

# What's Cookin': How to keep your culinary cool

Gerry is writing today

Can't keep your cool this summer? Well, here are some culinary suggestions to help you manage the heat. It is said that you eat with your eyes first, so these ideas may help you think cooler, therefore feel cooler.

1. Keep a large clear pitcher of iced water in the front of your refrigerator. To keep it appealing for drinking, add cucumber, lemon or lime slices. For a special treat, put this on the dinner table with fresh blueberries, peach slices, strawberries or raspberries added in. Slightly flavouring the water will make you want more.

2. Keep homemade iced tea on hand. Simply, prepare a large pot of tea and if you like it sweetened, add your sugar or sweetener while the tea is hot. Remove the tea bags. When cool, refrigerate and serve with lemon slices for a cool refreshing treat.

3. Many of you do not feel very hungry in the heat and may also want to cut back on your calories. This will help. Instead of using a bread or wrap for your sandwiches, use crisp, cool lettuce leaves. Prepare any sandwich filling, egg salad, tuna, salmon, cold cuts. Then add in a selection of veggies like cucumber slices, onion, tomato or avocado. Next offer some spread or dips like mayo, spinach dip, hummus, tzatziki, pesto and then let everyone help themselves.

4. Serve a cool platter of chilled, fresh melon wedges. Watermelon is our favourite— but take your pick! Nothing in the summer says and feels cool like this refreshing fruit served on the deck on a hot afternoon!

5. For a simple, appealing tasty dessert, grill up some fruit. Use halved fresh peaches, pears, nectarines or plums when in season. Also fresh pineapple slices are fabulous all year 'round. Heat your barbecue to medium heat. Spray the grill with non-stick spray, then lay the fruit cut side down. The natural sugars in the fruit will cause some caramelization on the fruit, showing grill

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marks— yummy! For a more decadent treat, dip your fruit before grilling in melted butter, blended with white or brown sugar or even a little wine or liqueur for grown-ups! Serve warm and pass the ice cream!

Try these suggestions and enjoy the summer by keeping your culinary cool! Have fun and keep cooking!

Email your comments and questions to Lori and Gerry at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com)

## Creamy Pesto Pasta

Serves 2

### Ingredients

- 3/4-1 cup dry pasta (any noodle will do)
- 2 oz plain cream cheese
- 3/4 cup chicken stock
- 3 tbsp pesto sauce
- freshly ground black pepper



### Method

Cook pasta according to package directions.

Meanwhile, prepare sauce by melting and smoothing out cream cheese in a skillet while adding chicken stock, using a whisk.

When smooth, add pesto and pepper.

When pasta is ready, drain well (reserving a small amount of pasta water). Add pasta to skillet and toss pasta until well coated. If sauce becomes a bit too thick, add a drizzle of the pasta water and toss together. Serve.

# Arthritis Society has two major events planned for this fall

The Arthritis Society is increasing its activity in Halton Hills with two events planned for this fall.

In September, Arthritis Society volunteers will be going door-to-door requesting donations and providing information to residents. Canvassers this year will also have information about the Arthritis Public Forum planned for October 7 from 7-9 p.m. at the Halton Hills Cultural Centre Gallery at 9 Church St.

The keynote speaker is Dr. Elaine Soucy, a rheumatologist who will discuss the various types of arthritis, symptoms and treatment options. To register, please call 1-800-344-6926.

Canvassers in Georgetown are still urgently needed to assist in September with the Residential Campaign. Volunteers canvass 25 to 30 homes on their street or a neighbouring street. Canvassing takes 3 to 4 hours and can be done anytime in the month of September. If you are interested in learning more, please call The Arthritis Society at 905-455-6273 ext. 225.

The Arthritis Society is Canada's principal arthritis health charity dedicated to funding and promoting arthritis education, research-based solutions and community-based support. The Society empowers the nearly 4.5 million Canadians with arthritis, 1.8 million in Ontario alone, to live their lives to the full— by combating the daily limitations of arthritis.

For general information about arthritis or The Arthritis Society please visit [www.arthritis.ca](http://www.arthritis.ca), or call our toll-free information line at 1-800-321-1433.

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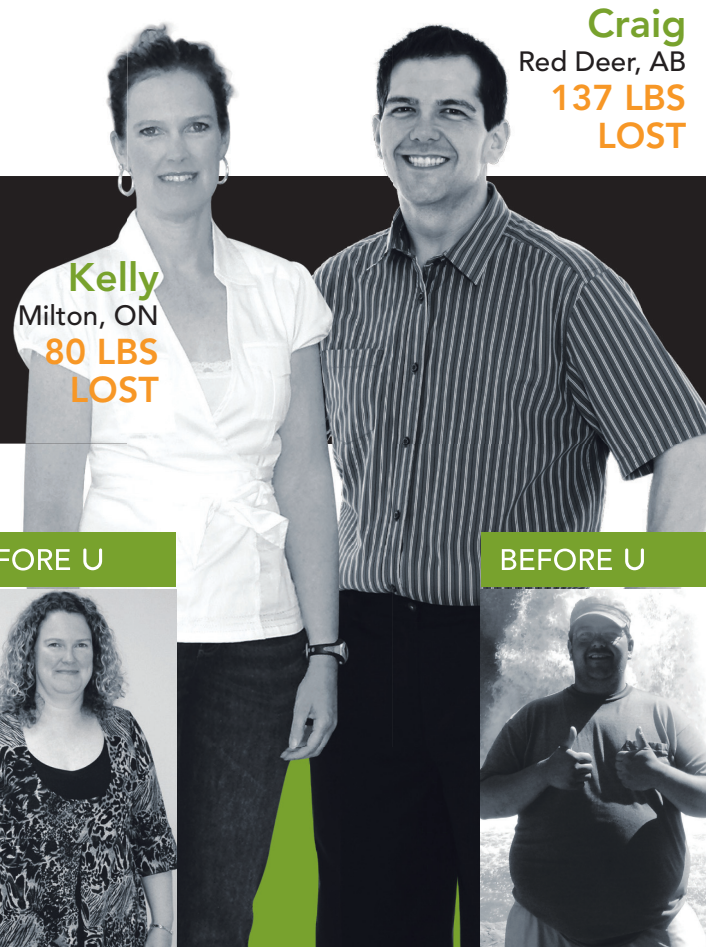
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