

4th of July Recipes

Blueberry & Strawberry Crumble

Here is a beautiful, delicious, and nutrient packed dessert.

Prep Time: 10 Minutes

Baking Time: 20 Minutes

Serves: 8

Ingredients:

¼ cup port wine (or substitute with water)

¼ cup maple syrup

2 cups of apples, cored and cut into ½-inch slices

½ teaspoon ground cinnamon

2 tablespoons quick-cooking tapioca

½ organic lemon, rind grated

½ organic lemon, juiced

2 cups blueberries

2 cups strawberries, sliced in half

½ cup sliced almonds

½ cup pecans chopped

Directions:

Preheat oven to 375° (F)

In a saucepan, combine port (or water), maple syrup, apples, cinnamon, and tapioca. Bring to a gentle boil, then lower heat and simmer for 5 minutes. Add lemon rind and juice, 1 ½ cups of blueberries, and 1 ½ cups of strawberries, mix and pour into a pie dish. Bake for 20 minutes.

Meanwhile, in a sauté pan over medium heat, toast the almonds and pecans for 2-3 minutes, until warmed and fragrant, but not browned.

Remove pie plate, and sprinkle toasted nuts over the top of fruit mixture. Then garnish with remaining blueberries and strawberries. Serve warm or chilled.

Enjoy!

Steven Masley, MD

Tomato-Cauliflower Salad with Blueberry Vinaigrette

Add this lovely salad to your Fourth of July holiday party.

Prep time: 20 minutes

Serves: 8

Ingredients:

1 medium cauliflower, sliced into small pieces

8 medium vine-ripened tomatoes, sliced thinly

1 medium red bell pepper, sliced thinly

1 cup Italian parsley, finely chopped

Blueberry Vinaigrette:

¼ cup balsamic vinegar

½ cup extra virgin olive oil

1 pinch (1/16th tsp) sea salt

½ cup blueberries (fresh or frozen)

Directions:

Boil a pot of water. Blanch cauliflower for 2-3 minutes, until al dente. Then place in ice water for 4-5 minutes to stop the cooking process. Drain.

Combine cauliflower, tomatoes, bell pepper, and parsley in a salad bowl.

Pulse dressing ingredients in a blender until smooth. Toss with salad and serve.

Enjoy!

Steven Masley, MD