

City of Racine SUMMER COOKBOOK

GREAT RECIPES
SUBMITTED BY
EMPLOYEES!

EASY TO MAKE!

MAKE
MODIFICATIONS
WHERE NEEDED!



SPRING SALAD

Submitted by: R. Von Haden



Ingredients in the following order:

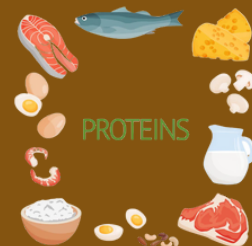
- Spring salad greens (about 1 ½ cups)
- Micro greens (about ¼ cup)
- Cherry tomatoes (about 4 diced)
- Sliced Kalamata olives
- One sliced hard-boiled egg
- Sprinkle with a mix of pine nuts and pumpkin seeds
- Sprinkle with a few raisins

Instead of salad dressing, sprinkle with fresh feta cheese, blue cheese or a tablespoon of low fat cottage cheese.



TIP:

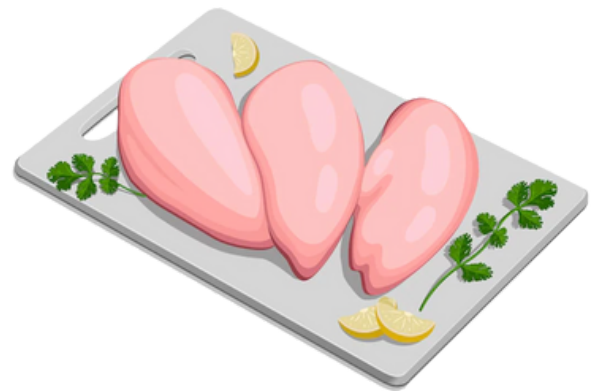
Feel free to add a protein of your choice to this salad to make it more filling.





CHICKEN RAGOUT

Submitted by: C. Chabron



Ingredients:

- 1 pound boneless skinless chicken breasts
- ½ cup flour
- Salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- 2 tablespoons parmesan cheese
- 4 tablespoons olive oil
- 3 diced garlic cloves
- 1 cup chicken broth
- 1 large onion sliced into medium pieces
- 1 small package of sliced mushrooms
- 2 zucchini / yellow squash cut into medium pieces

Instructions:

- Cut chicken into 1 inch chunks
- Combine flour, spices and cheese in bowl & coat chicken
- Heat oil in skillet add garlic and chicken, brown
- Add broth and vegetables
- Cover and simmer for 10 minutes
- Serve with rice



TIP:

Add other vegetables to this meal that you enjoy eating!





LOW CARB SPAGHETTI SQUASH LASAGNA CASSEROLE

Submitted by: C. Moratto

Ingredients

- 1.5 pounds Spaghetti Squash (was 3 pounds with shell) halved lengthwise, seeded

Meat Layer

- 2 pounds ground beef
- 1 tablespoon extra virgin olive oil
- 1 clove garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 24 ounces marinara sauce divided

Cheese Layer

- 24 ounces ricotta cheese part skim
- 2 cups mozzarella shredded, divided
- 1/4 cup grated Parmesan
- 2 eggs
- 1/2 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper

Instructions

- Preheat the oven to 400 degrees and bake the squash on a baking sheet for 1 hour.
- In a large skillet combine the ingredients for the meat layer except sauce and cook until browned and no longer pink. Once cooked add 12 ounces of sauce to meat. Reserve the rest.
- Combine all the ingredients together in a bowl for the cheese layer but reserve 1 cup shredded mozzarella. Set aside.
- Scrape the cooled squash with a fork and evenly add spaghetti squash to a greased 9 by 13 baking pan.
- Top with the meat layer.
- Spread the cheese layer.
- Add the remaining sauce over the cheese layer.
- Top with the remaining mozzarella cheese.
- Cover and bake for 30 minutes at 350 degrees.



TIP:

This meal makes great left
overs!





LOW CARB EGG ROLL IN A BOWL

Submitted by: M. Horn



Ingredients:

- 1 pound ground sausage
- 7 cups Coleslaw mix
- 2 tbsp low sodium soy sauce or coconut aminos
- 1 tbsp ginger
- 1 tsp garlic powder
- 1/2 cup green onions
- Optional:
- 1 tbsp Red pepper flakes

Instructions:

- Cook sausage stirring and crumbling until cooked through.
- Stir in Coleslaw mix, garlic, ginger, soy sauce, and stir.
- Top with green onions and drizzle with more soy sauce (or coconut amino) or sweet and sour sauce.



TIP:

If you don't care for ground beef, you can substitute a different protein of your choice!





SLOPPY JOES

Submitted by: D. Aiello



Ingredients:

- Three lbs. ground hamburger
- One small onion chopped
- Five celery ribs chopped
- Two tsp. garlic
- One tsp. salt
- One tsp. pepper
- One 32oz bottle ketchup
- One tsp. vinegar
- Half cup of brown sugar (or less)

Instructions:

- Brown hamburger, onion and celery
- Drain grease
- Add remaining ingredients
- Simmer at least 30 minutes
- Serve on buns.



