

FLAVOURS OF SUMMER



Tasty No-Oven Meals

When temperatures soar, the last thing we want to do is spend hours in a hot kitchen. Whether you need a quick snack or you're preparing a family dinner, here are a few simple summer meals you can make without an oven. They're healthy, they're delicious, and they'll let you keep your cool in the heat!

Summer Lentil Salad

2 tbsp white balsamic vinegar
1 tsp Dijon mustard
1 tbsp olive oil
2 scallions, finely chopped
2 cups lentils (cooked or canned)
2 cups cubed cucumber
1 cup halved cherry tomatoes
½ cup feta cheese, crumbled
¼ cup chopped cilantro
2 fresh mint leaves, minced
Salt and pepper, to taste

Instructions

In a bowl, whisk together vinegar and mustard. Whisk in oil then stir in scallions. Set aside. In another bowl, combine lentils, cucumber, tomatoes, feta, cilantro, and mint. Whisk once more then pour into the salad and toss to combine. Season with salt and pepper.



Nutrition: 224 calories | 27g carb | 12g protein | 8g fat (3g sat) | 16mg cholesterol
234mg sodium | 8g fiber | 6g sugar

Instructions

Set zucchini noodles into a colander and sprinkle with ½ tsp salt. Toss to coat and let sit for 10 minutes. Rinse and drain well, gently squeezing out excess moisture. Transfer zucchini to a large bowl. Drizzle with oil and toss to coat. Add pesto and toss. Serve noodles topped with chopped tomatoes, salt, pepper, and parmesan.



Nutrition: 242 calories | 10g carb | 7g protein | 19g fat (4g sat) | 583mg sodium
3g fiber | 6g sugar

Pesto Zucchini Noodles

4 medium zucchini, spiralized*
½ tsp salt
1 tbsp olive oil
½ cup pesto
1 cup cherry tomatoes, chopped
Salt, black pepper, and parmesan,
to taste

*Store-bought noodles are ok if they are all-natural.

Market Chilled Soup

- 3 ears sweet corn, shucked
 - 3 cups sungold tomatoes, halved*
 - 1 cup yellow bell pepper, diced
 - ½ cup white onion, diced
 - ¼ cup olive oil
 - 2 tbsp apple cider vinegar
 - ½ tsp salt
 - ¼ tsp black pepper
- *Any sweet, ripe tomatoes will do, but red tomatoes will change the soup's colour.



Cucumber Salad

- 1 cup cucumber, diced
 - ½ cup red onion, minced
 - ¼ cup fresh parsley, finely chopped
 - 2 tbsp olive oil
 - 1 tbsp lemon juice
 - ¼ tsp each salt and black pepper
- Combine all ingredients and stir.

To make soup... Add corn, tomatoes, bell pepper, onion, oil, vinegar, salt, and pepper to a bowl. Stir to combine and let sit uncovered for 30 minutes. Pour mixture into a blender and blend until smooth. Run soup mixture through a fine-mesh sieve and refrigerate for 4 hours.

To assemble... Divide soup into bowls and serve with chilled Cucumber Salad. Drizzle with olive oil and a pinch of pepper.

Chicken Tacos with Peach Salsa

- 2 cups shredded chicken*
 - 1 cup Peach Salsa
 - ½ cup corn kernels
 - 2 tbsp cotija cheese (or feta)
 - ¼ cup cilantro, chopped
 - 1 lime, cut into wedges
 - 8 5-inch tortillas
- *No leftover chicken? Grill 2 chicken breasts sprinkled with 2 tsp olive oil, ¼ tsp cumin, salt, and pepper.

To make Peach Salsa... Add the following ingredients to a bowl and toss gently to combine.

- 2 cups diced peaches
- 2 cups diced tomatoes
- ½ cup diced red onion
- ¼ cup chopped cilantro
- 2 tbsp lime juice
- 1 jalapeno, seeded & diced
- 2 cloves garlic, minced
- ¼ tsp salt
- 1/8 tsp black pepper

To assemble Tacos... Scatter chicken evenly between tortillas and top with remaining ingredients. Enjoy!



Nutrition: 112 calories | 13g carb | 8g protein | 4g fat (1g sat) | 22mg cholesterol | 113mg sodium | 2g fiber | 2g sugar

Sources kitchenconfidante.com/summer-lentil-salad-recipe
healthyseasonalrecipes.com/no-cook-zucchini-noodles-pesto/ withfoodandlove.com/chilled-soup/
thekitchengirl.com/grilled-chicken-tacos-with-peach-salsa/
 Images from Freekpik.com