



## Summer Recipes:



### Watermelon and Feta Salad:

Before You Start:

1. **WASH** your hands with soap and warm water and dry them.
2. **CLEAN** the countertop.
3. **GATHER** all your kitchen gear and ingredients and put them on the counter.
4. **SCRUB** all the fruits and vegetables and lay them out on a clean towel to dry.
5. **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

\*The only tricky part of this salad is cutting up the watermelon! Once that's done, it's a snap to make. We love this mix of sweet, juicy watermelon with the sharp, salty feta and we're pretty sure you will too.

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Adult= Yes Hands-on Time= 30 Minutes Makes= 4 servings

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#### Kitchen Gear:

- Cutting board
- Sharp knife (**adult needed**)
- Measuring cup
- Medium-sized bowl
- Spoon or Spatula, for stirring



#### Ingredients:

- 3 to 4 cups cubed seedless watermelon
- ½ cup crumbled feta cheese
- 2 tablespoons chopped fresh mint leaves or 2 teaspoons dried mint

#### Instructions:

1. Put all the ingredients in the bowl and toss well.
2. Serve right away, or cover and refrigerate no more than 2 hours and enjoy!

3. (Optional) Do you like it spicy? Add a pinch of crushed red pepper flakes to the salad when you're mixing it!

### **Summer Corn Salad:**

\*This fresh and flavorful salad features buttery yellow corn tossed with chunks of tomato and onion with a fresh basil vinaigrette.

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Prep: 25 min

Servings:4

Cook: 20 min

Total: 45 min

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#### Ingredients:

- 6 ears of corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- ¼ cup chopped fresh basil
- ¼ cup olive oil
- 2 tablespoons white vinegar
- Salt and peppers to taste



#### Directions:

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7-10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving and enjoy!

## **Strawberry Shortcake Slice Dessert:**

\*Layer biscuits with strawberries and cream and they'll soften to create an indulgent no-bake dessert. Super easy and delicious, making for a fabulous summer treat!

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Prep: 25 min (Plus overnight chilling)

Serves: 14  
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### Ingredients:

- 600ml double cream
- 1 tbsp vanilla bean paste
- 1tbsp orange blossom water
- 125g icing sugar, plus 2 tbsp
- 500g shortcake biscuits, plus 3 crushed
- 350g strawberries, sliced



### Directions:

1. Line a 20cm cake tin or dish (either a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml of the cream, the vanilla, orange blossom water, and 125g icing sugar with an electric whisk until thick and billowy.
2. Add a layer of biscuits to the tin, and spoon over some of the cream, about 1 cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and strawberries until you fill the tin, finishing on a layer of biscuit. You'll have some strawberries left over to serve. Press everything down well so every biscuit is covered in cream. Cover and chill overnight.
3. To serve, flip the tin onto a serving plate, and remove the cling film. Whip the remaining 100 ml cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining 1 tbsp icing sugar, and sprinkle the biscuit crumbs in between the rows of strawberries. Cut into slices to serve and enjoy!

## **Taco Lime Chicken:**

Ingredients:

- 1-2 lbs boneless skinless chicken breast or 2-3 cans chicken (about 36 oz)
- ¼ cup lime juice (about 2 limes, if using fresh limes)
- 2 tbsp taco seasoning (see recipe below)

### **GRILLED CHICKEN BREASTS:**

1. Mix the taco seasoning and lime juice, cover the chicken in the mixture, and marinate in the refrigerator for 30 minutes to overnight.
2. **With help of a parent:** Grill over medium-high heat until cooked through to 165 degrees, about 3-5 minutes per side. Let rest for 5 minutes before slicing.

### **QUICK SHREDDED CHICKEN:**

1. Dump the canned chicken with juice into a skillet. Mix the taco seasoning and lime juice in with the chicken, and cook on medium heat until heated through. Optional: cook longer to let flavors mingle- add water as needed so it doesn't stick and burn.

### **TACO SEASONING:**

Ingredients:

- 2 tbsp chili powder
- 1 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp ground cumin
- 1 tsp parsley or oregano
- 1 tsp black pepper
- 1 tbsp onion powder (optional)



### **SERVING SUGGESTION**

Serve chicken in a whole-wheat or corn tortilla with your choice of toppings, such as fruit salsa, guacamole, shredded cheese, lettuce. Mix all seasonings together and store in an airtight plastic container.

## **Pineapple Guacamole:**

Ingredients:

- 4 ripe avocados
- 1-2 cups diced fresh pineapple (or for a more subtle pineapple flavor, use ¼ cup crushed pineapple instead)
- Juice of 1 lime (or 1 tbsp lime juice)
- ¼ cup red or vidalia onion, finely diced
- ½ jalapeno, seeded and finely diced (for a milder guacamole, use part of a bell or sweet pepper, or leave out the pepper altogether)
- 2-3 tbsp fresh cilantro, chopped
- Salt to taste (optional)

Directions:

1. Add the diced onion and lime juice to a medium-large mixing bowl and allow to set while you prepare the rest of your ingredients.
2. Wash and dice the jalapeno/pepper. Wash and chop the cilantro. Allow to set for a few more minutes. (If using crushed pineapple, drain off some of the extra liquid if you have too much... you still want to keep some liquid.
3. While the pineapple mixture is resting, cut the avocados in half, remove the pits, and scoop from the outer rind. Smash your avocados in another bowl. Combine the smashed avocados with the pineapple mixture.
4. Serve immediately or refrigerate up to a few hours until ready. To keep from browning, cover with plastic that is touching the top of the guacamole.



## **Strawberry Mango Salsa:**

### Ingredients:

- 1 lb strawberries, diced (about 2 cups)
- 1 or 2 ripe mangos, peeled and diced
- 4 green onions or ¼ cup red onion, finely diced
- 1 jalapeno, seeded and finely diced (use sweet pepper for a milder salsa)
- Juice of 1 lime (or 1 tbsp lime juice)
- 2 tbsp fresh cilantro, chopped
- Salt to taste (and pepper- optional)
- Optional- add 1 medium avocado, diced
- optional - keep a few jalapeno seeds or add a few drops of hot sauce or red pepper flakes if you like your salsa hot

### Directions:

1. Wash your produce and prepare as instructed in the ingredients list.
2. Mix everything together in a medium bowl.
3. Serve immediately or refrigerate until ready.



**\*For more easy recipes, visit the Chop Chop Family website at <https://www.chopchopfamily.org/>**