

BE SAFE THIS
Summer

Recipes for the
ROAD





Recipes for the ROAD

The “dog days of summer” refer to the hot and humid period between early July to early September. Shockingly, over the past 25 years, more than 965 children have died of heatstroke after being left or becoming trapped in a hot car.

FDOT encourages everyone to take the following safety precautions:

- Make it a habit to check your entire vehicle — especially the back seat — before locking the doors and walking away.
- Place a personal item like a purse or briefcase in the back seat, as another reminder to look before you lock.
- Write a note or place a stuffed animal in the passenger’s seat to remind you that a child is in the back seat.



Watermelon Lemonade

Ingredients

- 1 large watermelon
- 250 ml lemon juice
- 100 g golden caster sugar
- 1 l bottle soda water
- 1 lime, cut into slices
- Small handful of mint
- Crushed ice

Directions

Cut the top off the watermelon and hollow it out using a large spoon. Mash the flesh and blend it to a puree with the lemon juice and sugar, then stir in the soda. Heap some ice into the hollowed-out watermelon and fill it with the lemonade mixture. Serve the rest in a jug with the lime slices and mint.



Ranch Zucchini Fries

Ingredients

Zucchini Fries

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 2 1/2 cups plain panko breadcrumbs
- 1 lb zucchini cut into 1/4-inch-thick rounds

Ranch Seasoning

- 1/4 cup chopped fresh parsley
- 1 tbsp chopped fresh chives
- 2 tsp garlic powder
- 2 tsp onion powder
- Kosher salt and black pepper

Ranch Dressing

- 1/2 cup buttermilk
- 2 tbsp mayonnaise
- 1 tbsp white vinegar

Directions

For the ranch seasoning, mix all the ingredients together in a small bowl and set aside. For the zucchini fries, adjust 2 oven racks to the top and bottom thirds of the oven and preheat oven to 425 degrees. Put the wire racks on the baking sheets and coat each generously with cooking spray.

Combine flour with half of the ranch seasoning in one resealable plastic bag, eggs in another, and breadcrumbs in a third. Coat zucchini rounds in flour, then dip in egg wash and coat with breadcrumbs. Place on wire racks and spray with cooking spray. Repeat with remaining zucchini.

Bake, rotating the baking sheets from top to bottom about halfway through, until golden brown and tender, 25 to 30 minutes. Make the ranch dressing by mixing all the ingredients together.