

Member Favorites: Summer!

Walnut Ricotta Basil Pasta with Roasted Tomatoes

This bright summery pasta leans on a combination of whole milk ricotta and toasted walnuts to create a light creamy sauce that's brightened up with fresh lemon and basil. Top it with a dollop of creamy ricotta and burst cherry tomatoes (optional but delicious!) for a nourishing and indulgent pasta that celebrates summer!

Peach Cucumber Mozzarella Salad

I love simple summer salads that really let the seasonal produce shine. This one highlights the abundant ripe, juicy peaches and fresh basil this time of year. Peaches, cucumber, and basil get tossed in a light, bright dressing for a super refreshing salad. Fresh mozzarella cheese adds much needed fattiness and creaminess, but you could also use avocado. I love the tanginess and acidity of the lemon juice that gets balanced by the sweet maple syrup, but you could use balsamic vinegar for a more classic combination (see note). Don't skip the final drizzle of olive oil and sprinkling of salt and pep!

Summer Couscous Salad with Cilantro Lime Dressing

This simple summer salad combines chewy Israeli couscous (the large kind!) with some raw juicy and crunchy summer veggies that get tossed in a bright cilantro lime dressing. It's a perfect side to anything grilled, like this [Honey Mustard Grilled Chicken](#) or a simple grilled sausage.

Late Summer Farro Bowls with Pesto Dressing

This grain bowl uses the grill to cook your favorite late summer veggies and spice rubbed chicken for that delicious smoky charred flavor. Everything gets slathered in a zesty pesto dressing and topped with some tangy crunchy pickled onions. The veggies and protein you use are super adaptable - it's all about that sauce!

Grilled Salmon Sandwich with Yogurt Ranch

Salmon gets grilled to perfection in a smoky savory spice rub while you whip up an easy creamy yogurt ranch and crunchy cabbage slaw. If you've never had ranch and pickles with salmon, don't skip this one. Dad will love this with a side of this week's Grilled Cabbage Potato Salad!

Walnut Ricotta Basil Pasta with Roasted Tomatoes

Serves 4

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS:

1 lb rigatoni (or other short pasta shape)
1 cup whole milk ricotta cheese*
1 cup loosely packed basil**
½ cup toasted walnuts
2 tbsp olive oil
2 tbsp lemon juice
½ tsp kosher salt
½ tsp black pepper
1 clove garlic
4-5 cups loosely packed arugula

For the the tomatoes (optional):

1 pint cherry tomatoes
1 tbsp olive oil
¼ tsp kosher salt

*You could also try this with whole milk cottage cheese. See notes for instructions and how to make vegan/dairy-free.

**I wasn't able to find basil so I also tested this using a mix of the little basil I had left and arugula. See substitutions section.

INSTRUCTIONS:

To make the tomatoes: preheat the oven to 400F. Line a baking sheet with parchment paper (or just use an oven-proof skillet). Add the tomatoes and toss them in the oil and salt. Bake for 10-15 minutes, or until the tomatoes have all burst open.

In a large pot, bring about 3 quarts of water to a boil and season generously with salt (about 2 tablespoons). Cook the pasta to al dente according to the instructions. **Reserve 1 ½ cups of pasta water before draining.** Drain the pasta and then transfer back to the pot.

In a high-speed blender, add the ricotta, basil, walnuts, oil, lemon, salt, pepper, garlic, and ½ cup of the reserved pasta water. Blend until smooth.

Pour the ricotta sauce over the pasta along with the arugula and ½ cup more pasta water. Turn the heat to medium-low and cook for 1-2 minutes so the noodles can continue to cook and soak up that sauce. You know it's done when the sauce coats the noodles and is no longer watery at the bottom of the pot. If the sauce looks too dry or pasty, just stir in another splash of pasta water to loosen it up. If you run out of or forget to reserve the pasta water, just use hot water instead.

Serve topped with the roasted tomatoes (if using), black pepper and a dollop of ricotta cheese, if you have some left.

