



# NEWS RELEASE

## Defense Commissary Agency

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## Cool summer sides, smoothies and sweets

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – Midsummer’s oppressive heat calls for light meals that are both easy on the stomach and easy on the cook. So, the recipes in this week’s collection were selected with those thoughts in mind.

The Cherry-Tomato Orzo Salad comes together with minimum fuss, and can serve as a main course salad as well as a side dish. The Grilled Onion Salad is a tasty compliment to almost any summer main dish you can think of, even cold sandwiches. It keeps for days in the refrigerator and seems to get better with age. The flavor combinations in the Corn Chip Corn Salad are excellent. It’s the perfect dish for a cookout or a summer potluck. You’ll always go home with an empty dish and plenty of requests for the recipe – it’s just that good.

The Berry Chocolate Smoothie, Creamy Mango Smoothie and Cherry Limeade Poke Cake simply look and taste like summer! Plus, the entire family can enjoy smoothies for about the same price as one purchased at the drive-through window – provided you get the ingredients at the commissary, of course.

The Banana Nut Cheerio Energy Bars are extremely kid friendly, and easy enough to make that most kids can help to make them. Even the pickiest eater kinds of kids are sure to help you eat them!

To check out these recipes and more, come to Kay’s Kitchen at <http://www.commissaries.com>. Till next time – I’ll see you at the commissary!

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**Cherry-Tomato Orzo Salad** (Serves 4-5 as a main dish, or 8-10 as a side dish)

Ingredients:

8-ounces orzo pasta

Salt

1 pint red cherry tomatoes, sliced in half

1 pint yellow cherry tomatoes, sliced in half

1/4 cup olive oil

8-ounces feta cheese, crumbled

1 large cucumber, peeled, seeded and chopped

2 green onions, thinly sliced

2 tablespoons minced fresh oregano

Juice of 1 lemon

Black pepper to taste

Directions:

1. Bring a large pot of well salted water to a rolling boil. Add the orzo, stirring so it doesn't stick to bottom of pan. Cook, uncovered, at a full boil until al dente (cooked through, but still a bit firm.)
2. Drain pasta using a fine mesh sieve (don't use a colander; orzo is so small it will fall through the holes.) Rinse with cold water to stop the pasta from cooking any further.
3. Transfer orzo to a large bowl, drizzle with the olive oil and toss to coat well.
4. Add the red and yellow tomatoes, crumbled feta cheese, chopped cucumber, green onions, minced oregano and lemon juice and toss again.
5. Season to taste with black pepper and serve. Salad can also be covered and chilled for serving later.

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**Grilled Onion Salad** (Serves 6-8)

Ingredients:

3 pounds medium red onions

2 tablespoons vegetable oil

Kosher salt

**Dressing:**

1 teaspoon mustard

2 teaspoon minced shallot

1 teaspoon salt

1 tablespoon minced rosemary

1 clove garlic, minced

3 tablespoons white wine or cider vinegar

1/2 cup olive oil

**Directions:**

1. Peel onions, cut in half from root end to top. Cut each half into thick wedges, leaving some of the root end attached; this will help the onion maintain its shape on the grill.
2. Place onion wedges in a large bowl. Toss gently with 2 tablespoons oil; sprinkle with kosher salt.
3. Prepare a gas grill for high, direct heat. Place onion wedges directly on grill grate; cook until each side is nicely grill-marked, about 3 to 5 minutes per side. Reduce heat to medium-low, cover and roast for 15 to 20 minutes longer or until centers of onion wedges begin to soften.
4. Prepare dressing while onions cook. Place all dressing ingredients in the bowl of a blender, and puree for several seconds. With blender on low speed, drizzle in the olive oil and blend until the dressing is emulsified.
5. Remove onions from the grill, trim and discard any tough root ends, and any outer skins that have become dried out from grilling.
6. Toss the onions with the dressing and allow to marinate, at room temperature, for at least 30 minutes before serving.

**Notes:** *This salad improves with time, making it great to make ahead. It will keep in the refrigerator for several days. Onions can also be cooked on a charcoal grill, but coals will have to be moved away from the onions, to allow them to roast, covered at a lower temperature.*

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**Corn Chip Corn Salad (Serves 8)**

Submitted By: Susan C.