TIP:

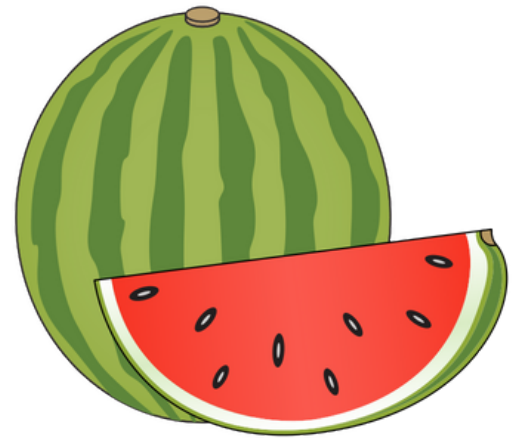
Instead of using a hamburger bun, try using sandwich thins/skinny's!





WATERMELON SALAD WITH FETA & MINT

Submitted by: E. Ross



Ingredients

Dressing

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt

For the salad

- 5 cups cubed watermelon
- 1 heaping cup diced English cucumber
- ¼ cup thinly sliced red onions
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn mint or basil leaves
- ½ jalapeño or serrano pepper, thinly sliced, optional
- Sea salt

Instructions

- Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
- Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.



TIP:

This salad is refreshing on a hot summer day!

yum!



BUFFALO CAULIFLOWER

Submitted by: A. Eschmann



Ingredients:

- $\frac{3}{4}$ cup all-purpose flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{3}{4}$ cup milk or milk alternative
- 1 head cauliflower
- $\frac{1}{4}$ cup buffalo sauce or hot sauce
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

Instructions:

- Preheat the oven to 450° F (230° C). Line a baking sheet with parchment paper.
- In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.
- Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.
- Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.
- Enjoy!



TIP:

This is a healthier alternative to regular chicken wings!





HOMEMADE MARGHERITA PIZZA

Submitted by: E. Ross



Ingredients:

Homemade Pizza Dough:

- 2½ cups (300 g) unbleached all-purpose flour
- 1 teaspoon granulated sugar
- ½ teaspoon active dry yeast
- ¾ teaspoon Diamond Crystal kosher salt
- 7 ounces (105°F to 115°F) warm water
- 1 tablespoon extra virgin olive oil
- All-purpose flour for dusting the pizza peel

Pizza Sauce:

- 1 cup pureed or crushed canned San Marzano tomatoes
- 2-3 fresh garlic cloves grated
- 1 teaspoon extra virgin olive oil plus more for drizzling
- 2-3 large pinches of kosher salt to taste
- ¼ teaspoon freshly ground black pepper

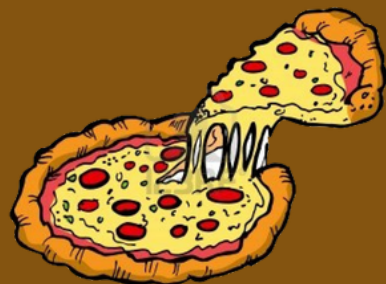
Toppings:

- 2-3 tablespoons finely grated Parmigiano-Reggiano cheese plus more for serving
- 7 ounces fresh mozzarella cheese (not packed in water) cut into ½-inch cubes
- 5-6 large fresh basil leaves plus more for garnishing
- Dried red pepper flakes optional



TIP:

You can use this recipe for other homemade pizzas, minus the toppings section!





HONEY BLACKBERRY MINT MOCKTAIL

Submitted by: E. Ross



TIP:

Mocktails are great for a hot summer day, that won't increase your risk of getting dehydrated like alcohol drinks can do!



Ingredients:

- 8 fresh blackberries plus more for garnish
- 1/4 cup honey
- a handful fresh mint leaves about 10, plus more for garnish
- juice of 1 lemon
- 1/2 cup water
- 2 cups seltzer

Instructions:

- In a cocktail shaker, use the wooden spoon to mush together the blackberries, honey, and mint until very well mixed.
- Add the lemon juice and water, cover, and shake to mix.
- Strain the mixture into two glasses with ice.
- Top each glass with 1 cup of seltzer.
- Garnish with blackberries and mint leaves.



REFRESHING GINGER LEMONADE

Submitted by: E. Ross



Ingredients:

- 3 ½ cups water (DIVIDED)
- 1/2 cup agave syrup (plus more to taste)
- 2/3 cup chopped fresh ginger, peeling optional
- 1 cup lemon juice (5 lemons yield ~1 cup of juice)

Instructions:

- In a small saucepan, combine 1/2 cup (120 ml) water, the agave, and the chopped fresh ginger. Bring to a simmer over medium heat. Once simmering, cook for 10 minutes to extract the ginger flavor. Remove from the heat.
- Meanwhile, to a glass jar or pitcher add lemon juice and remaining water. Place a strainer over the jar/lemon mixture and pass the ginger syrup through it, removing any small pieces of ginger. Whisk the lemonade well to mix in the ginger syrup, and serve it over ice. Optionally, garnish with fresh mint leaves. Serve on its own or as a mixer with tequila, gin, or vodka.
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- Lemonade will keep in a sealed container in the refrigerator up to 5 days, or freeze in popsicle molds for a sweet, cold treat! Can also be frozen into ice cubes and added to summer beverages



TIP:

Mocktails are great for a hot summer day, that won't increase your risk of getting dehydrated like alcohol drinks can do!

