

Savory Summer Suppers

Lime Cilantro Chicken

Serve the chicken with cooked brown rice and vegetables or use in salads, tacos or quesadillas.

4 boneless, skinless chicken breasts	1 teaspoon minced or chopped garlic
2 teaspoons olive oil	¼ cup chopped fresh cilantro, packed
¼ cup lime juice	¼ teaspoon salt
¼ cup nonalcoholic or light beer	½ teaspoon ground black pepper

Directions:

1. Coat the chicken breasts with olive oil and place in the slow cooker.
2. In small bowl, combine lime juice, beer, garlic, cilantro, salt and pepper. Spoon mixture evenly over the chicken breasts.
3. Cook chicken on LOW for 6-8 hours or HIGH for 3-4 hours. Slice or shred chicken as desired and use as filling for quesadillas or nachos.

Note: If you only have two hours, cut each chicken breast into about 4 pieces and cook on HIGH in slow cooker. The chicken should be cooked in about two hours.

Yield: Makes 4 servings

Source: Slow Cooker Summer Meals, <http://www.webmd.com>

Watermelon Salsa

3 cups watermelon, diced medium	2 tablespoons fresh cilantro, chopped
½ cup red onion, diced small	1 tablespoon lime juice
½ cup red bell pepper, diced medium	2 tablespoons olive oil
1 teaspoon jalapeno pepper, minced	salt and pepper to taste

Combine all ingredients and refrigerate for 2 hours. Serve cold or slightly warm with your favorite Florida seafood or chicken.

Yield: 4-6 servings

Source: Florida Department of Agriculture and Consumer Services

Chipotle Chicken Taco Salad

Dressing:

1/3 cup chopped fresh cilantro
2/3 cup light sour cream
1 tablespoon minced chipotle chile, canned in adobo sauce

1/2 to 1 teaspoon ground cumin
1 teaspoon chili powder
4 teaspoons fresh lime juice
Optional: 1/4 teaspoon salt

Salad:

4 cups shredded romaine lettuce
2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)
1 cup cherry tomatoes, halved
1/2 cup diced peeled avocado

1/3 cup thinly vertically sliced red onion
1 (15-ounce) can black beans, rinsed and drained
1 (8 3/4 -ounce) can no-salt-added whole-kernel corn, rinsed and drained

1. To prepare dressing, combine first 7 ingredients, stirring well.
2. To prepare salad, combine lettuce and remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately.

Tip: Add a spoonful of adobo sauce for a spicier salad. Kidney or pinto beans are a tasty addition.

Yield: 4 servings (serving size: 2 1/2 cups)

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Mexican Lettuce Wraps

3 cups cubed cooked chicken breast
1 can (15 ounces) black beans, rinsed and drained
1 medium tomato, seeded and finely chopped
1 can (4 ounces) chopped green chilies
1/2 cup salsa
1/4 cup finely chopped onion
1/4 cup finely chopped sweet red pepper

1 tablespoon lime juice
1/2 teaspoon ground cumin
1/2 teaspoon seasoned salt
1/4 teaspoon garlic powder
1 medium ripe Florida Avocado, peeled and finely chopped
1/2 cup reduced-fat sour cream
12 Bibb or Boston lettuce leaves

Directions

1. In a large bowl, combine all ingredients except for avocado, sour cream and lettuce. Refrigerate until serving.
2. Just before serving, stir in avocado. Place 1/2 cup chicken mixture on each lettuce leaf; top each with 2 teaspoons sour cream. Fold lettuce over filling.

Yield: 6 servings.

Source: <http://www.tasteofhome.com/recipes/mexican-lettuce-wraps>

Brown Rice and Summer Vegetable Saute'

Olive oil	1 ear of corn kernels
1 peeled onion, diced	1 cup cooked brown rice
½ cup chicken stock	1 sprig basil, leaves removed and chiffonade
1 zucchini, diced	1 Tbsp. unsalted butter

1. Heat a medium high sauté pan over medium high heat. Once the pan is hot, add enough olive oil to lightly coat the pan. Add onions and sauté until browned, about 1-2 minutes.
2. Add the zucchini and corn to the pan sauté until browned, about 2 minutes.
3. Add chicken stock and bring to a simmer. Cook until the vegetables are just tender, about 3 to 5 minutes.
4. Fold in rice, tomatoes, basil and butter. Season to taste with salt and pepper.

Crock Pot Chocolate Kahlua Cake

This moist cake is amazing served warm straight from the slow cooker, along with a small scoop of light vanilla bean ice cream or fresh fruit.

1 box (18.25 ounce) devil's food cake mix	2 large eggs, a higher omega-3 brand if available
1 cup fat-free sour cream	
1 cup 1% low-fat milk (or use nonfat or 2% milk)	2 egg whites or 1/4 cup egg substitute
	3/4 cup Kahlua liqueur (or similar)

1. Coat inside of slow cooker with canola cooking spray.
2. In large mixing bowl, combine cake mix, sour cream, milk, eggs, egg whites, and Kahlua by beating on medium for about a minute.
3. Pour cake batter into prepared slow cooker. Cover and cook on LOW for 6-8 hours or on HIGH for 3-4 hours.
4. Cut cake into about 16 wedges. Serve each slice with a small scoop of light vanilla bean ice cream (using a cookie dough scoop), if desired.

