

Say yes  
to new  
adventures

call of  
the  
Sea

SUMMER  
VACATION

RELAX

All my  
troubles  
wash away  
in the  
water

## Cashew Chicken Pasta Salad

- 1 lb. pasta, your choice
- 1 chicken breast, cooked and shredded
- 4-5 chopped green onions
- 1 cup chopped grapes
- 1/2 cup cashews
- 1 1/2 cup mayo
- 3-4 tbsp. milk
- 3-4 tbsp. sugar
- 2 tbsp. brown sugar
- 1 tsp. seasoning salt
- Salt and pepper for taste



### DIRECTIONS:

- Cook pasta according to package directions.
- In bowl mix together your pasta, chicken breast, green onions, grapes and cashews and toss to combine.
- In smaller bowl mix together mayo, milk, sugar, brown sugar, seasoning salt and salt and pepper adding more or less of each for your taste. Pour into pasta mixture and stir to combine.

<https://www.tinselbox.com/cashew-chicken-pasta-salad/>

'cause a little bit of  
**SUMMER**  
is what the  
**Whole Year**  
is all about



## Glazed Country Ribs

- 2 medium yellow onions
- 3 lb. country-style pork ribs
- 2 clove garlic
- 3 tbsp. canola oil
- 4 tsp. grated fresh ginger
- 1/4 c. low-sodium soy sauce
- 4 tsp. sherry vinegar
- 1/2 tsp. salt
- 1/2 tsp. Freshly ground pepper
- 1 1/2 c. red-currant jelly
- 4 tsp. ketchup

### Directions

- Preheat oven to 300°. Chop 1 onion into 1-inch pieces. Place ribs, chopped onion, and garlic in 9- by 13-inch roasting pan with 1 1/2 cups water. Cover tightly with foil and place in oven. Braise until ribs are very tender, about 3 1/2 hours.
- Meanwhile, for red-currant glaze, finely chop remaining onion. Heat canola oil in a small pot over medium heat. Add onion and cook until soft, about 6 min. Add ginger and cook for 1 more min. Stir in remaining ingredients and simmer for 5 min. Remove from heat, reserve 1/2 cup for serving alongside ribs, and remaining glaze for brushing on ribs.
- Remove ribs from pan, discard onion and garlic, and drain braising liquid. Increase oven to 350°. Return ribs to pan, brush with glaze, and place on middle rack in oven. Baste with glaze every 10 min. for 30 min. Serve hot or warm alongside 1/2 cup reserved glaze.

## Patriotic Honey Poppy Seed Salad

- 1 cup diced strawberries
- 1 cup blueberries
- 1/2 cup diced jicama
- 2 tbsp. champagne or apple cider vinegar
- 1/4 cup honey
- 1 tsp. Dijon mustard
- 1 tbsp. poppy seeds
- 1/2 tsp. salt
- dash of pepper
- 1/3 cup vegetable or olive oil



### INSTRUCTIONS:

1. Combine in a medium bowl the strawberries, blueberries and jicama.
2. In a small food processor combine the vinegar, honey, mustard, poppy seeds, salt, pepper and oil - mix until combined
3. Pour about 2 tablespoons dressing (or more to liking) over other ingredients and lightly toss until combine
4. Serve immediately or store in refrigerator until ready to eat (keeps about 1 day in refrigerator)



<http://www.cookingonthefrontburners.com/2017/05/patriotic-honey-poppy-seed-vingaigrette--salad.html>

# Crispy Slow Cooker Carnitas



- 4 lb. boneless pork shoulder (pork butt), trimmed of any excess fat
- 1 tbsp. olive oil
- 1 tbsp. dried oregano
- 1 tbsp. ground cumin
- 1 tbsp. paprika (sweet or smoky)
- 1 1/2 - 2 tbsp. sea salt flakes OR 1 tbsp. table salt (adjust to your tastes)
- 1 tsp. freshly ground black pepper
- 2 tbsp. brown sugar
- 1 onion, coarsely chopped
- 6 large cloves garlic, sliced in half
- 1 jalapeno, deseeded and ribs removed, chopped
- 1 x 14-oz. can crushed tomatoes
- Juice from 2 limes (1/4 cup juice)
- 2 ancho chiles (Poblano peppers), deseeded, ribs removed and sliced

## Instructions

### Slow Cooker Method:

1. Rinse and dry pork shoulder with paper towel. Place pork in slow cooker and add in oil, oregano, cumin, paprika, salt, pepper and brown sugar on the pork. Rub seasoning all over pork; top with the onion, garlic, and jalapeno.
2. Add in the tomatoes and squeeze the lime juices over the pork. Mix everything together until well combined.
3. Cover and cook on low for 8 to 10 hours or on high 4 to 5 hours.  
\*\*\*Continued on next column.

Crispy Slow Cooker Carnitas Continued:

4. Once the meat is fork tender and falling apart, remove from slow cooker and allow to cool slightly before pulling apart with 2 forks.
5. Place carnitas (shredded meat) onto a baking tray; drizzle with sauce from the slow cooker; add the ancho chiles (Poblano peppers) and allow to grill/broil in a preheated oven on medium-high settings until golden and crispy. Alternatively, place shredded pork into a skillet and fry until crispy with the chile slices over medium-high heat.

### Oven Method:

1. Preheat oven to 250°F. Place an oven rack in the lower-middle part of your oven.
2. Coat pork in spices and sauces as above. Put the pork in a roasting pan and cover pan tightly with foil. Bake for about 6-8 hours, or until falling apart, basting it in its own juices after three hours or so. Add in ancho pepper strips during the last hour of roasting (if including).
3. Shred as above.

<https://cafedelites.com/2016/02/20/crispy-slow-cooker-carnitas/>

Always  
take the  
Scenic  
Route

Live well,

~Tricia

Spencer's Fresh Markets  
Morro Bay and Santa Maria



## BBQ Chicken Pizzas

- 2 boneless skinless chicken breast halves (6 oz. each)
- 1/4 teaspoon pepper
- 1 cup barbecue sauce, divided
- 1 tube (13.8 oz.) refrigerated pizza crust
- 2 teaspoons olive oil
- 2 cups shredded Gouda cheese
- 1 small red onion, halved and thinly sliced
- 1/4 cup minced fresh cilantro

### Directions

1. Sprinkle chicken with pepper; place on an oiled grill rack over medium heat. Grill, covered, until a thermometer reads 165°, 5-7 min. per side, basting frequently with 1/2 cup barbecue sauce during the last 4 minutes. Cool slightly. Cut into cubes.
2. Divide dough in half. On a well-greased large sheet of heavy-duty foil, press each portion of dough into a 10x8-in. rectangle; brush lightly with oil. Invert dough onto grill rack; peel off foil. Grill, covered, over medium heat until bottom is lightly browned, 1-2 min.
3. Remove from grill. Spread grilled sides with remaining barbecue sauce. Top with cheese, chicken and onion. Grill, covered, until bottom is lightly browned and cheese is melted, 2-3 min. Sprinkle with cilantro. Yield: 2 pizzas (4 pieces each). <http://www.tasteofhome.com/recipes/barbecued-chicken-pizzas>