





POPPY SEED DRESSING

In Good Taste

Recipes FOR LIVING WELL

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I've learned that living well requires intention, or making a dedicated effort to create the results desired. Whether it's deepening connections with our loved ones, strengthening sweet friendships or maintaining a fulfilling career, staying intentional is key. This same principle applies to achieving a balanced approach to food, though it's more challenging with the demands of daily life and its distractions.

After catering for more than 40 years and creating meals for large family gatherings, I still find it takes additional effort to make healthier, well-balanced options with busy schedules. I've also discovered making better choices is much easier when you have a couple of key plans in place.

First, choose recipes you can make ahead of time so you have something nutritional when you need it. In many cases, preparing dishes a day or two in advance deepens the flavor.

Second, select ingredients at their peak, such as seasonal fruits, vegetables and herbs, which bring vibrant flavors and freshness to every dish. Not only do they enhance recipes, they provide maximum taste without the addition of unnecessary sodium or fat.

Today, I'm sharing three recipes that are almost effortless for those on-the-go or anyone who wants support for an active lifestyle. These dishes may be prepared in advance, and use seasonal ingredients.

The Corn Salad from the *The VeryVera Cookbook: Occasions* celebrates one of Georgia's best summer crops, especially flavorful from June through August. The Asian Chopped Salad with Peanut Dressing takes advantage of the season's freshest vegetables with the most delicious, delectable peanut dressing. The Baked Berry Oatmeal recipe offers a comforting breakfast that the entire family will love.

I'm also providing two additional recipes that are available at augustamagazine.com. Online, you'll find my recipe for Superfood Energy Balls with Cashew Butter Drizzle, which packs a punch in a bite-sized snack any time of day, and Poppy Seed Dressing, which wakes up almost any salad or fresh fruit dish and lasts for two weeks.

Asian CHOPPED SALAD with PEANUT DRESSING

This fresh take on a salad features a rainbow of colors and the ziestiest peanut dressing. You can also use the dressing for a veggie tray dip, or added to warm pasta or a stir-fry. Try topping the salad with chopped peanuts for extra crunch!



Prep Time: 30 minutes

Yield: 4 servings

INGREDIENTS

Dressing

2 Tbsp. peanut butter, smooth
2 Tbsp. water
1 1/2 Tbsp. low-sodium soy sauce
1 Tbsp. sesame oil
1 Tbsp. canola oil
1 Tbsp. rice wine vinegar
1 Tbsp. lime juice, freshly squeezed
1 clove garlic, finely minced
1/2 Tbsp. brown sugar
1/2 tsp. sriracha sauce
Salt and freshly ground pepper, to taste

Salad

2 1/2 cups shredded red cabbage
2 cups romaine lettuce, shredded
1 large carrot, shredded
1 red pepper, thinly sliced
1 yellow pepper, thinly sliced
1/2 cup fresh cilantro, roughly chopped
1 cup edamame, frozen and shelled
1 green onion, thinly sliced
1/2 cup peanuts
2 Tbsp. sesame seeds

DIRECTIONS

1. Combine all the dressing ingredients in a food processor and puree until smooth.
2. Transfer the peanut dressing to a jar, then cover and chill until ready to use.
3. Defrost the edamame. Shred and chop all the vegetables.
4. In a large bowl, toss the red cabbage, lettuce, carrot, bell peppers, cilantro, green onion and edamame.
5. Drizzle the chopped Asian salad with the peanut dressing and toss gently.
6. Top with peanuts and sprinkle with sesame seeds.
7. Garnish with lime wedges and serve immediately.



Corn SALAD

This refreshing crisp, cool salad is a VeryVera classic and tastes best when prepared ahead of time. It makes a colorful, healthy side dish or you can enjoy it on its own.

Prep Time: 10 minutes

Chill Time: 8 hours

Yield: 4 servings

INGREDIENTS

16-oz. fresh or frozen corn, cooked and drained
2/3 cup chopped green bell pepper
1/3 cup finely chopped celery
1/3 cup white wine vinegar
1/3 cup vegetable oil
1/4 cup granulated sugar
2 green onions, chopped
2 Tbsp. chopped fresh flat-leaf parsley
3/4 tsp. Lawry's® Seasoned Salt
1/4 tsp. garlic powder

DIRECTIONS

1. In a large bowl, mix together the cooked corn, green bell pepper and celery.
2. In a separate bowl, whisk together the vinegar and oil. Add in the granulated sugar, green onions, parsley and seasonings, whisking until the dressing comes together.
3. Pour the dressing onto the corn mixture and combine.
4. Cover the corn salad and refrigerate for at least 8 hours before serving.

Baked BERRY OATMEAL

This Baked Berry Oatmeal recipe offers a satisfying start to your day and tastes great with almost any combination of berries. Plus, you can serve hot or cold — perfect for those busy mornings!

Prep Time: 10 minutes

Bake Time: 25 minutes

Yield: 6 servings

INGREDIENTS

2 cups quick-cook oats
1 tsp. baking powder
1 tsp. ground cinnamon
1/4 tsp. salt
1/3 cup dark brown sugar, packed
2 cups whole milk
2 large eggs
1/2 Tbsp. pure vanilla extract
3 Tbsp. honey
1 1/2 Tbsp. unsalted butter, melted
12 oz. frozen mixed berries
1/4 cup pecan halves, chopped

DIRECTIONS

1. Preheat the oven to 375 F.
2. In a medium-sized bowl, whisk together the oats, baking powder, cinnamon, salt and brown sugar. Set aside.
3. In a separate bowl, whisk together the milk, eggs, vanilla, honey and butter.
4. Layer half the berries in a 2-quart baking dish and top evenly with the dry oat mixture. Pour on the wet mixture, then add the rest of the berries on top along with the roughly chopped pecans.
5. Bake for 25 minutes or until the oats have absorbed the liquid. Serve hot or cold.



You can find the recipes for Superfood Energy Balls with Cashew Butter Drizzle and the Poppy Seed Dressing available on augustamagazine.com, with more recipes available at veryvera.com or through following the VeryVera Show.