

# What's Cookin' Rutland Summer Picnic - July

## Almond Chocolate Chip Cookies

### Ingredients

- 3 cups Almond Meal/flour
- 6 Tbsp canola or safflower oil
- 6 Tbsp agave nectar\*
- ¾ cup bittersweet chocolate chips

### Instructions

1. Preheat oven to 350
2. Measure the 4 ingredients into a bowl and mix them together with a spoon.
3. To form the cookies, I like to use a small ice-cream scooper (the kind you use to make melon balls) so that they are all uniform but it's not necessary.
4. Place on a non-stick cookie sheet and bake in preheated oven for 8 – 10 minutes (*I found that 9 minutes was the magic number for my convection oven*).

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## Mediterranean Couscous Salad

### Ingredients

- **Dressing:**
- Juice of 1 large orange (about ½ cup)
- Juice of 1 small lemon (about ¼ cup)
- ½ cup extra virgin olive oil
- ½ tsp turmeric
- ¼ tsp coarse salt
- **Salad ingredients:**
- 1 cup whole wheat couscous, dry
- 2 medium tomatoes, rinsed, diced
- 3 bell peppers (yellow, red and orange), rinsed finely diced
- 1 large jar (12 oz) fresh packed marinated artichoke hearts, drained
- 1 (15.5 oz) can chickpeas, rinsed and drained
- ½ cup fresh basil, rinsed and chopped
- **Topping:**
- 1 Tbsp roasted sunflower seeds (unsalted)

### Instructions

1. Place all the dressing ingredients in a small bowl and whisk to blend well.
2. Place the dry couscous in a large bowl, pour the dressing over it and stir well once; set it aside, uncovered and do not stir again for 10 minutes.
3. Place all the remaining ingredients on top of the couscous and gently stir (*after the 10 minutes are up!*).
4. Sprinkle with the sunflower seeds and serve either at room temperature or cold.

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## Mediterranean Bean Salad **Salad**

- 1 (15-oz) can garbanzo beans, rinsed and drained
- 1 (15-oz) can butter beans, rinsed and drained (cooked fresh beans may be substituted)
- 1 (15-oz) can dark red kidney beans, rinsed and drained
- 1/2 small red onion, chopped fine
- 1 celery stalk, chopped fine
- 2-4 garlic cloves, minced
- 1/2-1 cup fresh parsley, chopped fine
- 1/4 cup basil, chopped fine (1 Tbsp. dried basil may be substituted)
- 1 Tbsp. fresh rosemary, chopped fine
- 2 tomatoes, diced

### **Dressing**

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. vinegar (either white wine or apple cider work well)
- Juice of one lemon
- 1/2 Tbsp. dried Italian seasoning
- Salt and freshly ground pepper to taste

In large bowl combine beans. Mix in onion, celery, garlic, parsley, basil and rosemary, adding tomatoes last to keep them from unnecessarily breaking apart.

In separate mixing bowl whisk together dressing ingredients. Add dressing to beans and toss gently to coat.

Chill for at least an hour to allow beans to absorb the flavor of the dressing. Re-toss gently and serve.

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