Welcome to the Summer Edition of our cookbook, a celebration of the vibrant spirit and culinary traditions that define our community. This collection is dedicated to the people who understand that sharing good food is sharing good health and joy.

In this edition, you’ll find a variety of summer-inspired recipes that reflect the flavors of the season and the diversity of our community. Each recipe tells a story, capturing the essence of family gatherings, community events, and the simple pleasures of a home-cooked meal. These dishes are crafted not just to satisfy hunger, but to foster wellness and bring people together.

As you explore these pages, may you be inspired to create, share, and enjoy meals that bring warmth and connection to your summer days. Let this cookbook be a reminder of the joy that comes from cooking with love and sharing with others.

With warmest wishes for a healthy, happy summer filled with delicious moments,

The Lenawee County Health Department
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Healthy Zucchini Bread

**Ingredients:**
- 1.75 c almond flour
- 1/2 teaspoon salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 c coconut sugar
- 2 eggs
- 1/4 c unsweetened almond milk
- 1/3 c melted coconut oil
- 1 tsp vanilla extract
- 1.5 c shredded zucchini

**Directions:**
1. Preheat oven to 350 F. Grease 9-inch loaf pan w/ coconut oil.
2. Grate zucchini. Set aside. In large bowl, combine dry ingredients. Pour the wet ingredients into the dry and stir. Add zucchini and walnuts until evenly distributed.
3. Pour batter and bake for 50 minutes.

*From: Monica Hunt, Adrian*

“My childhood years wouldn’t have been complete without the delightful presence of zucchini bread, which soon became a cherished treat throughout my adult years. This particular recipe was developed from my quest of a healthier version of this beloved sweet bread.”

Healthy Breakfast Burrito

**Ingredients:**
- Eggs
- Jalapeno
- Spinach
- Avocado
- Mozzarella Cheese
- Olive Oil
- Tomato Paste and Cream Cheese, Mixed

**Directions:**
1. Scramble the eggs in a pan.
2. Spread cream cheese / tomato paste on the tortilla.
3. Layer the rest of the ingredients on the tortilla.
4. Wrap the tortilla burrito style.
5. Toast both sides until golden brown

*From: A Jones, Adrian*

“This recipe is great for getting rid of leftover veggies/protein.”
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From: A Jones, Adrian

“This recipe is great for getting rid of leftover veggies/protein.”
Chicken & Egg Breakfast Bake

Ingredients:
2 Eggs
1/2 Zucchini, grated
1/2 Carrot, grated
1/2 Onion, grated
1 c (cooked) shredded chicken
1/2 T dill, chopped
3 T cream cheese
3 T oats
1 T salt

Directions:
1. Preheat oven to 350 F.
2. Mix eggs with cream cheese.
3. Add the other ingredients.
4. Spread the mix in a baking pan lined with parchment.
5. Bake for 20 minutes.
6. Let rest for ten minutes and enjoy.

From: Lynne Livingston, Warren (my daughter lives in Lenawee)

Breakfast PB Chocolate Cups

Ingredients:
Natural peanut butter or almond butter
Oats
Shredded coconut
Flaxseed meal
Honey
Coconut oil
Dark chocolate

Directions:
1. Mix all ingredients for the peanut butter part in a bowl.
2. Melt dark chocolate with coconut oil and mix it with peanut butter.
3. Put the peanut butter part in muffin cups, then top with the chocolate. Sprinkle coconut on top.
4. Refrigerate or freeze the peanut butter cups until firm.
5. Pop them out and enjoy!

From: George Cummins, Adrian Township
“Good for my grandkids and me!”
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*From: George Cummins, Adrian Township*  
“Good for my grandkids and me!”
Healthy Egg Salad Sandwich

Ingredients:
- Eggs - perfectly hard-boiled
- Low-fat mayo
- Dijon mustard
- Chives
- Paprika
- Salt & pepper
- Bread

Directions:
1. Boil and cool the eggs. Peel and finely chop them.
2. Transfer chopped eggs into a medium bowl and add mayo, mustard, chives, paprika, salt, and pepper.
3. Stir with a spoon to mix well. Spread the mixture on half the sandwich slices and top with the other half.

From: Madison Shiedl, Morenci
“Easy favorite and picnic worthy.”

Crunchy Slaw

Ingredients:
- 1 Head green cabbage (finely chopped)
- 8 Green onions, chopped
- 1/2 c sliced almonds
- 1/2 c sesame seeds
- 1/4 c butter
- 2-3 pkg ramen noodles, flavor pack discarded
- Dressing: 2 T sugar, 1/2 c veg oil, 3 T red wine vinegar, 1 tsp salt, 1/2 tsp pepper

Directions:
1. Mix cabbage and onions in large bowl.
2. In large pan over medium heat, brown the almonds, sesame seeds.
3. Add crushed raw ramen noodles, almonds, sesame seeds to the cabbage and onions.
4. Pour the dressing a little bit at a time over the salad mix. Toss.

From: Linda Douglas, Madison Charter Township
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*From: Linda Douglas, Madison Charter Township*
Guacamole

**Ingredients:**

- 2 T diced red tomatoes
- 1 T diced fresh onion
- 1/4 T salt
- 1 1/2 large pitted avocados (ripe)
- 1/2 fresh lime (squeezed)
- 1 T orange segments
- 1 T green pepper (serrano preferred)
- 1 T shredded fresh cilantro
- 1/2 tsp finely chopped fresh garlic
- 1 rounded tsp habanero (if wanting more heat)

**Directions:**

1. Prepare all ingredients prior to mixing. Cut and remove avocados from skin. Chop and place in mixing bowl.
2. Combine all ingredients and mix.
3. Chill and cover until time to serve.

