

## Summer Recipes

### Ginger Lemonade Citrus Coolers

½ cup peeled, chopped fresh ginger root  
2 whole lemons, peeled and chopped, seeds removed  
2/3 cup xylitol/stevia  
1 cup water  
2 liters sparkling water  
¼ cup fresh mint leaves

Combine the ginger root, chopped lemons, xylitol, and water in a blender and puree until well macerated. Pour the concentrate through a sieve into a small glass or ceramic pitcher.

To serve, pour 3 tablespoons of the concentrate into each glass. Add ice cubes and sparkling water, stir, and garnish with fresh mint.

Serve immediately.

### Asian Salmon Patties

1lb fresh or canned salmon  
¼ cup chopped green onions  
1 tbsp. Thai chili paste  
1 tsp. grated ginger  
¼ cup whole wheat bread crumbs  
1 egg

Combine ingredients and refrigerate for 30 minutes. Make mixture into patties and place on the grill or the stove with a little olive oil. Grill/sauté until brown on outside.

### Spicy Grilled Corn on the Cob (Jamaican Jerk Spice Mix)

1tsp. ground allspice  
½ tsp ground cinnamon  
½ tsp. dried thyme  
½ tsp ground black pepper  
½ tsp. salt  
Dash of cayenne  
Dash of ground nutmeg

Prepare the grill. Grill until husks are dry and kernels are tender.

Combine the spice mix ingredients in a small bowl or jar. Pull the husks back from the ears of corn without detaching them from the stem ends. Remove the silk. Brush the kernels with the oil or melted butter and sprinkle with the spice mix. Pull the husks back up over the kernels, tie together at the top with an extra strand of husk, and dampen slightly under running water. Grill, turning frequently, until the husks are dried out and the kernels are tender, 10 – 20 minutes.  
Serve immediately.