



Our Saturday BBQ at the Santa Maria store is in full swing. It runs from 11am-3pm.

Based on availability and weather permitting.

Stop by and see what cooking!



Watermelon Tomato Salad

- 1/4 large watermelon, cubed
- 2 medium heirloom tomatoes, cubed
- 2 Persian cucumbers, sliced into medallions
- 1/2 avocado, skin & pit removed, cubed
- 1/4 cup fresh mint, sliced into ribbons
- 1/2 cup baby greens
- 2 tbsp. olive oil
- Salt & Pepper, to taste



1. In a large bowl, carefully toss the watermelon, tomatoes, cucumber, avocado, mint, and baby greens.
 2. Dress the olive oil and season to taste. Serve in your favorite bowl. Enjoy!
- Serves 2-4.

[https://food52.com/recipes/29494-watermelon-tomato-salad-for-](https://food52.com/recipes/29494-watermelon-tomato-salad-for-picnicking?utm_source=cj&affil=cj&utm_medium=affiliate&utm_campaign=Food52+Outdoor+Goods+Page&company=Skimlinks&website=7682639)

[picnicking?utm_source=cj&affil=cj&utm_medium=affiliate&utm_campaign=Food52+Outdoor+Goods+Page&company=Skimlinks&website=7682639](https://www.goodhousekeeping.com/food-recipes/a8379/basil-orange-chicken-recipe-ghk0510/)



Basil Orange Chicken

- 1 large navel orange
- 2 lemons
- 1/2 c. packed fresh basil leaves
- 2 tbsp. olive oil
- salt
- pepper
- 4 skinless, boneless chicken-breast halves
- 1/2 tsp. sugar
- 1 c. whole wheat couscous
- 1 package string less sugar snap peas
- Grilled orange and lemon slices for garnish

Directions

1. From orange, grate 1 1/2 teaspoons peel and squeeze 4 tablespoons juice. From lemons, grate 1 1/2 teaspoons peel and squeeze 1/3 cup juice.
2. In medium bowl, combine 1 teaspoon of each peel and 1 tablespoon orange juice with half of basil, 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper.
3. With flat side of meat mallet, pound chicken breasts (placed between 2 sheets plastic wrap) to an even 1/2-inch thickness. Add chicken to citrus mixture, turning to coat; set aside.
4. In small pitcher or bowl, combine sugar, 1/8 teaspoon salt, 1/8 teaspoon freshly ground black pepper, and remaining citrus peels, citrus juices, basil, and oil; set aside. (Can be made to this point up to 8 hours ahead. Cover chicken and citrus sauce and refrigerate.)
5. Preheat large ridged grill pan or prepare outdoor grill for direct grilling on medium-high.
6. Meanwhile, prepare couscous as label directs. In 4 quart saucepan filled with 1/2 inch water, place a vegetable steamer. Heat to boiling on high.
7. Add chicken to hot grill pan or place on hot grill grate; cook 4 minutes. Turn chicken over and cook 3 to 4 minutes longer or until no longer pink in center.
8. While chicken is cooking on second side, add snap peas to steamer; cook 2 to 3 minutes or until tender-crisp. Fluff couscous and spoon onto large platter; top with chicken and snap peas. Drizzle sauce over all. Garnish with citrus slices.

<http://www.goodhousekeeping.com/food-recipes/a8379/basil-orange-chicken-recipe-ghk0510/>

Santa Maria Produce

A fresh new look in the Produce area of our Santa Maria store.



- 1). Don't throw out those last drips of jam in the jar; shake up a fruity vinaigrette instead. Add equal parts oil and vinegar to the jar, give it a good shake, and season with salt and pepper to taste.



- 2). Spritz your cheese grater with nonstick spray before using it to make shredding and cleaning easier.
- 3). Add about three tablespoons of milk to oatmeal when you reheat it and it will be as creamy as ever.