Peach Cucumber Mozzarella Salad

Serves 4

Prep time: 15 minutes

Cook time: X

INGREDIENTS:

1 small shallot or $\frac{1}{4}$ red onion, thinly sliced
3 tbsp lemon juice*
2 tsp maple syrup
 $\frac{1}{2}$ tsp kosher salt + more for garnish
2 ripe peaches, pitted, cut into thin wedges
1 cucumber, peeled, halved lengthwise, thinly sliced on a diagonal (about 1 $\frac{1}{2}$ -2 cups)
 $\frac{1}{2}$ cup loosely packed fresh basil
4 oz fresh mozzarella or burrata, torn into bit-sized pieces
Olive oil
Black pepper

*Use balsamic in place of lemon juice if you prefer that combination - just reduce the maple syrup to 1 teaspoon since balsamic is sweeter.

INSTRUCTIONS:

Add shallot or onion to a small bowl and mix with lemon juice, maple syrup, and salt. Set aside.

Add peach, cucumber, and basil to a large bowl and pour the shallot and dressing over top. Toss to coat. Transfer to a serving platter or plate. Nestle the mozzarella into the salad.

Drizzle generously with olive oil and sprinkle with salt and lots of black pepper. You can also finish with a drizzle of balsamic (or balsamic reduction if you have it), if you'd like.

Summer Couscous Salad with Cilantro Lime Dressing

Serves 4

Prep time: 15 minutes

Cook time: about 15 minutes (to cook the couscous)

INGREDIENTS:

1 cup (5-6 oz) Israeli couscous (or other small pasta shape)(about 2 ½ cups cooked)*
2 cucumbers, peeled, seeds removed, chopped (about 2 cups)
1 cup halved cherry tomatoes or chopped bell pepper
1 cup corn kernels (from about 2 ears corn) or use frozen, thawed corn**
½ cup chopped cilantro
¼ red onion, finely chopped***
½ cup crumbled feta or shredded cheddar (optional, for topping)

For the dressing:

1 cup loosely packed cilantro (leaves and stems)
⅓ cup olive oil
¼ cup lime juice
2 tbsp dijon mustard
½ tsp kosher salt

*Make it a green salad by using 4-5 cups arugula, spinach, or any lettuce/green in place of couscous.

**Throw the corn on the grill when you make the zucchini or burgers for grilled corn rather than raw.

***If you have pickled red onions in your fridge (which I pretty much always do), just chop those up instead of using raw onion. It's delicious!

Add protein! Throw a can of beans in the or serve with a side of grilled chicken.

INSTRUCTIONS:

Cook the couscous according to the package instructions. Transfer to a large plate or bowl, spread out, and let cool completely.

In a high-speed blender, add the dressing ingredients. Start by blending on low and slowly increasing to high and continue to blend until smooth.

In a large bowl, add the couscous, cucumber, tomato or pepper, corn, cilantro, and red onion. Pour the dressing over top and toss to coat.

Serve topped with cheese, if using.

Late Summer Farro Bowls with Pesto Dressing

Serves 4

Prep time: 15 minutes

Cook time: 25 minutes (the cook the farro) + 15 minutes on the grill

INGREDIENTS:

1 cup farro or any other grain
1 lb boneless skinless chicken breast, halved lengthwise*
4 tbsp olive oil, divided
1 ½ tsp kosher salt, divided
1 tsp smoked paprika
½ tsp black pepper
2 ears corn (1 cup kernels)
1 eggplant, cut into 1-inch thick slabs
2 zucchini, halved
2 bell peppers
Pickled red onions**

For the pesto dressing:

1 cup loosely packed basil
1 cup frozen spinach, thawed
½ cup olive oil
¼ cup toasted sunflower seeds or walnuts
¼ cup water
3 tbsp lemon juice
2 tbsp mellow white miso paste
1-2 cloves garlic
½ tsp kosher salt

*You could also use any protein! Chicken thighs, flank steak, pork loin, etc...

