

Summertime Favorites

Summertime is officially here! With that being said, I am always looking for easy, light recipes for our meals. It is simply too hot to heat up the oven every evening, so grilling is a great alternative. This week I am sharing two recipes I recently made for my family, to huge raves I must add! While both of these turned out yummy, they can both be modified to lower the calories and even change up the ingredients for a creative twist on flavors.

Lemon Icebox Pie Ice Cream

3 to 4 lemons
2 cups half-and-half
1 (14-oz.) can sweetened condensed milk
 $\frac{3}{4}$ cup coarsely crushed graham crackers

1. Grate zest from lemons to equal 1 Tbsp. Cut lemons in half; squeeze juice from lemons into a measuring cup to equal $\frac{1}{2}$ cup.
2. Whisk together half-and-half, sweetened condensed milk and lemon juice. Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker and freeze according to manufacturer's instructions. (Instructions and times may vary.) Stir in graham cracker crumbs and lemon zest; transfer to an airtight container. Freeze 2 hours before serving.

Makes: about 1 qt.

To lower the calories in this dessert, use fat-free half-and-half, fat-free sweetened condense milk, and low-fat graham crackers.

Source: Southern Living, May 2012

Simple Summer Spaghetti

12 oz. packaged dry spaghetti
 $\frac{1}{4}$ cup extra-virgin olive oil
5 cloves garlic, coarsely chopped
Pinch crushed red pepper, or more to taste
2 cups cut-up grilled zucchini and/or summer squash
2 cups red and/or yellow cherry tomatoes, quartered
 $\frac{1}{4}$ cup fresh basil leaves, torn
 $\frac{1}{4}$ to $\frac{1}{2}$ cup grated Parmesan cheese
2 Tbsp. chopped fresh basil or Italian parsley

1. Bring large pot of salted water to boiling. Stir in spaghetti. Cook 9 to 10 minutes, just until tender. Strain pasta, reserving 1 cup cooking liquid.

2. Meanwhile, in extra-large skillet combine olive oil, garlic and crushed red pepper. Cook over medium heat about 3 minutes, until garlic begins to soften. Do not let garlic brown. Stir in zucchini, tomatoes and torn basil. Season with *salt* and *pepper*.

3. Reduce heat to low; stir pasta liquid and spaghetti into vegetables in skillet. (If skillet is too small, mix all ingredients in large pot.) Heat thoroughly. Sprinkle with Parmesan. Transfer to large serving bowl. Sprinkle with chopped fresh basil. Makes 4 to 8 servings.

Each serving: 511 cal, 18 g fat, 71 g carb

This recipe can evolve as summer progresses. Grill available garden-fresh or farmer's market veggies.

Source: Better Homes and Gardens, June 2012

If you have some favorite summertime recipes, I would love for you to share them with me! Send them via email to djyoung@ag.tamu.edu

Upcoming Events and Reminders

Don't forget the Celebrating Women...Expanding Strengths for Today's Challenges conference is coming up on Friday, June 29, 2012. Call the Texas AgriLife Extension Service office today at 903-473-4580 to register because time is running out to be one of the first 100 to receive your FREE book! It is only \$10.00 for the entire day.

The Rains County Fair is just around the corner, September 11 – 15, 2012. That means these long, hot summer months are the perfect time to start working on projects to enter into the Rains County Fair Creative Arts contest.