

**This week we are featuring blueberries!**

**Typically, blueberry season in Minnesota runs from mid/late July into August.**

**This week, we have included some new recipes so you could enjoy this delicious summertime fruit!**

## Blueberry-Lemon Muffins

*Level: Easy*

*Total: 40 min*

*Prep: 15 min*

*Cook: 25 min*

*Servings: 12 muffins*

2-1/2 C. all-purpose flour  
3/4 C. sugar (white or light brown) plus more for sprinkling on top of the muffins  
1 T. baking powder  
1/8 tsp. fine salt  
Freshly grated nutmeg  
1/2 C. (1 stick) unsalted butter  
1 C. whole milk  
2 lg. eggs, at room temp.  
1 T. finely grated lemon zest  
1/2 tsp. pure vanilla extract  
1-1/2 C. fresh blueberries, rinsed & dried

Preheat the oven to 425°F. Line a 12-muffin tin with cupcake liners and set aside.

Whisk the flour, sugar, baking powder, salt, and nutmeg together in a medium bowl; set aside.

Put the butter in a microwaveable-safe dish or measuring cup. Cover with plastic wrap and microwave until melted, about 30 seconds. (Alternatively melt the butter in a saucepan.) Whisk the milk, eggs, lemon zest, and vanilla with the butter.

Make a small well in the center of the dry ingredients. Pour wet ingredients into the well, then stir with a wooden spoon until the dry ingredients are moistened but still lumpy. Do not overmix the batter or your muffins will be dense. Gently stir in the blueberries. Divide the batter evenly into the muffin tin and sprinkle the tops generously with sugar.

Put the muffins in the oven and immediately reduce oven temperature to 375°F. Bake until golden brown, about 25 minutes, rotating the pan halfway through the cooking. (Insert a toothpick into the center of a muffin to check if it is done. Toothpick should come out clean). Cool muffins in the pan on a rack for a couple minutes. Turn the muffins out of the pan and cool on the rack. Serve warm or at room temperature.

## Blueberry-Almond Bubble Bread

*Prep Time: 15 min.*

*Cook Time: 40-50 min.*

*Serves: 6 - 8*

Cooking spray or butter, for coating the pan

4 T. unsalted butter, divided

5 T. sugar, divided

1 (12-16-oz.) can refrigerated biscuit dough

1-1/4 C. blueberries

1/3 C. rolled oats

1/4 C. sliced almonds

2 T. all-purpose flour

1 T. packed light brown sugar

1/8 tsp. salt

1/8 tsp. ground ginger

1/2 C. powdered sugar

1 T. freshly squeezed lemon juice or milk, plus more as needed

Arrange a rack in the middle of the oven and heat the oven to 375°F. Line the bottom of an 8-inch round cake pan with parchment paper. Lightly coat the pan and paper with cooking spray or butter.

Melt 4 T. unsalted butter in the microwave or on the stovetop. Place 1/4 C. of the granulated sugar in a large bowl.

Open 1 can biscuit dough and separate the biscuits. For a 12-ounce can, cut each biscuit into 4 pieces. For a 16-ounce can, cut each biscuit into 6 pieces. Roll each piece into a ball and add to the bowl of sugar. Gently toss with your hands until most of the sugar coats the dough balls.

Drizzle in 2 T. of the butter and gently use your hands to toss to coat. Transfer the dough balls to the cake pan in a single layer.

Place the remaining 1 T. sugar and 6 oz. blueberries in the bowl and stir with a rubber spatula to combine. Sprinkle evenly over the biscuits.

Place 1/3 C. rolled oats, 1/4 C. sliced almonds, 2 T. all-purpose flour, 1 T. packed light brown sugar, 1/8 tsp. salt, and 1/8 tsp. ground ginger into the bowl. Drizzle with the remaining 2 T. melted butter and stir until evenly moistened. Sprinkle evenly over the cake and gently press to adhere to the biscuits.

Bake until the top is evenly golden and the biscuits are baked through and the center registers at least 195°F, 30 to 45 minutes. Place the pan on a wire rack while you prepare the glaze.

Place 1/2 C. powdered sugar and 1 T. lemon juice or milk into a medium bowl and whisk until a smooth, pourable glaze forms, adding more liquid a teaspoon at a time as needed.

Run a thin knife or offset spatula around the cake. Invert a large plate over the cake. Grasping the plate and cake pan in both hands (careful, hot!), flip both over in one motion. Remove the cake pan and parchment paper. Invert a serving plate over the cake, and flip both again so the cake is once again streusel-side up. If any bits of streusel fall off, press back on top. Drizzle with the glaze. Serve while warm, either in wedges or pull-apart style.

## Streusel Topped Blueberry French Toast Casserole

*Prep Time: 10 min.*

*Cook Time: 40 min.*

*Total Time: 50 min.*

*Servings: 10*

### **For the streusel**

1/3 C. white flour  
1/3 C. white sugar  
3 T. cold butter cubed

### **For the casserole**

5 lg. eggs  
1-1/2 C. milk  
1/3 C. maple syrup  
1/2 tsp. ground cinnamon  
2 tsp. vanilla extract  
16 oz stale bread cut into 1-inch cubes  
2/3 C. cream cheese cubed  
2 C. blueberries

### **To serve**

extra blueberries and maple syrup

**Make the streusel:** Combine the flour, sugar and cinnamon for the streusel in a medium bowl. rub in the butter with your fingertips until coarse crumbs form. Refrigerate until ready to use.