**NOTE:** *This is not a low calorie, light salad, but boy is it good. Use light mayonnaise and 2 percent cheddar cheese to slim it down a bit, if you like. Take it to a picnic or a potluck and you'll gain instant popularity – guaranteed!*

Ingredients:

- 2 (15-ounce) cans whole kernel corn, drained
- 2 cups grated cheddar cheese
- 1 cup mayonnaise
- 1 cup chopped green peppers
- 1/2 cup chopped red onion
- 1 (10.5-ounce) bag coarsely crushed chili cheese corn chips

Directions:

1. Mix first five ingredients together and chill at least 3 hours.
2. Stir in corn chips just before serving.

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**Berry Chocolate Smoothie (Serves 4)**

Ingredients:

- 2 cups cranberry juice cocktail, chilled
- 1 cup strawberry yogurt
- 2 1/2 cups frozen strawberries
- 2 tablespoons powdered sugar, if desired
- 1/4 cup mini-chocolate chips

Directions:

1. Put all ingredients, except chocolate chips, in a blender. Blend on high speed until smooth.
2. Add chocolate chips and pulse until chopped.
3. Pour into glasses and serve immediately.

**NOTE:** *Nutrition analysis: Per serving – 247 calories; 5.8 g. fat; 48g. carbohydrate; 5.8 mg. cholesterol; 64 mg. sodium; 3.6 g. protein.*

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### **Creamy Mango Smoothie (Serves 6)**

#### Ingredients:

2 mangoes, seed removed, peeled and chopped (about 2 cups)  
2 cups mango sorbet  
2 (6-ounce) containers fat-free French vanilla yogurt  
1 1/2 cups fat-free (skim) milk or soymilk

#### Directions:

1. Place all ingredients in a blender. Cover; blend on high speed until smooth.
2. Pour into 6 glasses; serve immediately.

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### **Banana Nut Cheerio Energy Bars (Makes 24 bars)**

#### Ingredients:

4 cups Banana Nut Cheerios cereal  
1 cup sweetened dried cranberries  
1/3 cup slivered almonds, toasted  
1/3 cup roasted unsalted, sunflower nuts  
1/2 cup light corn syrup  
1/4 cup packed brown sugar  
1/4 cup creamy peanut butter  
1 teaspoon vanilla

#### Directions:

1. Spray 9-inch square pan with cooking spray.
2. In a large bowl, mix cereal, cranberries, almonds and sunflower nuts.
3. In a 2-quart saucepan, heat corn syrup, brown sugar and peanut butter to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute.

4. Remove from heat; stir in vanilla.
5. Pour syrup mixture over cereal mixture; toss to coat. Press firmly in prepared pan. Cool completely, about 30 minutes.
6. For bars, cut into 6 rows by 4 rows.

**Nutrient analysis:** *Per bar – 110 Calories; 3.5 g. Fat (0 g. Sat. Fat.); 0 mg. Cholesterol; 55 mg. Sodium; 18 g. Carbohydrate (1 g. Dietary Fiber, 13 g. Sugars); 1 g. Protein.*

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### **Cherry Limeade Poke Cake (Serves 12)**

#### Ingredients:

##### Cake

- 1 box super moist white cake mix
- 1 1/4 cups lemon-lime soda
- 1/3 cup vegetable oil
- 3 egg whites
- 1 tablespoon grated lime peel
- 1 (4-serving) box cherry flavored gelatin
- 1 cup boiling water

#### Frosting

- 1 (12-ounce) container whipped fluffy white frosting
- 1 teaspoon grated lime peel
- Maraschino cherries and lime peel twists for garnish, if desired

#### Directions:

1. Heat oven to 350 degrees (325 degrees for dark or nonstick pan.) Spray bottom only of 13 \*9-inch pan with baking spray with flour.
2. In a large bowl, beat cake mix, soda, oil, egg whites and 1 tablespoon grated lime peel with electric mixer on low speed for 30 seconds. Increase speed to medium and beat 2 minutes, scraping bowl occasionally.
3. Pour into prepared pan.

4. Bake 28 to 32 minutes or until a toothpick inserted in center comes out clean. Remove cake to a cooling rack and cool 20 minutes.
5. Meanwhile, stir gelatin into boiling water, stirring for 2 minutes to completely dissolve gelatin.
6. Poke entire surface of cake, about every inch, using a meat fork or tip of a table knife.
7. Pour cherry gelatin mixture over cake, allowing mixture to fill holes. Cool completely, about 1 hour longer.
8. In a small bowl, mix frosting and 1 teaspoon grated lime peel. Spread evenly over cake. Top each serving with a cherry and a twist of lime peel.

**Nutrient analysis:** *Per serving – 410 calories; 13 g. fat (3.5 g. sat. fat); 0 mg. cholesterol; 410 mg. sodium; 68 g. carbohydrate; 4 g. protein.*

**-DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for various groups – single member up to a family of seven – visit <http://www.commissaries.com>. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*