**Don't have pickled red onions ready? You can do a quick pickle by dicing half a red onion and covering with vinegar and stirring in a generous pinch of salt. Let it sit for at least 10 minutes while you prep everything else.

Note: use any veggies that you like to grill. If you don't like eggplant, just add more peppers and zucchini, etc...You should have a total of about 6 cups of chopped up cooked veggies in the end.

INSTRUCTIONS:

In a medium pot, add the farro and enough water to cover by 2-inches. Bring to a boil, then reduce the heat to medium-low and simmer rapidly for 20-25 minutes, or until tender. Drain and set aside.

Heat the grill on high for at least 10 minutes, then reduce a bit to medium-high.

In a medium bowl, add chicken, 1 tablespoon olive oil, 1 teaspoon salt, smoked paprika, and pepper and toss to coat.

Place the veggies on a baking sheet. Drizzle with remaining 3 tbsp olive oil and sprinkle the remaining 1 teaspoon salt all over, making sure to get most of the oil and salt on the eggplant (this helps it get cooked all the way through and luscious). Rub around to coat.

Add chicken and veggies to the grill. Cover and grill for 3-5 minutes, or until you have nice grill marks. Flip everything, reduce the heat down to medium, and grill for 5-7 more minutes or until chicken is cooked through and veggies are tender. Transfer the eggplant and peppers to a bowl and cover with a lid for about 10 minutes (the steam will help continue to soften the peppers and cook the eggplant all the way through). Meanwhile you chop up the chicken and other veggies. Once it has steamed, chop up the eggplant and peppers.

In a high-speed blender, add all dressing ingredients and blend on high until smooth.

Add farro to a bowl along with chicken and plenty of veggies. Slather generously with the dressing and top with pickled red onions.

Grilled Salmon Sandwich with Yogurt Ranch

Serves 4

Prep time: 15-20 minutes

Cook time: 10 minutes

INGREDIENTS:

4 (4-6 oz) filets wild salmon (center cut)*
2 tsp smoked paprika
2 tsp garlic powder
1 tsp dried oregano
½ tsp black pepper
1 teaspoon kosher salt
1 tbsp olive oil
Dill pickle rounds or pickled red onions**
4 burger buns

For the slaw:

3 cups thinly sliced cabbage
2 tbsp lime juice or apple cider vinegar
½ teaspoon kosher salt

For the yogurt ranch:

1 cup plain whole milk Greek yogurt
1 tbsp apple cider vinegar
2 tsp dijon mustard
1 tsp kosher salt
1 tsp dried dill (AKA dill weed)
1 tsp garlic powder
1 tsp onion powder
½ cup chopped chives, scallions, or dill (optional)

*The salmon is going on a burger bun, so a nice thick center cut works best.

**If using dill pickles, slice them into ¼-inch thick rounds. Both are delicious!

INSTRUCTIONS:

Heat your grill on high for at least 10 minutes. Once the grill is heated up, reduce the heat to medium-high.

In a small bowl, mix together the paprika, garlic, oregano, and pepper. Pat the salmon filets dry. With the salmon skin-side down, sprinkle the 1 teaspoon salt all over the filets and drizzle the 1 tablespoon oil over the filets. Divide the spice mixture between the filets and rub it in to coat the flesh in the spices and oil.

Place the salmon on the grill skin-side down for 6-8 minutes, covered, or until the salmon is mostly cooked through (you may want to turn the heat down a bit, depending on your grill). Flip the salmon and cook for about 2 more minutes on the flesh side, or until the salmon has nice grill marks and is cooked through (easily flakes with a fork). I like to add my buns to the grill towards the end to toast them a bit. Remove the skin from the salmon (it should peel off easily or you could also leave it on if you like the skin).

While the salmon is grilling, in a medium bowl, mix together the slaw ingredients.

In a separate small/medium bowl, mix together all of the ingredients for the yogurt ranch. Taste and season with salt or anything else you think it needs more of.

