

The DISH



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Does anyone else feel like summer is flying by once again? Why can't winter fly by as quickly as summer does?

It's almost America's birthday — the Fourth of July! The red, white and blue! Independence Day! So, whether you're getting together with friends, going to the lake, a pool party, a parade, fireworks or just someone's back yard, you'll probably need to bring some kind of food to share.

I've already got a list started of recipes I'm going to make for the party and thought I'd share a few of them with you. This July 4th, let's remember what it really means to be an American and remember all that we have to be thankful for — and always be "one nation under God." Now go celebrate!

Corn Salsa

- 4 ears of sweet corn, husks removed
- 1 red bell pepper, diced
- 2 Roma tomatoes, diced
- ¾ cup English cucumber, diced
- ¼ cup red onions, diced
- 1-2 jalapenos seeded, minced (1 for mild)
- 1/3 cup packed cilantro, minced
- 2 Tbsp. lime juice
- 1 Tbsp. apple cider vinegar
- ½ tsp each ground cumin, salt
- ¼ tsp each garlic powder, smoked paprika, pepper

Lightly brush each ear of corn with olive oil. Grease and heat grill to high heat (450 degrees). Once hot, add corn and close the lid. Cook 2-3 minutes on each side, rotating the corn until all of the sides are lightly charred, about 10-12 minutes, closing the lid in between rotations. Set the corn aside and allow to cool enough to handle. Cut the kernels off of the cob and transfer to a large bowl.

Add all of the remaining Corn Salsa ingredients to the grilled corn and toss to evenly coat. Season with additional lime juice and/or salt and pepper to taste.

Let rest for 30-60 minutes at room temperature to let the flavors meld, or serve immediately. Corn Salsa will keep covered in the fridge for up to 4-5 days, but is best the first day.

Jalapeno Popper Dip

- 4 jalapeños, seeded and diced (4-oz. can of diced jalapeños)
- 1 can green chilies
- 8 oz. cream cheese, softened
- 1½ cups shredded cheddar cheese, divided
- 6 slices bacon, cooked well done and crumbled
- ½ tsp. onion powder
- ¼ tsp. granulated garlic
- Baguette slices or crackers for dipping

Preheat oven to 375 degrees. Spray an 8-by-8-inch baking dish with nonstick cooking spray and set aside.

Stir together jalapeños, green chilies, cream cheese, 1 cup shredded cheddar, bacon (reserve some for topping if desired), onion powder and granulated gar-

lic in a large bowl until well combined.

Pour into the prepared baking dish, spread evenly and top with ½ cup cheddar cheese. Bake for 15-20 minutes until melted and bubbly. Serve with toasted baguette slices or crackers.

Fresh Mango Salsa

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- 1/8 to ¼ tsp. salt, to taste

In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime.

Using a large spoon, stir the ingredients together. Season to taste with salt and stir again. For best flavor, let the salsa rest for 10 minutes or longer.

Turkey Ranch Roll Ups

- (4) 12-inch soft tortillas
- 8 oz. pkg. cream cheese, softened
- 1 Tbsp. Hidden Valley Ranch powder mix
- ¼ cup sharp cheddar cheese
- ¼ cup finely chopped sweet bell pepper (yellow, orange, or red)
- 2 Tbsp. finely chopped red onion
- ¼ lb. very thinly sliced turkey breast deli meat

Mix softened cream cheese with the ranch powder, cheddar cheese, bell pepper and onion until well combined.

Spread about 2 Tbsp. of this mixture evenly on each tortilla then lay 3-4 slices of turkey breast flat on top of the cheese mixture to cover in a single layer.

Roll the tortilla up gently, yet tightly to make sure it holds together and keeps its shape. Use a serrated knife to gently slice the roll up into 5-6 slices. Eat immediately or refrigerate to firm up and serve later.

BBQ Macaroni Salad

- 1 lb. elbow macaroni
- 1 red bell pepper, diced

- 3-4 green onions, diced (green and white parts)
- 13 oz. pkg. kielbasa, cut into small chunks
- ¾ cup mayo
- ¾ cup BBQ sauce
- 1 Tbsp. apple cider vinegar
- ½ tsp. salt
- ¼ tsp. black pepper
- 1/8 tsp. cayenne pepper
- ¼ tsp. chili powder

Cook 1 lb. elbow macaroni according to package directions. When pasta is done cooking and you've drained it, run cold water over the pasta until it is completely cooled. Allow macaroni to drain well.

In a large skillet heated to medium high heat, sauté the chopped kielbasa until it is lightly browned.

In a small bowl, combine mayo, BBQ sauce, vinegar, salt, pepper, cayenne pepper and chili powder.

In a large bowl, combine cooked and cooled pasta with diced bell pepper, green onions and browned kielbasa. Stir in the dressing you made.

Store in the refrigerator until you're ready to use it. If the pasta has been in the fridge for a while, stir in 1-2 Tbsp. warm water before serving to obtain a creamy consistency again.

4th of July S'mores Bars

- 1 pkg. Oreos, crushed into fine crumbs
- ½ cup butter, melted
- 1 can sweetened condensed milk
- 7 graham cracker squares (just enough to create a layer in your pan)
- (3) 8 oz. bars of milk or semi-sweet chocolate (2 will be chopped and 1 melted)
- 4 cups mini marshmallows
- Approximately 2 cups red, white and blue M&M's

Preheat the oven to 350 degrees. Take a 9-by-13-inch pan and line it with tinfoil.

Crush the Oreo cookies into fine crumbs. Combine the crushed Oreos with the cube of melted butter. Press the Oreo mixture into the bottom of the pan. Pour the sweetened condensed milk over the Oreo crust.

Break up the graham crackers and chocolate bar and sprinkle them over the sweetened condensed milk. Sprinkle the mini marshmallows all over.

Bake for 30-35 minutes. Remove from the oven and right away sprinkle the M&M's all over the bars. Put back in the oven and cook for 5-7 more minutes. Remove from the oven and allow to cool for 15 minutes.

While the bars are cooling, break up the last 4 oz. chocolate bar with 3 Tbsp. milk on the stove top and constantly mix until the chocolate is runny enough that you can drizzle it all over the bars. If needed, add more milk. After the bars are cooled, drizzle the milk chocolate over the top of the bars. Allow to finish cooling and the chocolate to set before serving.