



cool
SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

Papaya Mango Salsa

Ingredients

- 2 Pounds Papaya, cut into 1/4-inch dice
- 1 ½ Cups fresh Pineapple, diced (¼ in.)
- 2 Scallions, finely chopped
- 1 small Garlic clove, grated
- 2 Tablespoons fresh Lime juice & zest
- ½ teaspoon Kosher Salt
- ¼ teaspoon black Pepper

Directions

1. Stir together all ingredients.
2. Serve over Grilled Chicken, Fish, Mushroom Steaks, etc.



cool
SUMMER meals

By: Jill Lane inspired by Ina Garten

Panzanella

Ingredients

- 1 ½ Tablespoons olive oil
- 1 ½ Tablespoons Unsalted Butter
- 1 loaf Sour Dough Bread or boule, cut into 1-inch cubes (6 cups)
- 1 teaspoon Kosher Salt
- 2 large, ripe Heirloom Tomatoes, cut into 1-inch cubes
- 1 Hothouse Cucumber, unpeeled, seeded, and sliced 1/2-inch thick
- 1 Red Bell Pepper, cut into 1-inch cubes
- 1 Yellow Bell Pepper, cut into 1-inch cubes
- ½ Red Onion, thinly sliced
- 20 fresh Basil Leaves, coarsely chopped
- 3 Tablespoons Capers, drained

For the Vinaigrette

- 1 teaspoon finely minced Garlic
- ½ teaspoon Dijon mustard
- 3 Tablespoons Champagne Vinegar
- ½ Cup Olive Oil
- ½ teaspoon Kosher Salt
- ¼ teaspoon freshly ground black Pepper

Directions

1. Heat the oil & butter in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned.
2. For the vinaigrette, whisk all the ingredients together.
3. In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. Serve, or allow the salad to sit for about half an hour for the flavors to blend.



cool
SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

Summer Time Fresh Lasagna

Ingredients

- ½ Cup Ricotta
- 1 Tablespoon Fresh Herbs, chopped fine
- 1-2 teaspoons extra-virgin Olive Oil
- Coarse salt and ground pepper
- 8 Lasagna Noodles, broken in half crosswise
- 1 small garlic clove, minced
- 2 pints Heirloom Grape Tomatoes, halved
- 2 Zucchini (about 1 pound total), halved if large and thinly slice
- 1 Red Bell Pepper, cut into squares
- 4 Slices Fresh Mozzarella
- 1 Tablespoon torn fresh Basil Leaves, plus more for serving

Directions

1. In a small bowl, combine ricotta, herbs; season with salt and pepper.
2. In a large pot of boiling water, cook noodles according to package instructions; drain.
3. Meanwhile, in a large bowl, add garlic, zucchini, peppers & tomatoes and just enough oil to coat; season with salt and pepper in basil.
4. Place some tomatoes on four plates. Lay a noodle in the center of the plate top with a small spoonful of ricotta; later with zucchini, and peppers. Repeat layering twice, then top with remaining noodles and tomatoes. Garnish with Fresh Mozzarella & Basil.



By: FineMark's Executive Chef, Lisa Fidler

Cool Berry Dessert Soup

Ingredients

- 2 Cups Fresh Strawberries
- 1 Cup Apple Juice
- 1 Cup Coconut Milk
- 1 teaspoon Vanilla Bean Paste or pure extract
- 5 Mint leaves

Directions

1. First, hull the strawberries, discarding the leafy tops.
2. Then roughly chop them and add them to a blender. Add the juice, coconut milk, paste and mint leaves to the strawberries to the blender as well.
3. Puree until smooth, then serve chilled and garnish with strawberries.



cool
SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

Crispy Fried Tofu

Ingredients

- 1 block (12 to 15 ounces) of Organic Super-Firm Tofu
- 1 Tablespoon Olive Oil
- 1 Tablespoon Coconut Amino or Tamari
- 1 Tablespoon Cornstarch or Arrowroot

Directions

Preheat the oven to 400 degrees Fahrenheit and line a sheet pan with parchment paper to prevent the tofu from sticking.

