

No Cook Summer Meals

August 2022



Green Salad with Fresh Herbs, Grapes and Chicken

Yields: about 4-6

Recipe adapted from Dinner Illustrated Cookbook by America's Test Kitchen

1 rotisserie chicken
Juice of 1-2 lemons (about 3 tablespoons)
1/3 cup whole grain mustard
1/4 teaspoon freshly ground black pepper
1/4 teaspoon salt
3 tablespoons extra virgin olive oil
8 ounces mixed salad greens
1 cup sugar snap peas, strings removed, cut diagonally
1 cup red grapes, cut in half lengthwise
3 tablespoons minced fresh chives and/or basil

1. Remove bones and skin from chicken. Shred chicken into bite-sized pieces using 2 forks.
2. Place lemon juice into a bowl. Whisk in mustard, pepper and salt. Whisking constantly, slowly drizzle in oil until incorporated.
3. Measure 1/4 cup of dressing and toss with chicken until well coated.
4. Add lettuce, snap peas, grapes and fresh herbs to a bowl. Drizzle with just enough salad dressing to coat. Taste and season with additional salt and pepper, if desired.
5. Divide salad greens among individual serving dishes and top with chicken. Serve immediately.



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6 Layer Mexican Pinwheels

Recipe adapted from minimalistbaker.com

2 large whole wheat flour tortillas	2 green onions, thinly sliced
2/3 cup canned refried beans	1/2 cup finely diced tomato
2/3 cup shredded pepper jack cheese	1/3 cup roughly chopped fresh cilantro
1/2 ripe avocado, smashed with salt and a little lime juice	

Lay tortillas flat and spread a thin layer of refried beans on each. Follow with the remaining ingredients, spreading each out evenly over the tortillas. Flatten the ingredients down and roll from one end to the other and place seam side down on a cutting board. Starting with the center of the tortilla, use your hands to form and tighten the roll, moving outward toward the edges. This will help the fillings form together and make slicing easier. Use a serrated knife and slice into 1 inch slices - about 8-10 per tortilla.