You can decide the order in which to place things, but here's how I like to do it. Place the slaw on the bottom bun and top with pickle rounds or pickled onions. Place the salmon on top. Top the salmon with the yogurt ranch. Put the top bun on and devour! Highly recommend adding a scoop of the yogurt ranch to your plate for dipping!

SUBS + PREP + STORAGE + LEFTOVERS

Walnut Ricotta Basil Pasta with Roasted Tomatoes

Substitutions:

- To make gluten-free, use gluten-free pasta.
- To make vegan, substitute my vegan lemon ricotta for the ricotta. This may result in a thicker sauce, so use your judgment and add extra pasta water to the pot after you add the sauce, if needed. Start with just 1 tablespoon of lemon juice since the vegan ricotta already has lemon in it.
- Substitute the whole milk ricotta with whole milk cottage cheese (or use a mix). This may result in a thicker sauce, so use your judgment and add extra pasta water to the pot after you add the sauce, if needed.
- As mentioned, you can use a mix of basil and arugula or use all arugula or just skip the greens/herbs all together.
- For nut-free, sub pumpkin seeds for walnuts.

Prep:

- Toast ½ cup walnuts
- Roast 1 pint cherry tomatoes

Storage:

- Store leftovers in an airtight container in the fridge for up to 4 days.

Leftovers + Repurposing:

- Leftover pasta always soaks up the sauce and gets a little mushy - there's no way around it, but it's still delicious. I like to add it to a microwavable bowl with a splash of water and warm it up in the microwave, stirring every 30 seconds. That water will help to loosen up the sauce a bit.
- Top with warm burst cherry tomatoes, a dollop of ricotta, and black pepper. A squeeze of lemon is also nice to brighten it up.
- If you have arugula leftover, toss in some more of it with the warmed up pasta.

Peach Cucumber Mozzarella Salad

Substitutions:

- To make vegan, substitute the cheese with avocado slices (about 1 avocado)
- You can skip the shallot/onion if you don't like that flavor
- Use any ripe stone fruit in this recipe (apricots, plums, nectarines, cherries)
- You can use any refreshing raw crunchy veggie in place of cucumber - radish and fennel would be great!

Prep:

- Slice shallot + mix with lemon, maple, and salt
- Slicing the peaches and cucumber fresh are best, but you could prep them ahead

Storage:

- Store leftover salad in an airtight container in the fridge for up to 3 days

Leftovers + Repurposing:

- This salad is best at room temperature, so let it sit out for a bit before eating the leftovers.
- Top with a sprinkle of salt and pepper and a squeeze of lemon or drizzle of balsamic to wake it up.

Summer Couscous Salad with Cilantro Lime Dressing

Substitutions:

- Use any short pasta shape in place of couscous.
- To make gluten-free, use a short gluten-free pasta shape or about 2 ½ cups of any other cooked gluten-free grain.
- There are about 4 cups worth of chopped veg in the salad. Feel free to substitute the cucumber, corn, or tomato with any other raw summer veggie (bell pepper, radish, celery, fennel, etc...).
- Sub about ½ cup thinly sliced scallion for the red onion, or leave it out if you don't like raw onion

Prep:

- Make the dressing
- Cook 1 cup (5-6 oz) Israeli couscous (or other small pasta shape)
- Peel, de-seed, and chop 2 cucumbers (about 2 cups)
- Halve 1 - 1 ½ cups cherry tomatoes or chopped 1 bell pepper
- Cut 1 cup corn kernels from about 2 ears corn (or skip and use frozen, thawed corn)
- Chop ½ cup cilantro
- Finely chop ¼ red onion

Storage:

- Store leftovers in an airtight container in the fridge for up to 5 days.

Leftovers + Repurposing:

- Enjoy straight out of the fridge or let it come to room temp. Add a squeeze of lime and sprinkle of salt to wake it up since the couscous will absorb a lot of that dressing.
- Top with cheese, avocado, and pickled red onion.
- Top with a fried egg, leftover chopped up BBQ turkey quinoa burger, or grilled chicken.

