered sugar and press cookies into 2-inch rounds, dusting cup bottom with powdered sugar as needed to prevent sticking.
5. Sprinkle tops of cookies with sanding sugar, if using.
6. Bake until edges are brown, about 14 to 15 minutes. Transfer to a wire rack; let cool.

Nutrients Per Serving:

90 Calories | 6g Fat (3.5g Saturated) | 20g Carbohydrates | 4g Added Sugar | 1g Protein | 30mg Sodium | 0g Fiber

Garlic Herb Goat Cheese Log

Servings: 15 (1 ½ tablespoon serving)

Source: Adapted by Extension Master Food Volunteer from carlsbadcarvings.com

Everyone loves cheese! Add some fresh or dried herbs for a tasty snack or appetizer.

INGREDIENTS

1 ½ tablespoons finely chopped fresh chives (1 ½ teaspoon dried)
1 ½ tablespoons finely chopped fresh parsley (1 ½ teaspoons dried)
1 tablespoon finely chopped fresh basil leaves (1 teaspoon dried)
1 ½ teaspoons finely chopped fresh oregano leaves (½ teaspoon dried)
1/2 tablespoon minced fresh thyme (1/2 teaspoon dried)
1 garlic clove, minced (1/4 teaspoon powder)
1 ½ teaspoons lemon zest
1/4 teaspoon salt
1/8 teaspoon pepper or freshly cracked to taste
1 (11 oz.) soft fresh goat cheese log
Optional: 2-3 additional tablespoons of fresh herbs for rolling

DIRECTIONS

1. In a medium bowl combine all herbs and seasonings. Add the goat cheese and stir well to combine.
2. Place cheese mixture on a large piece of plastic wrap and form into a log. Wrap and freeze for 20-30 minutes until firm slightly. Roll in additional fresh herbs if desired.
3. Refrigerate until firm. Store in the refrigerator for up to 3 days or freeze for 1-2 months.
4. When ready to serve, remove the cheese log from the refrigerator 15 minutes in advance to soften it. Drizzle with olive oil. Serve with baguette slices or crackers.

Nutrients Per Serving:

80 Calories | 6g Fat (4.5g Saturated) | 0g Carbohydrates | 0g Added Sugar | 5g Protein | 125mg Sodium | 0g Fiber

Cucumber Herb Vinaigrette

Servings: 24 (2 tablespoons per serving)

Source: Adapted from Eat Well

This cool, delicious vinaigrette is wonderful to top on salads or any chopped vegetables.

INGREDIENTS

1 small cucumber, peeled, seeded and chopped
1/4 cup extra-virgin olive oil
2 tablespoons red-wine vinegar
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh parsley
1 tablespoon nonfat plain Greek yogurt
1 teaspoon Dijon mustard
1 teaspoon sugar
1/2 teaspoon salt

DIRECTIONS

1. Puree all ingredients in a blender until smooth.
2. Cover and refrigerate for up to 3 days.

Nutrients Per Serving:

25 Calories | 2.5g Fat (3.5g Saturated) | 20g Carbohydrates | 4g Added Sugar | 1g Protein | 55mg Sodium | 0g Fiber

Zucchini with Summer Herbs

Servings: 6

Source: Adapted by Extension Master Food Volunteer Janet Rossbach from Food

When you have an abundance of zucchini pair it with some fresh summer herbs for a delicious side dish. Add some chicken and pasta to make it a main dish.

INGREDIENTS

1 ½ pounds zucchini
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon butter
1 teaspoon garlic clove, minced
1 tablespoon fresh parsley, chopped
1 tablespoon fresh basil, chopped
1 tablespoon fresh dill, chopped
2 teaspoons fresh chives, chopped
1/2 teaspoon fresh tarragon, chopped

DIRECTIONS

1. Rinse the zucchini and pat dry. Trim off ends and slice zucchini into 1/4-inch-thick slices without peeling.
2. Heat olive oil in a large skillet over medium-high to high heat. Add zucchini, salt and pepper.
3. Cook zucchini while shaking and stirring the skillet, turning occasionally with a spatula, for about 5 minutes.
4. Add butter to the skillet and stir gently until melted.
5. Sprinkle zucchini with garlic and herbs. Toss and serve.

Nutrients Per Serving:

80 Calories | 7g Fat (2g Saturated) | 4g Carbohydrates | 0g Added Sugar | 1g Protein | 220mg Sodium | 1g Fiber