

JULY, 2017 NEWSLETTER

Thank You:

Once again the Hulswits put on their annual brunch and delighted the many who attended.

NOTE: The LPT Board thanks Lu Norello for a long run as editor of this newsletter. She has announced that this will be her last month as editor and wishes to turn over the duties beginning with the August publication.

If you are interested in helping produce a monthly LPT newsletter, please contact Jeff Gaydos at jjgaydos5@yahoo.com.

JULY, 2017 CALENDAR

Tuesday, July, 11-Social Com. Mtg. 7p Lib/Soc. Rm.

*Thursday, July 27-Bunco Christmas-Lib/Soc. Rm. 7p

Every Tuesday-Crafts, cards, etc in the Lib/Soc. Rm 2p-4p

Every Wednesday-Cards & Games in the Lib/Soc. Rm 7p

Every Friday-Happy Hour 6p in Lib/Soc Rm or pool area
weather permitting.

*If you are interested in playing Bunco, someone is usually in the Lib/Soc. Rm to answer any questions.

Saturday, August 5th will be the LPT Pool Party. Look for the posting and sign up sheet.

Summer is in full swing...the days are longer, steamier and although we should be enjoying the lazy days of summer, everyone seems to be busy! Who has time for cooking?? I have four easy sauces that will take your simple grilled or roasted meals to the next level. They work well with chicken, seafood, pork tenderloin or even to top a portabella mushroom or use as a dip with pita chips or crackers.

PISTACHIO, AVOCADO SAUCE (aka green sauce)

In your food processor place 1 avocado, ½ cup parsley, ½ cup cilantro, 1 jalapeno (if you don't like heat remove all ribs and seeds) 2 garlic cloves, juice of 1 or 2 limes (depending on size), ½ cup water, ½ cup olive oil and 1 tsp. of salt. Pulse all ingredients until the desired consistency. Then add ½ cup pistachios and pulse again. That's it... Goes great on dry-rubbed grilled pork tenderloin. So yummy!!

EASY ROMESCO SAUCE

In your food processor place one 12 ounce jar of roasted red peppers, 4 or 5 plum tomatoes, 1 cup raw almonds, ¼ cup parsley, 2 cloves garlic, 1 teaspoon salt, juice of ½ lemon and 1 - 2 tablespoons olive oil. Pulse until it's the consistency you like. This is so nice on grilled shrimp and roasted potatoes!

COCONUT CURRY SAUCE

In your food processor place 1 can coconut milk, 1 tablespoon curry paste, ½ inch piece of fresh ginger (coarsely chopped) 1 clove garlic, ½ teaspoon brown sugar and 1 teaspoon soy sauce. Puree until smooth. This is delicious on mahi mahi with chopped green onions and cashews on top!

LEMON TAHINI SAUCE

In a bowl combine ¼ cup tahini, ¼ cup fresh lemon juice, ½ teaspoon garlic powder, 2 tablespoons maple syrup and salt to taste. Whisk it up and you're good to go! Couldn't be easier - this is perfect with grilled or baked chicken - make it even simpler and get a Costco rotisserie chicken!

All of these sauces are so simple and *so addicting!* They will keep well in the fridge for about a week but I guarantee they won't last that long! You'll find yourself in the fridge at midnight with a spoon!