

you're invited

TO A VIRTUAL
HAPPY HOUR
& MEMBERSHIP DRIVE!

Please join Temple Emanu-El Sisterhood
as we schmooze with old friends
and welcome new ones.

Tuesday, September 22 • 7 pm

Zoom link will be sent via email



Also, we'll be announcing our **SWEET** Kick-Off Event!
You won't want to miss it!



Here are a few appetizer & drink recipes you can make and enjoy during our happy hour!



Easy Summer Squash Soup

This soup freezes very well!

- 2 large onions
(I prefer Vidalia, but can be any kind)
- 3-4 Summer squash of any type
- Stock of choice (I use homemade turkey bone broth, but any kind works well)
- Olive oil
- Salt and pepper to taste

Slice onions thinly. Sauté in olive oil until translucent.
Add coarsely chopped summer squash. Add enough stock to just cover the squash and onions.
Add salt and black pepper.

Bring to a boil, then turn down to simmer. Simmer for about 25 minutes or until squash is soft.

Allow to cool a bit, then use a hand blender or a traditional blender to puree the soup to a smooth consistency.
– Emily Lerner

Cucumber & Tomato Salsa

Great with pita, tortilla chips, or try on salad!

- 1 large cucumber
- 2-3 tomatoes
- 1 large onion
- Minced garlic to taste (1 teaspoon)
- 2 Tablespoons balsamic vinegar
- 1/8 teaspoon pepper (or to taste)
- Dash of Salt (or to taste)

Peel and finely chop the cucumber. Add salt and let sit in colander until most of liquid is drained off.

Chop tomatoes and drain (should have about equal amount of tomato and cucumber).

Finely chop onion.

Combine remaining ingredients and mix all together. Chill an hour or so before serving.

– Sue Fornara



Very Berry Smoothie

Delicious, refreshing, and healthy!

- 1 3/4 cups low-fat blueberry yogurt
- 1/4 cup grape juice
- 1 1/2 cups frozen blueberries
- 1 cup frozen blackberries

Combine yogurt and juice in a blender. Add berries. Blend until mixture is thick and smooth. Pour into glasses and serve immediately. (Makes 2 servings)

Summer Berry Red Wine Spritzer

- 2-3 Strawberries stems removed and cut in half
- 4-5 blueberries
- 1/2 teaspoon honey
- Juice of half a lime
- 2 parts red wine (Merlot or Shiraz)*
- 1 part carbonated soda (or Sprite instead of the soda & honey)
- Sprig of mint (optional)

In a glass add a few cubes of ice, strawberries and blueberries. Add honey and lime juice and give everything a good mix.

Add two parts wine to glass and stir. Top with carbonated soda, add a sprig of mint and enjoy!

*You can increase the ratio of wine to soda to 3:1