Community Crossroads
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A COMMUNITY OF WELLNESS

COLBY DUDAL
NEWSLETTER 14

4TH OF JULY RECIPES

The 4th of July is this coming Saturday! Whether you are attending a socially distant barbeque, spending it on a lake or have no plans at all, there are so many summer recipes that are fun and easy to make!









RED, WHITE AND BLUE STRAWBERRIES

Ingredients

- 20 strawberries
- 6 oz white chocolate (chop up a chocolate bar or use chips)
- 1/2 cup blue sugar

Instructions

1. Melt white chocolate over a double boiler or in the microwave. (If you're doing it in the microwave change the power to 50% and microwave in 30 second increments, about 90 seconds total. Stirring in between each) (In a double boiler stir regularly until chocolate is creamy and melted). You can remelt chocolate when it starts to get thick and lumpy using either method.
2. Dip strawberries in the white chocolate with about 1/4- 1/3 of the top showing still
3. Twirl strawberries around for a few seconds and allow excess chocolate to drip off.
4. Dip strawberries about 1/3-1/2 way up in blue sugar.
5. Lay on parchment paper and allow to rest until chocolate is fully hardened.

From Like Mother, Like Daughter website

RED, WHITE AND BLUE COOKIES

Red, White and Blue Chocolate Chip cookies (From cookiesandcups.com)

1 cup of butter (room temperature), 1 cup granulated sugar, ½ cup of light brown sugar, 2 teaspoons vanilla, 2 eggs, 1 teaspoon kosher salt, 1 teaspoon baking soda, 3 cups flour, 2 cups chocolate chips, red and blue food coloring, golden star sprinkles (optional)

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside. In the bowl of your stand mixer fitted with the paddle attachment mix the butter and both sugars together for 2 minutes on medium speed until light and fluffy. Add in the egg, vanilla, salt, and baking soda and continue mixing for 1 minute until smooth, scraping the sides of the bowl as necessary. Turn the mixer to low and add in the flour, mixing until just incorporated.Stir in the chocolate chips evenly. Divide the cookie dough into 3 equal portions. Using the food coloring, color one portion of the dough red, and the other blue, leaving one uncolored. Roll each dough into approximately a 15-inch rope. Place the three next to each other on a large piece of cling wrap. Wrap the cling wrap up tightly, pressing the doughs together forming a large log. Remove the cling wrap and breaking off the dough with your hands into approximately 2-tablespoon portions. Roll the dough into a loose ball and place it onto the prepared baking sheet and bake for 9 minutes or until the edges are set. Don’t over bake these!!

SIMPLE DESSERT IDEA



Buy package of Philadelphia no bake Cheesecake filling in the dairy section of the supermarket

Core 2 quarts of fresh strawberries

Use piping bag to fill strawberries with cheesecake filling

Sprinkle crushed graham crackers on top (optional)

Sent in by Julia Hornbaker





CHEESEBURGER SLIDERS

Ingredients: 2 lb lean ground beef, 1/2 Tbsp olive oil, 1 tsp salt, 1 tsp black pepper, 1 tsp garlic powder, 1/2 large yellow onion finely diced, 1/4 cup mayonnaise, 8 slices medium cheddar cheese, 6 oz medium cheddar shredded (or used more sliced cheese), 24 dinner rolls (or use 2 packs of 12), 2 Tbsp butter melted, plus more to grease baking sheet, 1 Tbsp sesame seeds

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Preheat oven to 350˚F. Butter the bottom of a rimmed baking sheet. Place a large skillet over medium/high heat with 1/2 Tbsp olive oil. Add diced onion then 2 lbs ground beef and break up with a spatula.

Season with 1 tsp salt, 1 tsp black pepper, and 1 tsp garlic powder. Saute over medium/high heat, breaking up the beef and cook just until cooked through then remove from heat. Tilt skillet to spoon off and discard excess fat. Stir in 1/4 cup mayo. Cut buns in half. Place bottom half of dinner rolls on buttered baking sheet and line bread with sliced cheese. Spread ground beef mixture evenly over the sliced cheese, using the back of a spatula to square off the edges. Cover the ground beef with 6 oz of shredded cheddar. Place the top of buns, cut-side down, over the burgers. Brush tops with 2 Tbsp melted butter and immediately sprinkle tops with sesame seeds. Bake at 350˚F for 15 minutes, or until cheese is melted and tops are golden brown.