**Make the egg mixture:** Whisk the eggs, milk, maple syrup, cinnamon and vanilla together in a large measuring jug.

**Layer the casserole:** Place half of the bread in a 9x13 inch casserole dish. Top with the cream cheese and half of the blueberries. Pour over 1/3 of the egg mixture. Top with the remaining bread and berries, then pour over the remaining egg mixture. Make sure to pour it evenly over all of the bread so no pieces are left dry.

**Chill the casserole:** Cover the casserole with plastic wrap and refrigerate overnight, or at least 2 hours.

**Bake:** Once ready to bake, preheat the oven to 350°F. Evenly top with the streusel, then bake the casserole for 40-50 minutes, or until set. Allow the bake to rest on the counter for 10 minutes before serving.

## Super Summer Kale Salad

*Prep Time: 20 min.*

*Additional Time: 4 hrs.*

*Total Time: 4 hrs 20 min.*

*Servings: 8*

3/4 C. white sugar  
1/2 C. vinegar  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
1/4 C. extra-virgin olive oil  
1 bunch kale, stems removed and leaves chopped  
1/2 (16 oz.) package frozen shelled edamame (soybeans), thawed  
1/4 red onion, sliced thin  
1 C. shredded carrot  
2/3 C. fresh blueberries  
1/2 C. sweetened dried cranberries  
1/2 C. cashew pieces  
1/2 C. shelled, roasted sunflower seeds

Whisk sugar, vinegar, salt, pepper, and olive oil together in a bowl until sugar is dissolved; set aside.

Toss kale, edamame, red onion, carrot, blueberries, dried cranberries, cashew pieces, and sunflower seeds together in a bowl. Pour about half the dressing over the mixture and toss to coat. Cover bowl with plastic wrap and refrigerate 4 to 6 hours. Serve remaining dressing on side

## Savory Balsamic Blueberry Sauce

### **Balsamic Blueberry Sauce:**

2 T. butter, divided  
2 T. olive oil  
1/4 C. minced shallots  
2 tsp. minced garlic  
2 T. minced fresh rosemary  
2 T. honey  
1/2 C. balsamic vinegar  
2 C. fresh blueberries

1/4 tsp. salt

1/2 tsp. pepper

**For the Chicken or Pork:**

2 lbs Chicken breast, Pork tenderloin or pork loin chops

olive oil

salt and pepper

minced fresh rosemary if desired

**For the Chicken or Pork:** Coat the chicken or pork with olive oil and liberally sprinkle with salt, pepper, and rosemary if you are using.

**Two ways of cooking:** You can either grill your choice of meat. Chicken cook to an internal temperature of 165 degrees or pork to 145 degrees. You can also brown on all sides in a large saute pan and set aside to finish cooking.

**For the Balsamic Blueberry Sauce:** In a large sauté pan over medium heat, melt one T. of butter with the olive oil. Add the shallots, garlic, and rosemary and sauté for 2 minutes.

Add the honey, salt, pepper, and blueberries. Stir in the balsamic vinegar. Reduce heat to low and simmer for 5 minutes or so until the blueberries begin to soften and the sauce begins to reduce. (if using the browned meat version, add the meat to the pan at this point).

Add the remaining one T. of butter and cook for another 3 minutes.

Serve the sauce hot over either chicken or pork.

## Blueberry Pie

4 C. fresh blueberries

1 T. lemon juice

1/2 tsp. grated lemon zest

1-1/4 to 1-1/2 C. sugar

1/4 C. quick-cooking tapioca

1 T. cornstarch

1/2 tsp. ground cinnamon

Pastry for a double-crust pie (9 inches) see below

1 T. butter, softened

1 large egg

1 T. 2% milk

Coarse sugar, optional

Preheat oven to 350°. Combine blueberries, lemon juice and lemon zest. In another bowl, combine sugar, tapioca, cornstarch and cinnamon. Add to berries; toss gently to coat.

On a lightly floured surface, roll half the pie dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate. Add blueberry mixture. Dot with butter.

Roll remaining dough to a 1/8-in.-thick circle; cut into 1-in.-wide strips. Arrange over filling in a lattice pattern. Trim and seal strips to edge of bottom crust; flute edge. Whisk egg and milk; brush over crust. If desired, sprinkle with coarse sugar.

Bake 30 minutes. Cover edge loosely with foil. Bake until crust is golden brown and berries have burst, about 30-35 minutes more. Cool on a wire rack.

## Pastry for double-crust pie (9 inches):

2-1/2 C. all-purpose flour

1/2 tsp. salt

1 C. butter (cold)

1/3-2/3 C ice water

Combine 2-1/2 cups all-purpose flour and 1/2 tsp. salt; cut in 1 cup cold butter until crumbly. Gradually add 1/3 to 2/3 cup ice water, tossing with a fork until dough holds together when pressed. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Refrigerate 1 hour or overnight.

## Quote of the Week:

*"I like friends who have independent minds because they tend to make you see problems from all angles."*

~ Nelson Mandela