



Simple Summer Meals



Beef Taco Salad Pizza



- 1 1/2 tbsp. extra-virgin olive oil, divided
- 8 oz. lean ground beef
- 1 packet taco seasoning
- kosher salt
- Freshly ground black pepper
- 1 12" flour tortilla
- 1 1/2 c. shredded cheddar, divided
- 1 c. shredded romaine
- 1/4 c. sour cream
- 1 diced roma tomato
- 1/2 avocado, thinly sliced

Directions

1. Preheat oven to 400°. Lightly grease a baking sheet with 1/2 tbsp. oil and set aside.
2. In a skillet, add remaining tbsp. oil and brown the beef, 3 to 4 min. Add taco seasoning and continue to brown until beef has cooked through, 4 to 5 min. more. Season with salt and pepper.
3. Place tortilla on greased baking sheet and top with 1/2 cup cheese. Top cheese with beef mixture and another 1/2 cup cheese. Bake until cheese has melted and tortilla has crisped up, 7 to 8 min.
4. Remove from oven and top with remaining cheese, shredded lettuce, sour cream, tomatoes, and avocado. Serve.

<http://www.delish.com/cooking/recipe-ideas/recipes/a53971/beef-taco-salad-pizza-recipe/>

Chicken Spaghetti

- kosher salt
- 1 lb. spaghetti
- 1 tbsp. extra-virgin olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 lb. chicken breasts
- Freshly ground black pepper
- 1/2 tsp. chili powder
- 2 cloves garlic, minced
- 3 tbsp. butter
- 3 tbsp. all-purpose flour
- 2 c. whole milk
- 1 c. low-sodium chicken broth
- 2 1/2 c. shredded cheddar, divided
- 2 tbsp. chopped fresh parsley



Directions

1. Preheat oven to 350°. In a large pot of salted boiling water, cook spaghetti until al dente, about 7 min.
2. In a large skillet over medium heat, heat oil. Add onion and bell pepper and cook until tender, about 4 min.
3. Add chicken and season with salt, pepper and chili powder. Cook until chicken is golden, about 5 min. Remove chicken and vegetables from heat.
4. Melt butter in the same skillet. Whisk in flour and cook for about 1 min. Add milk and chicken broth and cook until thickened, about 3 min.
5. Stir in spaghetti and about 1 1/2 cups cheddar. Transfer to a baking dish and top with remaining cup cheese. Bake until bubbly, about 45 min.

Garnish with parsley and serve.

<http://www.delish.com/cooking/recipe-ideas/g2801/summer-dinner-recipes/?slide=13>

Shrimp 'n Broccoli Lo Mein



FOR THE LO MEIN

- 1 tbsp. sesame oil
- 1/2 lb. white shrimp, peeled and deveined
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 c. broccoli florets
- 1/3 c. thinly sliced carrots (or matchstick)
- 6 oz. spaghetti, cooked and drained
- 3 green onions, chopped

FOR THE SAUCE

- 1/2 c. soy sauce
- 2 tbsp. brown sugar
- 1 tbsp. sesame oil
- 1 tbsp. cold water
- 2 tsp. cornstarch

Directions

1. Drizzle a large skillet with sesame oil. Over medium-high heat, cook shrimp, peppers, broccoli, and carrots until veggies are tender and shrimp is pink, 5 to 7 minutes.

Whisk together all sauce ingredients and add to pan. Bring to a boil, then reduce to a simmer. Stir in noodles and green onions and cook, 3 to 4 minutes longer. Serve immediately.

<http://www.delish.com/cooking/recipes/a53595/shrimp-broccoli-lo-mein-recipe/>

Cheesy Baked Chicken and Rice

- 1 c. white rice
- 1 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 lb. boneless skinless chicken breasts, quartered
- kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 1 onion, chopped
- 1/2 c. dry white wine (such as Sauvignon Blanc)
- 1 c. low-sodium chicken stock
- 1/4 c. heavy cream
- 2 c. frozen peas
- 1/4 c. chopped fresh parsley, + garnish
- 1 1/2 c. fresh grated Parmesan, divided



Directions

1. Preheat oven to 450°. Prepare rice according to package directions, less 5 min.
 2. Meanwhile, heat a large skillet over medium-high heat. In a medium mixing bowl, drizzle olive oil over chicken and season with salt and pepper. Cook chicken until golden all over, 6 min per side. Transfer to a plate and set aside.
 3. Add 1 tbsp. oil to skillet and heat over medium. Add garlic and onions and cook until softened, about 3 min. Add wine, chicken stock, heavy cream, salt and pepper; bring to a boil and simmer until slightly reduced, about 5 min. Add chicken (and juices from the plate), cooked rice, peas, parsley, and 1 cup Parmesan.
- Bake until heated through, about 15 min. Garnish with parsley and sprinkle with remaining Parmesan. Serve immediately.

<http://www.delish.com/cooking/recipe-ideas/recipes/a49018/cheesy-baked-chicken-and-rice-recipe/>

Rib-Eye Steak with Grilled Corn Salad



- 2 (10- to 12-oz.) boneless rib-eye steaks
- kosher salt
- Freshly ground black pepper
- 2 tbsp. butter
- 3–4 ears corn on the cob, husked
- 1/2 c. Chopped red onion
- 1 large tomato, chopped
- 1 tsp. serrano chile, minced
- Juice and zest of 1 lime
- 1 c. chopped fresh cilantro

Directions

1. Preheat grill with large cast-iron pan placed on one side. Meanwhile, pat steak dry and generously season with salt and pepper.
2. When skillet is hot and almost smoking, place butter in the skillet and add steaks; cook steak 4 to 6 min. per side. Place corn on the grill and turn until charred on all sides. Transfer steak to a plate and loosely cover with foil; let rest for 5 min.. Transfer corn to a plate.
3. Place corn on a cutting board horizontally and cut off kernels; discard cobs. In a large bowl add corn, onion, tomato, chile, lime juice and zest, and cilantro; season with salt and pepper and toss together.
4. Serve grilled corn salad over steak.

<http://www.delish.com/cooking/recipe-ideas/recipes/a48917/rib-eye-steak-with-grilled-corn-salad-recipe/>

Italian Club

- 2 lg. heirloom tomatoes, sliced 1/4"
- Sea salt (such as Maldon)
- 8 slices bacon
- 12 slices bread, 1/2" thick, toasted
- 1/2 c. mayonnaise
- 1/4 lb. thinly sliced mortadella
- 2 c. spinach
- 1/2 lb. thinly sliced provolone
- 1/2 c. pesto
- 1/4 lb. thinly sliced ham
- 4 marinated artichoke hearts, sliced in half lengthwise
- 1/2 lb. thinly sliced Genoa salami
- Sweet pickles, sliced



Directions

1. Place tomatoes on a paper towel-lined cutting board and sprinkle with sea salt. Set aside.
2. Preheat a large cast-iron skillet over medium-high heat. Place bacon in an even layer and cook until crisp, about 3 minutes per side. Transfer to a paper towel-lined plate.
3. Place toast on a cutting board and spread with a layer of mayonnaise. Top with alternating layers of mortadella, spinach, bacon, tomatoes and cheese. Top with another piece of toast and spread with a layer of pesto, then alternating layers of ham, artichoke hearts, salami and spinach. Spread the last pieces of toast with mayonnaise and place on top. Garnish with pickles and secure sandwiches with toothpicks.

<http://www.delish.com/cooking/recipe-ideas/recipes/a48559/italian-club-recipe/>

Make it a great week,

~Tricia

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