Natashaskitchen.com

TOFU PUFFS

INGREDIENTS: 300g tofu puffs, wash and drain, 200g pork, minced, 1/2 teaspoon salt, 1 tablespoon light soy sauce, 1 tablespoon dark soy sauce, 1 tablespoon vegetable oil, 3 dried shiitake mushrooms, 1 green onion, chopped, 1 onion, minced, 1 tablespoon Lao Gan Ma, 1 tablespoon starch, 2 teaspoons starch, 1 bowl water

1. Soak the mushrooms in warm water for 30 minutes, then chop the mushrooms.
2. Add salt, 1/2 tablespoon light soy sauce, 1/2 tablespoon dark soy sauce, and starch in a bowl and mix well.
3. Poke a hole in the tofu puffs with chopsticks and fill it with meat.
4. Heat a pan with oil and stir-fry the tofu puffs until each side becomes golden.
5. Add 2 teaspoons starch, 1/2 bowl of water, Lao Gan Ma, and remaining soy sauce. Close the lid and cook under middle heat for 7-8 minutes until the sauce has thickened. Garnish with green onion. Serve.

From Tofutoday.com

PASTA & PESTO

Pesto - 2 cups (packed) fresh basil leaves, ½ cup walnuts, 2 garlic cloves, touch or salt and touch of pepper, ¾ cup of extra virgin olive oil, ½ cup of 4 cheese blend (Asiago, Fontina, Parmesan and Provolone). Note, she buys the BelGioioso blend cheese that is already shredded.

In a food processor, blend the basil, walnuts, garlic, salt and pepper. Then, add olive oil and cheese blend.

Boil pasta with salt. Follow pasta box instructions (Penne pasta is good to use for this.) Save a little bit of the salt water that is in the pasta, drain the pasta and toss it in with the pesto. Add grated cheese on top!

Sent in by Colby's cousin Maura

NANA'S POTATO SALAD

Ingredients: 6 potatoes peeled and cut into small pieces (boil for 15 minutes and drain), 6-8 eggs, boiled and cut into pieces, ½ sweet onion diced small, 1 tsp of salt, 1 tsp of black pepper, 1 cup mayo, paprika

Let potatoes cool before adding ingredients. Add all together and sprinkle with paprika.

Sent in by Colby's Nana

JULY 4TH TV SPECIALS

While many in-person firework displays will not be happening this year, you can still watch fireworks from the comfort of your own home by checking out these TV specials.

Macy's 4th of July Fireworks Spectacular - NBC - 8:00 - This show will feature several artists and some fireworks.

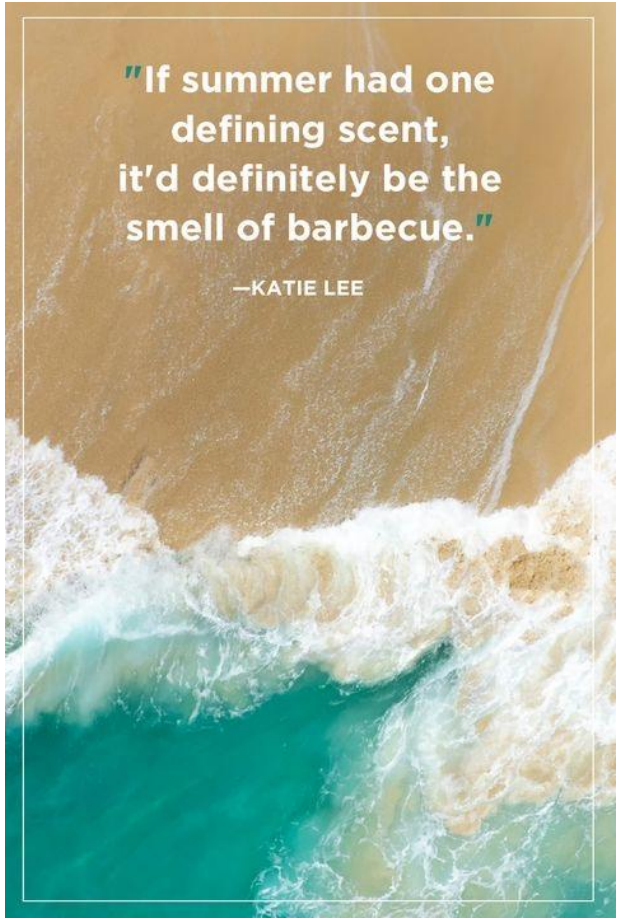
A Boston Pops Salute To Our Heroes - Boston's Channel 7 WHDH - 8:00 pm. While this show won't be featuring live performances from the Charles River Esplanade, the Boston Pops along with their guest artists have put together new content that will be featured on the show.

Capitol Fourth - PBS - 8:00 pm - This will be the milestone 40th year of this 4th of July special.

You can also try to find local live streams of firework presentations!

CHECK OUT OUR WEBSITE

Summer Virtual Golf Tournament


"If summer had one defining scent, it'd definitely be the smell of barbecue."
—KATIE LEE


Tomorrow may rain, so I'll follow the sun.
Paul McCartney
quotefancy