<http://www.womenshealthmag.com/food/cooking-tips>

Thai Baked Pineapple Fried Rice



- 1 ripe sweet pineapple
- 1 tablespoon oil, divided
- 2 eggs, lightly beaten
- 4 green onions, whites chopped, greens cut into ½-inch pieces
- 3 garlic cloves, roughly chopped
- 2 cups cold cooked rice (white or brown)
- 1 cup frozen diced carrots and peas, thawed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon turmeric powder
- ¼ teaspoon coriander spice
- ¼ teaspoon chili flakes
- ¼ cup roasted cashews
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce

Instructions

1. Preheat oven to 375 F.
2. Prepare the pineapple by cutting in half. Carve out the flesh while leaving the skin intact to create cavities. Chop half of the flesh into small chunks (about 1 cup) and set aside. Freeze remaining pineapple for other use. Pat the pineapple halves dry with paper towel. Cover leaves with aluminum foil to keep from burning. Bake pineapple boats for about 5 min. to dry them.
3. Heat ½ tbsp. oil in a large skillet or wok on high heat. Add eggs and cook without stirring for about 30 seconds. Then stir quickly to scramble and remove from pan.
4. Add the remaining ½ tbsp. oil to the pan, stir in onion whites and garlic and stir fry for half a min. until fragrant. Add the thawed carrots and peas and fry for a couple min.
5. Push the veggies to one side of the pan, then add the cold cooked rice. Stir fry on high while

Grilled Shrimp and Watermelon Kebabs

Grilled shrimp and watermelon kebabs are quick, easy and the perfect sweet and savory summertime supper!

- 10 large shrimp, peeled and deveined
- 10 one inch square (or thereabouts) cubes of watermelon
- Olive oil
- Red pepper flakes
- 2 scallions, chopped
- ¼ cup feta cheese, crumbled
- ¼ cup chopped peanuts
- Lime, cut into wedges
- Rice (optional)



Instructions

1. Heat grill to high. Thread 5 shrimp and 5 watermelon cubes onto two metal skewers. Brush with olive oil and sprinkle with red pepper.
2. Carefully lay the skewers on the grill and cook for 3-5 minutes per side until the shrimp are opaque. You'll want to turn the skewers with tongs because the metal will be hot, hot, hot!
3. When the shrimp are done, place on a platter (either on their own or on a bed of rice). Scatter cheese, scallions and nuts on the top.
4. Drizzle with a little more olive oil and serve with lime wedges.

<http://www.framedcooks.com/2015/05/grilled-shrimp-and-watermelon-kebabs.html>

Macadamia Salmon with Pineapple Salsa



Quick and tasty, tender baked salmon with a macadamia nut crust, topped with sweet and tangy pineapple salsa!

- 4 small salmon fillets (or 2 large)
 - 2 cups Macadamia Nuts, finely chopped
 - 1 cup shredded coconut flakes (sweetened or unsweetened)
 - 1 teaspoon garlic powder
 - salt and pepper to taste (I used ½ teaspoon each)
 - 4 tablespoons water+2 whole eggs
- pineapple salsa**

- 1 whole fresh pineapple, diced
- 1 white or red onion, diced
- 1 bunch of cilantro, chopped (just the leaves, discard the stems)
- 1-2 teaspoons crushed red pepper flakes
- juice of 1 lime
- 1 teaspoon salt

Instructions

1. First prepare the salmon fillets. Preheat the oven to 400° and lightly grease a baking sheet.
2. In a medium bowl stir together chopped macadamias, coconut flakes, garlic powder, and salt & pepper. In a small bowl whisk water & eggs until light foamy. Place salmon fillets on foil and brush the top side with egg mixture. Sprinkle macadamia-coconut mixture over salmon, gently press with your fingers so it sticks. Gently turn the salmon fillets over and repeat egg and macadamia mixture.
3. Transfer salmon fillets to prepared baking sheet (without the foil). Bake for 10-20 min. until macadamia crust is golden. (see note)

adding coconut milk, soy sauce and spices (salt, pepper, turmeric, coriander and chili flakes).

6. Combine with the veggies from the side of the pan and stir scrambled eggs back into the rice. Add in green onion pieces, chopped pineapple and cashews and stir. Fill into pineapple shells and bake for about 10 min.s until heated through.
7. Garnish with more cashews and green onion. Serve right away.

<http://leelalicious.com/thai-baked-pineapple-fried-rice/>



Make it a great week,

~Tricia
Spencer's Fresh Markets
Morro Bay and Santa Maria

4. While salmon is baking, prepare the pineapple salsa by stirring together all ingredients in a bowl. When salmon is done baking, serve warm with pineapple salsa. Enjoy!

Notes

For the salmon, I like to bake the salmon for about 10 minutes at 400 degrees, then flip the broiler on for about 3-5 minutes to get a little more browned crust. Be sure to watch it closely or it will burn - remove from oven when the nuts start to brown.

If you end up with leftover pineapple salsa, serve it with tortilla chips!

<http://www.lecremedelacrumb.com/macadamia-salmon-with-pineapple-salsa/>