

Eating Well: Easy Main Dishes for Summer

May 2019

Tex-Mex Casserole

Ingredients: (Tex-Mex Spice Blend)

1 tablespoon chili powder
1 ½ teaspoon ground cumin
1 teaspoon smoked sweet paprika
¼ teaspoon cayenne pepper, plus more as needed
¼ teaspoon ground coriander (optional)

Ingredients: (Casserole)

1 ½ teaspoons extra-virgin olive oil
1 red onion, diced
3 gloves garlic, minced
1 orange bell pepper, diced
1 red bell pepper, diced
1 jalapeño, seeded, if desired, and diced
Freshly ground black pepper
½ cup fresh or frozen corn
1 (14-ounce) can diced tomatoes with juices
1 cup tomato sauce or tomato puree
2-3 cups chopped kale leaves or baby spinach
1 (15-ounce) can black beans, drained and rinsed
3 cups cooked wild rice blend or brown rice
½ cup vegan shredded cheese
1-2 handfuls corn tortilla chips, crushed

Directions:

1) Make the Tex-Mex Spice Blend: In a small bowl, combine the chili powder, cumin, paprika, cayenne, and coriander (if using). Set aside.
2) Make the casserole: Preheat the oven to 375F. Oil a large (4-5 Qt / 4-5 L) casserole dish.

3) In a large wok, heat the oil over medium heat. Add the onion, garlic, bell peppers, and jalapeño and sauté for 7-8 minutes, until softened. Season with pepper.

4) Stir in the Tex-Mex Spice Blend, corn, diced tomatoes and their juices, tomato sauce, kale, beans, rice, and $\frac{1}{4}$ of the vegan shredded cheese. Sauté for a few minutes and season with more black pepper, if desired.

5) Pour the mixture into the prepared casserole dish and smooth out the top. Sprinkle the crushed chips over the casserole mixture along with the remaining $\frac{1}{4}$ cup cheese. Cover with a lid or foil and bake for 15 minutes.

6) Uncover the casserole dish and cook for 5-10 minutes more, until bubbly and lightly golden around the edges.

7) Scoop the casserole into bowls and add your desired toppings.

Serves: 6

“It’s Just Too Hot to Cook” Dinner.

Serves 4

Ingredients:

8 slices sourdough bread
2 medium zucchini
1 ½ cups jarred roasted bell peppers, sliced
3 tablespoons balsamic vinegar, plus 4 teaspoons for drizzling
6 tablespoons extra-virgin olive oil
½ cup fresh basil leaves
Freshly ground black pepper
2 ripe summer tomatoes
1 (12-ounce) ball fresh unsalted mozzarella cheese
8 cups mixed baby greens
crushed red pepper flakes (optional)

Directions:

- 1) Lightly toast the bread in the oven or a toaster and set aside.
- 2) Cut the ends from the zucchini. With a vegetable peeler, shave the zucchini, skin and all, into long ribbons into a large bowl, stopping when you get to the seedy core.
- 3) Add the roasted peppers to the bowl and sprinkle with the vinegar and olive oil. Tear the basil leaves into the bowl, leaving a handful for garnish at the end.
- 4) Season with pepper and toss well. Let sit while you assemble the rest of the ingredients.
- 5) Thickly slice the tomatoes and season with pepper thinly slice the mozzarella.
- 6) To serve, arrange the greens on 4 plates. Top with the toasts, then the sliced mozzarella, then the sliced tomatoes. Mound the marinated zucchini and pepper mixture on top of the cheese and drizzle the sandwiches with any dressing left in the bowl. Tear the remaining basil over the top and sprinkle with the red pepper flakes (optional). Drizzle with balsamic vinegar and serve immediately.

