



SUMMER RECIPES

Need recipe inspiration for your next summer get-together with friends and family? Check out our round-up of nutritious and delicious summer recipes, curated by our fantastic Chefs!



LENOX HILL NEIGHBORHOOD HOUSE
SINCE 1894

Butternut Squash Macaroni and Cheese

Serves 8-10

- 1 pound butternut squash
- 2 tablespoons oil
- Salt, to taste
- Ground black pepper, to taste
- 1 cup 1% milk
- 6 pounds whole wheat elbow macaroni
- 2 tablespoons butter
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 pound low-fat cheddar, shredded and divided

Instructions

1. Preheat oven to 350°F.
2. Grease a casserole dish and set aside.
3. Cut butternut squash in half and remove seeds. Drizzle with oil and season with salt and black pepper. Roast for 45-50 minutes or until fork-tender. Set aside until cool. Once cooled, remove skin and add squash to a large bowl. Add milk and puree until smooth.
4. Cook pasta according to package directions.
5. In a large pot, heat butter, garlic powder, paprika, salt and black pepper. Add butternut squash and milk mixture, and, once warm, add all but 1 cup of cheese. Stir until melted. Add cooked pasta. Combine well. Season to taste.
6. Transfer to casserole dish. Top with remaining cheese, cover with foil and bake for 20 minutes. Uncover and bake for 10 more minutes or until golden brown.

Healthy Carrot Cake Oatmeal Cookies

Makes 36 cookies

- 3 ¼ cups rolled oats
- 2 ½ cups whole wheat or all-purpose flour
- 2 ½ teaspoons baking powder
- 2 ¼ teaspoons cinnamon
- ¾ teaspoon salt
- 1 ¼ cups brown sugar
- ¾ cup oil
- 4 eggs, room temperature
- 2 ¼ teaspoons vanilla extract
- ¾ cup mashed ripe bananas (about 2-3)
- 3 ¼ cups freshly grated carrots (about 3-4)
- 1 ½ cups coconut flakes (optional)
- ¾ cup raisins or dried cranberries (optional)

Instructions

1. Preheat oven to 350°F.
2. Line full-size sheet pan with parchment paper.
3. In a medium bowl, whisk dry ingredients: oats, flour, baking powder, cinnamon and salt.
4. In a separate bowl, whisk wet ingredients: sugar, oil, eggs, vanilla and mashed banana.
5. Mix dry and wet ingredients. Gently fold in the carrots, coconut and dried fruit. Refrigerate for at least 10 minutes or overnight, if desired.
6. Drop the cookie dough in rounded scoops (about 2 tablespoons) onto the prepared sheet pan. Flatten slightly with your hand. Bake for 12-15 minutes or until edges are golden brown.

Roasted Red Pepper Vinaigrette

Makes ~1 quart

- 6 canned roasted red bell pepper
- 2 ½ cups oil
- ½ cup apple cider vinegar
- 1 tablespoon dried oregano
- 1 tablespoon minced garlic
- 1 teaspoon sugar or honey
- Salt and ground black pepper, to taste

Instructions

1. In a blender or tall container, combine all ingredients.
2. Blend on high until smooth.
3. Cover and store. Keeps up to a week in the refrigerator in an airtight container.

Barley, Corn and Black Bean Salad

Serves 8-10

- 1 cups oil
- 1 cups lemon juice (fresh or bottled)
- 1 tablespoon cumin
- 2 teaspoons paprika
- Salt and ground black pepper, to taste
- 8 cups cooked and cooled hulled barley
- 2 ½ cups fresh or frozen corn, thawed
- 1 can low-sodium black beans, drained and rinsed
- 1 onion, diced
- 1 large bell pepper, diced
- ½ bunch cilantro, chopped

Instructions

1. In a large bowl, mix oil, lemon juice, cumin, paprika, salt and black pepper.
2. Add barley, corn, beans, onion, peppers and cilantro.
3. Toss well. Adjust seasoning, as needed.