Yield: Makes 16 servings

Nutrition Information: Per serving: 210 calories, 4 g protein, 33 g carbohydrate, 5.5 g fat, 1.4 g saturated fat, 29 mg cholesterol, 1 g fiber, 314 mg sodium. Calories from fat: 23%.

Source: <http://www.webmd.com/food-recipes/features/summer-slow-cooker-recipes?page=3>

Substitute for Kahlua: ¾ cup of strong coffee with 1 teaspoon of cocoa powder

Other Recipes to Try

Green Bean Salad

1½ pounds green beans, trimmed	2 Tablespoons Dijon mustard
1 cup vertically sliced red onion	1 Tablespoon olive oil
3 Tablespoons red wine vinegar	¼ teaspoon salt

1. Cook green beans in boiling water for 6 minutes or until crisp-tender; drain. Combine green beans and onion in a large bowl.
2. In a small bowl, combine vinegar, mustard, olive oil, salt and black pepper. Pour over green beans, toss well to coat.

Serves 8

Source: University of Nebraska–Lincoln Extension

Shrimp Scampi

1½ pounds shrimp, peeled and deveined	2 tablespoons lemon juice
½ cup butter	½ cup parsley, chopped
4 tablespoons minced garlic	½ teaspoon ground black pepper
½ cup green onions, thinly sliced	lemon slices for garnish
¼ cup dry white wine	parsley sprigs for garnish

1. Rinse Florida shrimp and set aside.
2. Heat butter in large skillet over medium heat. Add garlic and cook 1 to 2 minutes or until softened but not browned.
3. Add shrimp, green onions, wine and lemon juice; cook until shrimp are pink and firm, about 1 to 2 minutes on each side.
4. Add chopped parsley and pepper before serving. Garnish with lemon slices and parsley sprigs if desired.

Serves 4

Nutritional Value per Serving:

Calories 314	Cholesterol 80mg
Total Fat 6g	Total Carbohydrates 16g
Saturated Fat 1g	Protein 44g

Source: Florida Department of Agriculture and Consumer Services

Tuna Pasta Salad

2 cups macaroni, uncooked	¼ cup carrots, sliced
2 - 6 ½ ounce cans tuna, canned, water-pack	⅓ cup onions, diced
½ cup zucchini, chopped	¼ cup salad dressing, mayonnaise-type

1. Cook macaroni according to package directions. Drain.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
5. Chill until ready to serve.

Serves 4

Nutritional Value per Serving:

Calories 405

Cholesterol 25 milligrams

Total fat 13 grams

Sodium 360 milligrams

Saturated fat 2 grams

Source: Recipes and Tips for Healthy, Thrifty Meals, USDA Center for Nutrition Policy and Promotion

Florida Guacamole Dip

3 tablespoons fresh lemon juice	3 ripe avocados
½ teaspoon salt	⅓ cup sour cream
⅛ teaspoon cayenne pepper	½ cup grape tomatoes, chopped

1. Squeeze the fresh lemon juice and combine in a medium bowl with the salt and cayenne pepper.
2. Cut avocados in half and remove pit. Cut halves in half again and gently peel off the skin, or remove the pit by striking it with a knife, then use a large spoon to scoop the flesh from the skin. Add avocados to the lemon mixture; mash with potato masher or fork, leaving some of the fruit unmashed.
3. Stir in sour cream until blended, then fold in chopped tomatoes.
4. Cover with plastic wrap, pressing the plastic wrap onto the surface of the guacamole, and chill for a couple of hours before serving. It can be served immediately.

Serves 4

Source: Florida Department of Agriculture and Consumer Services

Lemon Rosemary Zucchini

1 Tbsp. extra virgin olive oil	2 cups chopped zucchini (2 medium)
1 medium yellow bell pepper, diced	1-3 tsp. freshly squeezed lemon juice
2 tsp. finely minced fresh rosemary	Salt and ground black pepper, to taste

1. In medium non-stick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary and sauté 2 minutes.
3. Add zucchini and salt and pepper, to taste.
4. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

Makes 4 servings

Source: The New American Plate, American Institute for Cancer Research

Watermelon with Mint and Lime

6 cups seedless watermelon cubes	1 tablespoon extra-virgin olive oil
2 tablespoons chopped fresh mint	Juice of two limes

In a large bowl, toss the watermelon cubes with the mint, olive oil and lime juice. Chill the salad for at least 1 hour before serving.

Each serving: 70 calories; 1 gram protein; 13 grams carbohydrates; 1 gram fiber; 2 grams fat; 0 saturated fat; 0 cholesterol; 10 grams sugar; 2 mg. sodium.

Source: <http://articles.latimes.com/2010/jul/15/food/la-fo-tablerecd-20100715>

Chilled Watermelon Slices with Lime Juice, Honey and Mint

1 watermelon, chilled and sliced	¼ cup honey
½ cup fresh lime juice	½ cup mint, chopped
Zest from one lime	

Place the watermelon slices on a decorative platter. In a small bowl, whisk together the lime juice, zest and honey. Drizzle over the slices of watermelon. Sprinkle the mint over the slices of dressed watermelon and serve immediately.

Source: <http://abcnews.go.com/GMA/recipe?id=7172878>

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