



# HOME COOKING

*with Cathy*



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With blueberries being all the rage, it is the perfect addition to any dessert menu.

Hello everyone. I hope you have been enjoying this very hot summer. I have chosen an easy grilled chicken dish which makes use of all the lovely fresh herbs and also the fresh fruits which are starting to appear in our local markets. I chose a dessert using blueberries as they are ready this week and will be available for weeks to come. Make sure to get out to all of our local farms and markets and enjoy the bountiful harvest!!

## *Rosemary Grilled Chicken with Fruit Salsa*

### *Fruit Salsa:*

- ¼ sweet red pepper
- 1/8 medium red onion
- 1 fresh plum
- 1 fresh apricot
- 2 Tbsps. coarsely chopped fresh cilantro leaves (you can also substitute with fresh basil)
- 1 Tbsp. fresh lime juice
- 1 Tbsp. olive oil
- Salt and pepper to taste

### *Chicken and Marinade:*

- 2 boneless, skinless chicken breast
- 1 Tbsp. olive oil
- 1 Tbsp. fresh lemon juice
- 1-2 tsp. fresh chopped rosemary

### *Preparation*

To prepare salsa, dice red pepper and red onion. Place in a small bowl. Pit the fruit but do not peel. Cut fruit into bite sized pieces. Add the fruit to the small bowl along with the lime juice and olive oil. Season with salt and pepper. Cover and chill for at least an hour.

To prepare marinade- combine olive oil and lemon juice and chopped rosemary. Cover the chicken breasts with the marinade and let stand, covered about 20 minutes or longer. Grill the chicken on a medium barbeque 5-7 minutes per side until no longer pink inside. Cut the grilled chicken into diagonal pieces and top with fresh fruit salsa. Makes 2 servings.

## *Blueberry & Cream Layered Parfait*

*This is a really quick tasty dessert to serve any time of year but especially in the summer time.*

### *Blueberry Compote:*

- 1/3 cup sugar
- 1 Tbsp. lemon juice
- ¼ cup orange juice
- 1-1/2 cups blueberries

### *Cream:*

- ½ cup whipping cream
- 4 oz. cream cheese
- 2 Tbsp. sour cream
- 2 Tbsp. whipping cream
- 1 tsp. vanilla extract
- 2 tsp. grated lemon zest.
- 1 cup blueberries

### *Preparation*

To make compote, place sugar, lemon and orange juice in a medium saucepan over medium heat. Bring to a boil. Add blueberries and cook for about 5 minutes, stirring regularly. Watch that the blueberry compote does not boil over. Remove from heat. Pour into a bowl to let cool until ready to use.

In medium bowl, use electric mixer and beat 1/2 cup whipped cream. Remove from bowl and set aside. In another bowl, beat together the cream cheese, sour cream and 2 Tbsp. of non-whipped cream, vanilla and lemon zest. Fold in whipped cream. Cover and refrigerate until ready to use.

To assemble desserts, place a few blueberries on bottom of 6 glass dishes. Spoon cream mixture over blueberries and top with compote. Repeat layers until glass is filled.

Makes 6 servings.