

## *A Summer Celebration Menu*

- *Chilled Summer Corn & Buttermilk Soup with Shrimp*
- *Oregon Albacore Tuna Salad*
- *Raspberry Lemon Spritzer*

<b>Nutrition Facts</b>	
Servings: 1 meal	
Amount Per Serving	
<b>Calories</b> 508	
<b>Total Fat</b> 10 g	
<b>Saturated Fat</b> 1 g	
<b>Monounsaturated Fat</b> 5 g	
<b>Polyunsaturated Fat</b> 1 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 108 mg	
<b>Sodium</b> 477 mg	
<b>Potassium</b> 1954 mg	
<b>Total Carbohydrate</b> 64 g	
<b>Dietary Fiber</b> 12 g	
<b>Sugars</b> 29 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 45 g	
Vitamin A	97%
Vitamin C	57%
Calcium	36%
Iron	24%

## Chilled Summer Corn & Buttermilk Soup with Shrimp

*Makes 4 servings*

We love fresh, brightly flavored dishes that are served chilled throughout our lingering Oregon summers. The classic corn and shrimp combination really shines in this extraordinary make-ahead soup. Prepare it a day in advance to serve chilled, though we like this soup served hot too!

### **Ingredients**

- 4 ounces cooked shrimp (preferably fresh Oregon shrimp)
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 clove garlic, minced
- 1 medium onion, chopped about 1 cup
- 3 cups fresh corn kernels (from about 4 medium ears)
- 3 cups non-fat buttermilk
- ¼ teaspoon freshly ground black pepper
- ¼ cup cilantro leaves

### **Preparation**

Pick through the cooked shrimp to inspect and remove any shells, then refrigerate until ready to serve the soup.

In a medium saucepan over medium heat, toast the chili powder and cumin until fragrant, stirring constantly, about 1 minute. Add the garlic, onion, corn, and buttermilk, and simmer for 7 to 10 minutes, stirring from time to time. Remove from heat and cool slightly.

Transfer half of the corn mixture to a food processor or blender and blend for about 2 minutes until liquefied, scraping down the sides to process evenly. Transfer to a large bowl and stir in the remaining corn mixture. Season with black pepper. Cover and refrigerate until thoroughly chilled.

Serve in chilled bowls, garnished with shrimp and cilantro leaves.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories</b> 210	
<b>Total Fat</b> 1 g	
<b>Saturated Fat</b> 0 g	
<b>Monounsaturated Fat</b> 0 g	
<b>Polyunsaturated Fat</b> 0 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 59 mg	
<b>Sodium</b> 275 mg	
<b>Potassium</b> 719 mg	
<b>Total Carbohydrate</b> 38 g	
<b>Dietary Fiber</b> 4 g	
<b>Sugars</b> 14 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 16 g	
Vitamin A	13%
Vitamin C	5%
Calcium	25%
Iron	7%

## Oregon Albacore Tuna Salad

Makes 4 servings

### Ingredients

- 12 ounces fresh Oregon albacore tuna
- 10 pieces sun-dried tomato halves, about 4 ounces, soaked in a cup of hot water to soften
- 2 celery stalks, cut on an angle into 2-inch pieces
- 5 pitted Kalamata olives, sliced
- 1 sweet white onion, peeled, halved, and sliced
- 1 medium carrot, peeled, halved lengthwise, and bias-cut into 1-inch pieces
- 1 teaspoon ground coriander seed
- 1 teaspoon whole mustard seed
- ½ teaspoon crushed red pepper flakes
- 2 garlic cloves, sliced into 10 pieces each
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1 cup canned no-salt-added crushed tomatoes (we like Hunt's)
- ¼ cup water
- 1 bay leaf, broken into 5 pieces
- Zest and juice of ½ lemon (zest shaved from the lemon with a peeler before squeezing, then finely chopped)
- 2 ounces mesclun or other mixed salad greens

### Preparation

Preheat oven to 325° F.

Trim and discard any skin or bones from the tuna. Cut the tuna into large pieces at least 2 inches and up to 6 inches in length. Drain the sun-dried tomatoes (discard the soaking liquid), and combine with the celery, olives, onion, and carrot in a 9x9-inch glass or enameled cast iron baking dish. Nestle the tuna pieces into the vegetable mixture.

In a medium bowl, combine the coriander, mustard seed, red pepper flakes, garlic, black pepper, olive oil, crushed tomatoes, water, bay leaf, lemon juice, and lemon zest. Pour the tomato mixture over the tuna and vegetables. Cover the baking dish with foil and bake until the tuna just begins to flake, about 20 to 25 minutes. The internal temperature should reach, but not exceed, 145° F. Cool slightly to serve warm, or refrigerate and serve chilled. Serve the tuna and vegetables on the greens. The tuna will keep, tightly sealed and refrigerated, for up to 4 days.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 277	
<b>Total Fat</b> 9 g	
<b>Saturated Fat</b> 1 g	
<b>Monounsaturated Fat</b> 5 g	
<b>Polyunsaturated Fat</b> 1 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 49 mg	
<b>Sodium</b> 196 mg	
<b>Potassium</b> 1229 mg	
<b>Total Carbohydrate</b> 19 g	
<b>Dietary Fiber</b> 5 g	
<b>Sugars</b> 10 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 29 g	
Vitamin A	84%
Vitamin C	33%
Calcium	10%
Iron	16%

## Raspberry Lemon Spritzer

*Makes 4 servings*

Seltzer water has only trace quantities of sodium. If you prefer still water, by all means use it to replace the carbonated seltzer water. Try substituting your favorite berry or melon for the raspberries.

### **Ingredients**

- 1 lemon, halved and divided
- 1 ½ cups raspberries, divided
- 4 packets stevia
- Ice cubes
- 4 cups seltzer water
- 4 sprigs fresh mint

### **Preparation**

Cut one lemon half into four slices or wedges, and reserve for garnish.

Place 1 cup of the raspberries in a blender jar with the stevia. Squeeze the juice of the remaining ½ lemon into the jar, straining to remove seeds. Blend the mixture until liquefied.

Using tall, clear 12-ounce glasses (pint jars are also nice), divide the remaining raspberries. Fill each glass with ice cubes, and then evenly distribute the raspberry puree into the glasses.

Pour the seltzer water over each glass to about ½-inch of the rim. Top each glass with a piece of lemon and a sprig of mint before serving.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories 21</b>	
<b>Total Fat 0 g</b>	
<b>Saturated Fat 0 g</b>	
<b>Monounsaturated Fat 0 g</b>	
<b>Polyunsaturated Fat 0 g</b>	
<b>Trans Fat 0 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 6 mg</b>	
<b>Potassium 6 mg</b>	
<b>Total Carbohydrate 7 g</b>	
<b>Dietary Fiber 3 g</b>	
<b>Sugars 5 g</b>	
<b>Added Sugars 0 g</b>	
<b>Protein 0 g</b>	
Vitamin A	0%
Vitamin C	19%
Calcium	1%
Iron	1%