To prepare the tofu:

1. Drain the tofu and use your palms to gently squeeze out some of the water.
2. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows.
3. Line a cutting board with a lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towels. Fold the towel over the cubed tofu, then place something heavy on top (like a plate, topped with large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10-20 minutes.
4. Transfer the pressed tofu to a mixing bowl and drizzle with the olive oil and coconut amino. Toss to combine. Sprinkle the arrowroot over the tofu, and toss the tofu. Make sure there are no clumps of arrowroot.
5. Spread the tofu in a single layer, on your sheet pan. Bake for 15 to 20 minutes, tossing the tofu halfway, until the tofu is deeply golden on the edges.



cool
SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

Pan Seared Salmon with Baby Bok Choy

Ingredients

- 2-4oz Salmon Fillets, skin removed *
Use the best you can afford like Scottish
- 2 Tablespoons Cup Olive Oil
- 1 Garlic Clove, grated
- ½ Baby Bok Choy, trimmed, halved and rinsed
- ½ Tablespoon Fresh Ginger, grated
- ½ teaspoon Sesame Oil
- 2 teaspoons Coconut Amino or Tamari
- Toasted Sesame Seeds to Garnish

Directions

1. Pat the salmon dry and season with Salt & Pepper.
2. Heat oil in a sauté pan over fairly high heat, until hot but not smoking. Add salmon and cook about 2-3 minutes (depends on thickness) turn and cook until just cooked through, 3-4 minutes. Transfer to a plate and keep warm. Add the garlic, and then add bok choy with water still on leaves if possible. Cook and toss until just tender, 3 minutes. Remove from heat and add ginger, sesame oil, coconut amino. Season with salt and pepper, to taste, tossing to combine.
3. Lay the Bok Choy on a plate, top with salmon and sprinkle with sesame seeds.



By: FineMark's Executive Chef, Lisa Fidler

Cilantro Lime Gremolata

Ingredients

- 1 ½ Tablespoons finely chopped fresh Cilantro
- 1 small Garlic clove, minced
- Finely grated zest of 1 small Lime (¾ teaspoon)

Directions

1. Place all on a cutting board and chop together.
2. Toss together in a bowl.
3. Best used immediately but can be kept for a week in a container in the fridge.

Notes

Traditional Gremolata uses lemon and parsley. You could also use Orange and Basil. Mix it up and have some fun!

This makes enough for 4-8 servings depending on what you are garnishing and how much you care for.



cool
SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

Baked Plums with Chinese 5 with Spice & Walnuts

Ingredients

- 4 Plums, halved and pitted
- 4 ounces Orange Juice
- 2 Tablespoons Honey
- 1-2 teaspoons Chinese Five-Spice
- ¼ Cup toasted Walnuts, chopped

Directions

1. Preheat oven to 400 degrees F.
2. Grease a shallow baking dish with cooking spray.
3. Place the plums, cut-side up, in a single layer in the baking dish.
4. Whisk together the orange juice, honey, spice in a bowl; drizzle over the plums.
5. Bake in preheated oven for 20 minutes, or until plums are hot and the sauce is bubbly. Top with walnuts.



cool SUMMER meals

By: FineMark's Executive Chef, Lisa Fidler

One-Ingredient Banana Ice Cream

Yields: 2 servings

Ingredients

- 2 Ripe Bananas, sliced and frozen

Directions

Add bananas to the food processor and blend.

Occasionally scrape down the sides and continue to blend until smooth, approximately 3-5 minutes.

Scoop into a bowl and enjoy immediately as a soft serve! For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour.

Let's add some flavors:

Chocolate Banana Ice Cream: Use 3 bananas. Add 1/4 tsp pure vanilla extract, pinch salt, and 3 tbsp cocoa powder. Add 2 tbsp peanut butter for a Reeses peanut butter cup

Mint Chocolate Chip: Use 2 bananas and a pinch of salt. Add 1/8 tsp pure peppermint extract (or more if desired), and stir in chocolate chips or cacao nibs after blending. Optional, blend in a pinch of spirulina or small handful spinach for color and an extra nutrient boost.

Peanut Butter: Make the original recipe below, adding 2-3 tbsp peanut butter or another nut butter or allergy-friendly alternative before blending.

Cookies'n Cream: Make the original recipe below, adding 2 tbsp coconut butter if desired. After blending, add in a crushed cookie sandwich or Healthy Oreos.

Very Berry: Make the original recipe below, adding 1 cup frozen berries of choice and 1/8 tsp pure vanilla extract.

Coffee: Use 2 bananas and a pinch salt. Add 1/2 tsp instant coffee granules, 1/8 tsp pure vanilla extract, and optional shake of cinnamon and handful chocolate chips.

Pina Colada: Make the original recipe below, using 1/4 cup canned coconut milk as your milk of choice. Blend in 1/2 cup frozen pineapple. Stir in shredded coconut if desired.

Vanilla Bean: Use 3 bananas and a pinch of salt. Add 1/2 tsp vanilla bean paste.

Pistachio: Make the original recipe below, adding 2-3 tbsp pistachio butter and 1/8 tsp pure vanilla extract. Sprinkle crushed pistachios on top if desired.