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!

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
2 cups cubed cucumber
1 cup halved cherry tomatoes
1 cup feta cheese, crumbled
1/2 cup chopped cilantro
1/4 cup chopped cilantro
1/4 cup chopped solution
1/5 cup feesh mint leaves, minced
1/6 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

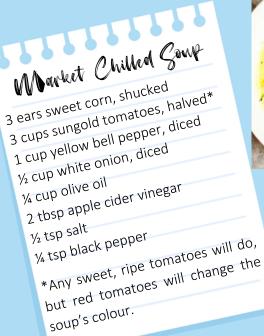
Set zucchini noodles into a colander and sprinkle with ½ tsp salt. Toss to coat and let sit for 10 minutes. Rinse and drain well, gently squeezing out excess moisture. Transfer zucchini to a large bowl. Drizzle with oil and toss to coat. Add pesto and toss. Serve noodles topped with chopped tomatoes,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



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









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 finemesh 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 Towns with Death Galson

2 cups shredded chicken*

1 cup Peach Salsa

1 cup reach Salsa

2 cup corn kernels

2 tbsp cotija cheese (or feta)

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4 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,

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4 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 1 jalapeno, seeded & diced 2 cups diced tomatoes 2 cloves garlic, minced

½ cup diced red onion ¼ tsp salt

¼ cup chopped cilantro 1/8 tsp black pepper

2 tbsp lime juice

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



