

A Little Light: Monday Musings with Mary Sue



Welcome to the week of July 27!

Have you ever had those conversations with your kids about air conditioning? Our 21-year-old son Jeremy still shakes his head on days like yesterday, 106 °F, when we tell him we did not have air conditioning growing up. Although we still consider it quite a luxury, Jeremy likes to point out it feels like a necessity on a day like Sunday. It was a great opportunity to discuss how hard this weather is on the elderly, homeless, and the poor. Air conditioning was/ is certainly something we add to our prayers of thanksgiving.

During these hot summer days, we often look for something light and simple instead of a heavy meal. Yesterday, Jeremy and I had fun making a few of our favorite dips; I highly recommend both!

First, we cut some vegetables i.e., zucchini spears, carrot sticks, cucumbers, celery, and red/green peppers, tomato wedges, and olives. We also grilled bread (brush olive oil on sourdough bread and grill it until toasted, it is delicious). We then had all of our fixings for dipping!

FACT: Air conditioning was born 118 years ago at a printing plant in the East Williamsburg section of Brooklyn, when a junior engineer named Willis Carrier devised a contraption that blew air over water-filled pipes to dry out the humidity that was gumming up the pages of a humor magazine called Judge. In 1933, the Carrier Air Conditioning Company of America developed an air conditioner using a belt-driven condensing unit and associated blower, mechanical controls, and evaporator coil, and this device became the model in the growing U.S. marketplace for air-cooling systems.

Lightly Spicy: Buffalo Dip

- 2 eight ounce packages of cream cheese (light variety works great)
- 1 can of garbanzo beans (make sure you drain the liquid)
- 1 cup of ranch or blue cheese dressing (we use ranch as I am not a blue cheese fan)
- 1/3 cup hot sauce of your choice (less or more depending on your heat preference-this is mild with a little bite).
- Mix all of the ingredients in a food processor. I squeeze a little lime on top and garnish with a little more hot sauce. It's ready to use as a dip and on grilled bread!

Creamy Avocado Dip

- 2 firm-ripe avocados, halved, pitted and cut into large chunks
- 1/2 cup sour cream
- 1/2 cup finely grated Parmesan cheese
- Juice of 2 limes
- 1/2 teaspoon cayenne pepper *more or less to taste
- Kosher salt

Process or blend the avocado, sour cream, Parmesan, limejuice, 1-tablespoon water, cayenne and 1/2 teaspoon salt in a food processor or blender until smooth and creamy. Garnish with fresh cilantro. Serve right away.

Have a wonderful week!

Blessings,

Mary Sue