*From: Jim Douglas, Adrian-Madison Township*

“Great for family get-togethers with chips or corn shell tacos.”

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Cranberry Chicken Salad

**Ingredients:**

- 1 c cooked and small cubed chicken
- 1/4 c dried cranberries
- 1/4 c roasted pecans
- 1/4 c celery, chopped small
- 1/4 c light mayo
- 1/4 c sour cream
- 1/2 tsp onion powder
- Salt and pepper to taste

**Directions:**

1. In a large bowl, mix chicken, pecans, cranberries, and celery. In a small bowl, mix together mayo, sour cream, onion powder, salt, and pepper.
2. Pour the mayo mixture over the chicken mixture and stir well.
3. Serve in lettuce cups or great with crackers straight out of the bowl.

*From: Amada Burgard, Blissfield*

“My mom loves chicken salad so we are always trying to come up with new variations, this one was a winner.”
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From: Amada Burgard, Blissfield
“My mom loves chicken salad so we are always trying to come up with new variations, this one was a winner.”
Chicken & Rice Casserole

Ingredients:
2 T unsalted butter
1 medium yellow onion, finely chopped
1/2 tsp dried thyme or 1 tsp fresh tyme leaves
2 tsp kosher salt, divided
1 1/2 c long-grain white rice
1 clove garlic, minced
2 c low-sodium chicken broth
1 3/4 c whole or 2% milk
1 p boneless, skinless chicken breasts, cut into bite-sized pieces
1 c fresh or frozen peas
1 1/2 c shredded sharp cheddar cheese, divided
Fresh ground pepper

Directions:
Melt the butter in a large heavy-bottomed pot over medium heat. Add the onion, thyme, and 1/2 teaspoon of the salt, and cook, stirring occasionally, until the onion is softened, about 8 minutes. Add the rice and garlic and cook, stirring occasionally, until toasty, about 1 minute. Add the broth, milk, and remaining 1 1/2 teaspoons of salt, and season with pepper. Bring to a boil, stirring occasionally so that the rice doesn’t stick to the pot. Add the chicken, stir to combine, and bring back to a boil. Reduce the heat to medium-low, cover, and simmer until the liquid is absorbed and the rice is tender, about 15 minutes. Remove from the heat. Stir in the peas and 1 cup of the cheese. Sprinkle with the remaining 1/2 cup cheese, then cover again and let sit for the cheese to melt and the rice to steam, about 5 minutes.

From: Samantha Ingersoll, Lenawee
“This is my potluck dish, everyone always likes it. Give it a try!”

Three Egg Omelet

Ingredients:
3 eggs
Onion
Bell pepper
Salt and pepper
Velveeta (about 4-5 small cubes)

Directions:
1. Cook bell pepper and onions in a small pan.
2. Add eggs.
3. Cook one side and then flip to the other.
4. Add cheese cubes and cover in half.

From: Anonymous, Adrian
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3. Cook one side and then flip to the other.
4. Add cheese cubes and cover in half.

*From: Anonymous, Adrian*
Cheap Chili

Ingredients:
Ground beef
Chili powder
Black beans
Kidney beans
Onion
Rotel
Salt and pepper

Directions:
1. Cook beef. Add salt and pepper.
2. Add onion, cook 5 minutes.
3. Add rotel and both beans.
4. Stir in chili powder.
5. Cook til hot.

From: Dale Marks
Fresh Fruit Salad

Ingredients:
2 c diced fresh pineapple
1 p strawberries, sliced
1/2 p blackberries, halved
4 ripe kiwis, peeled and sliced
Sugar-free cool whip
Toasted coconut
Slivered almonds

Directions:
1. Combine fruit in large bowl.
2. Mix in 1/2 regular sized tub of sugar free cool whip. Mix well.
3. Serve with toasted coconut and almonds sprinkled on top.

From: Amada Burgard, Blissfield

Gluten-Free Cheesecake

Ingredients:
1 1/2 T Gluten-free graham cracker crumbs, divided
1/2 c Nonfat plain Greek yogurt
1 T Strawberry jam
1/4 tsp lemon zest

Directions:
Layer 1 1/2 tablespoons graham cracker crumbs, yogurt, jam and lemon zest in a bowl. Top with more crumbs.

From: Anonymous, Tecumseh
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Directions:
Layer 1 1/2 tablespoons graham cracker crumbs, yogurt, jam and lemon zest in a bowl. Top with more crumbs.

From: Anonymous, Tecumseh
Three Ingredient Blender Ice Cream

Ingredients:
1 1/2 c Strawberries
1 small Banana
1/2 c Milk of choice
1/2 tsp Vanilla

Directions:
1. Use frozen banana and frozen strawberries.
2. Add all ingredients to your blender until there are no chunks of fruit left. Make sure everything gets blended.
3. You can experiment with different fruits and flavors, top with your favorite toppings and enjoy!

From: Xavier Burgard, Blissfield
“My family and I are always looking for good and healthy recipes. This is one of our favorites, we experiment a lot!”
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