Late Summer Farro Bowls with Pesto Dressing

Substitutions:

- To make gluten-free, use a gluten free grain like quinoa or rice in place of farro. You could also use pasta in place of the grains.
- To make it vegetarian, use boiled or fried eggs or roasted or grilled tofu in place of the chicken. You could also just add some drained and rinsed canned beans!
- Use any veggies that you like to grill. If you don't like eggplant, just add more peppers and zucchini, etc...You should have a total of about 6 cups of chopped up cooked veggies in the end.
- If you don't have miso paste, you could either substitute it with 1 tbsp soy sauce or tamari or add ¼-½ cup parmesan cheese. If the sauce is too thick, you can always blend in more water or if it's too thin, blend in more nuts or seeds.

Prep:

- Cook 1 cup farro or other grain
- Toss the chicken in the oil and spices
- Grill the veggies and chicken
- Pickled a red onion
- Make the dressing

Storage:

- Store leftovers in an airtight container in the fridge or freezer:
 - Grilled veggies: up to 5 days in the fridge
 - Chicken: up to 4 days in the fridge or freeze for up to 2 months
 - Dressing: up to 4 days in the fridge or freeze for up to 2 months

Leftovers + Repurposing:

- Add grains to the bowl and top with warm chicken and veggies, plenty of sauce, and pickled onions.
- Turn it into salad by adding greens and tossing everything in the dressing.
- Leftover dressing is delicious on pretty much everything - grilled veggies or meats, salads, bowls, eggs, bread, etc...

Grilled Salmon Sandwich with Yogurt Ranch

Substitutions:

- To make vegetarian, try substituting the salmon with portobello mushroom tossed in the same oil and spices. You could also use a thick slab of tofu, cooking however you like it (roasted, grilled, pan-fried).
- To make vegan, use vegan yogurt alternative and see above for salmon sub.

Prep:

- Make Yogurt Ranch
- Thinly slice 3 cups cabbage
- Make cabbage slaw
- Pickle a red onion (or thinly slice dill pickles)
- Mix together the spice mixture

Storage:

- Store leftovers in an airtight container in the fridge:
 - Grilled salmon: up to 3 days in the fridge
 - Slaw: up to 6 days in the fridge
 - Yogurt ranch: up to 6 days in the fridge

Leftovers + Repurposing:

- If you have leftover everything, make the sandwich again! Just warm up the salmon and toast your bun before assembling.
- Make it a grilled salmon ranch bowl! Use any grain (or lettuce) as a base and top with the salmon, slaw, yogurt ranch, and pickled things!
- Turn it into a grilled salmon ranch taco!

GROCERY LIST (blank!)

Pantry	Produce	Meat/Seafood
Fridge	Freezer	Additional

PANTRY STAPLES LIST

These are items that are good for buying in bulk to save money and time grocery shopping.

Always check this list when making your grocery list. If you are out of or low on any, add to your list.

Oils and Vinegars	Condiments	Spices
Extra virgin olive oil Toasted sesame oil Coconut oil Apple cider vinegar Rice vinegar Red wine vinegar Balsamic vinegar	Dijon mustard Soy sauce/Tamari Fish sauce Tomato paste Mellow white miso paste	Fine sea salt or Kosher salt Black pepper (fresh grind) Ground cumin Ground coriander Smoked paprika Paprika Ground turmeric Ground cinnamon Ground nutmeg Chili powder Curry powder Garlic powder Dried oregano Fennel seeds Red pepper flakes
Grains + Nuts/Nut Butters	Flours	Sweeteners
Lentils (French green lentils, green lentils, and red lentils) Short Grain Brown rice Farro Quinoa Steel cut or rolled oats Almonds, walnuts, hazelnuts, peanuts, cashews, pumpkin seeds, sesame seeds Peanut butter Tahini	Almond flour Oat flour Whole wheat flour All purpose flour	Honey Maple syrup Coconut sugar Blackstrap Molasses