Chicken & Poblano Quesadillas

Serves 4

Ingredients:

1 tablespoon olive oil
12 oz. boneless, skinless chicken breast, seasoned with black pepper
1 cup refrained black beans with lime (such as Kurer's)
2 poblano chiles, charred, peeled, seeded, and diced
4 cups shredded pepper jack cheese
4 flour tortillas (8 or 10 inch)
Purchased guacamole, salsa verde, and crema

Directions:

1) Heat oil in a 12-inch nonstick skillet over medium. Add chicken; cook until browned on both sides and a thermometer inserted into the thickest part registers 165F. Transfer chicken to a plate, tent with foil, let chicken rest 5 minutes, then slice chicken into strips. Wipe out skillet,
2) Spread $\frac{1}{4}$ cup beans on half of each tortilla, then top with $\frac{1}{4}$ each chicken, poblanos, and cheese; fold over empty sides of tortillas.
3) Cook quesadillas in same skillet, two at a time, over medium heat, until golden on each side and cheese melts, 2-4 minutes; repeat with remaining quesadillas. Slice quesadillas into wedges and serve with guacamole, salsa, and crema.

Lemon-Dill Salmon Salad

Serves 4

Ingredients:

$\frac{1}{3}$ cup chopped celery
 $\frac{1}{4}$ cup chopped scallions

¼ canola mayonnaise
1 Tablespoon chopped fresh dill
1 teaspoon lemon zest
1 Tablespoon fresh lemon juice
½ teaspoon black pepper
2 (6-oz) cans boneless, skinless salmon, drained and flaked
1/3 cup chopped unsalted roasted almonds
4 green leaf lettuce leaves
3 cups seedless red grapes
2 cups 3-to-4 inch carrot sticks
2 (6-inch) whole-wheat pitas, each cut into 8 wedges

Directions:

- 1) Stir together celery, scallions, mayonnaise, dill, lemon zest and juice, and pepper in a medium bowl. Fold in salmon and almonds. Arrange 1 lettuce leaf in each of 4 (4-cup) containers. Divide salmon salad evenly over lettuce.
- 2) Divide grapes, carrots, and pita wedges among containers.

Greek Chickpea Salad

Serves 4

Ingredients:

6 cups torn romaine lettuce
½ cup vertically sliced red onion
1 (15-oz.) can unsalted chickpeas, drained and rinsed
2 cups halved grape or cherry tomatoes
2 cups half-moon English cucumber slices (1 cucumber)
16 pitted kalamata olives
4 oz. Feta cheese, cut into 8 slices
¼ cup extra-virgin olive oil
3 Tablespoons red wine vinegar
½ teaspoon dried oregano
¼ teaspoon black pepper
1 garlic clove, grated

Directions:

1) Arrange 1 ½ cups lettuce and 2 tablespoons onion in each of 4 bowls or containers. Top each serving with 1/3 cup chickpeas, ½ cup tomatoes, ½ cup cucumbers, 4 olives, and 2 cheese slices.
2) Whisk together oil, vinegar, oregano, pepper, and garlic in a small bowl. Serve about 2 tablespoons dressing with each salad.

Risotto-Filled Baked Bell Peppers. (Serves 6)

Ingredients:

3 tablespoons butter
1 large yellow onion, chopped
2 cloves garlic, crushed
Pinch saffron threads
1 ½ cup arborio rice
3 cups vegetable broth
1 cup water
1 cup finely grated Parmesan Cheese
1 large zucchini, grated coarsely
2 ounces baby spinach leaves
½ cup chopped fresh basil leaves
3 medium red bell peppers
3 medium yellow bell peppers
1 tablespoon olive oil

Directions:

- 1) Preheat oven to 350F.
- 2) Heat butter in a large heavy-based saucepan over medium-low heat; cook onion, stirring, for 10 minutes or until soft but not colored. Add garlic, saffron and rice; cook, stirring, for 2 minutes or until fragrant.
- 3) Add broth and the water; bring to a boil, Reduce heat to medium-low; cook, covered with tight-fitting lid, for 15 minutes or until almost tender and liquid is absorbed, stirring two or three times during cooking to check the rice is not sticking to the base of the pan. Remove from heat; stir in Parmesan, zucchini, spinach, and basil. Season.
- 4) Meanwhile, cut tops from bell peppers, about ½ inch from the top; reserve tops, stalks intact. Remove seeds and membranes; rinse, drain. Red half the oil over the peppers; season. Place peppers in a small roasting pan or ovenproof dish just large enough to hold the peppers upright. Fill peppers with rice mixture, replace tops. Drizzle peppers with remaining oil, add ½ cup water to the dish.
- 5) Cover dish with lid or foil; bake for 40 minutes. Uncover, bake for 20 minutes longer or until peppers are tender. Serve warm or at room

temperature.