



# 50 FAVORITE SUMMERTIME RECIPES!!

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# APPETIZERS

## Mexican Salsa Dip

1 16oz. Sour Cream  
1 14oz. Jar Salsa (mild, medium, or hot)  
1 8oz. Bag shredded Mexican Cheese  
1 lg. Tomato  
1 lg. Green Pepper  
Tortilla Chips

On a 10x14 inch pan spread out the sour cream.  
Spread the Salsa on the Sour Cream  
Chop the tomato and green pepper, then spread on the salsa  
Spread the 8 oz. Bag of cheese on the tomatoes and green peppers  
Let sit 15 minutes with tortilla chips

## Tropical Fruit Salsa (Makes 3 cups)

1 Mango, peeled and cut into ¼ - inch cubes (1cup)  
½ cup diced Red Bell Pepper  
2 Kiwi, peeled and diced  
¼ cup sliced Green Onions  
2 tablespoons snipped fresh Cilantro  
1 Lime  
1 Small Jalapeno, seeded and chopped  
1 can (8 ounces) crushed pineapple in juice, not drained

1. Cut mango into ¼ inch cubes and dice bell pepper and kiwi using a knife. Thinly slice green onions. Snip cilantro. Zest lime to measure 1-teaspoon juice. Chop jalapeno pepper using a food chopper.
2. In bowl, combine mango, bell pepper, green onions, kiwi, cilantro, lime zest and juice, jalapeno and crushed pineapple. Mix gently. Refrigerate until ready to serve.
3. Spoon salsa over grilled or baked chicken or fish.

## Fruit Salsa (Makes 2 cups)

Mix Together:

½ cup Cantaloupe, diced  
½ cup fresh pineapple, diced  
¼ cup red bell pepper, diced  
¼ cup yellow bell pepper, diced  
¼ cup purple onion, diced  
1- ½ Tbs. Lime Juice  
1 tbs. Fresh Mint leaves, minced  
1 tbs. Light brown sugar, packed  
1 tsp. Jalapeno pepper, minced  
¼ tsp salt  
¼ tsp. Lime zest, minced

## Hot Pretzels

Ingredients:

1 packet Hidden Valley Ranch dressing  
1-cup oil  
1 Tbsp Blackened Steak Seasoning  
1 tsp Cayenne Pepper (or to taste)  
1 tsp dill  
16 oz pretzels

Mix spices/oil

Coat Pretzels with mixture

Place coated pretzels on cookie sheet and back fro 1hr at 200 degrees.

## Fresh Fruit Dip

8 oz. Softened cream cheese  
7 oz. Marshmallow cream (Fluff)  
3 tbsp Orange Juice

Mix cream cheese in mixer. Then add marshmallow cream and mix. Add Orange juice and mix. Beat until smooth. Dip fresh fruit such as strawberries, melon, bananas, apples and pineapple in chilled dip.

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## Rye Bread Dip

1 ½ cups Mayo  
16 oz. Sour Cream  
1 tbsp Dill Weed  
1 pkg. Dried beef  
2 tbsp diced onion

Mix ALL ingredients- make sure to cut up beef. Let sit overnight or at least a few hours before serving. Serve with rye bread.

## Texas Rattlesnake Salsa

### Salsa Base:

Chop the below ingredients in a food processor. Just throw as much as you can in the processor, and hit spin. Add it all to a bowl and mix together until it is all completed.

2 cans Del Monte Diced Jalapeno & Onion Tomatoes...Don't Drain.  
(Regular diced or stewed tomatoes will work but they're not as good)  
½ white onion  
2/3 Cup cilantro  
1 clove garlic  
2 fat jalapenos  
2 tbsp red wine vinegar  
½ fresh squeezed limejuice  
1 ½ tsp olive oil  
Salt to taste

### Additions to the Salsa Base

Once the salsa base is finished, add the below items to the base. Don't even try to put these into a food processor.

1 Avocado, chopped into small squares  
1 15 oz. Can black eye peas, drained  
1 11 oz. Can of corn, drained  
½ lb. Of Roma Tomatoes, coarsely chopped

# Salads

## Strawberry Salad

1 lg. Strawberry Jell-o  
½ cup Water  
1 box frozen strawberries  
1 lg. Cool Whip

Heat Jell-o and water until hot.  
Add Strawberries and chill mixture.  
Stir in Cool Whip

## Broccoli Salad

3 cups Broccoli Flowerets  
½ cup Sharp Reduced Fat Grated Cheddar Cheese  
½ cup Red Onion, Sliced  
3 tbs. Bacon Bits

Dressing:

¾ cup fat free salad dressing  
3 tbs. Sugar  
1½ Tbs. Vinegar

Combine broccoli, cheese, onion and bacon bits. Mix salad dressing, sugar, vinegar and toss with broccoli mixture.

## Olive Salad

½ lb. Grape tomatoes  
12 oz. Fresh mozzarella marinated with fresh basil and chopped garlic, drained  
1 jar Green olives stuffed with garlic  
1 6oz. Can of black olives, pitted and drained  
1 jar of Calamata Olives, pitted and drained

Combine all ingredients, toss with a little extra virgin olive oil, salt and pepper.

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## Fresh Pear Salad

1 Head of Romaine Lettuce  
Fresh Pears  
Gorgonzola Cheese  
Toasted, chopped Pecans  
Raspberry Pecan Dressing

Tear washed and dried lettuce leaves onto salad plates. Slice pears in half and remove core. Thinly slice and arrange on lettuce. Crumble Gorgonzola cheese over pears and sprinkle pecans over salad. Serve with Raspberry Pecan Dressing.

## Summertime Italian Pasta Salad (Party Serving Size)

Ingredients:

8 oz Monterey Jack/pepper jack cheese cubed into bite size pieces  
8 oz. Cooked bow tie pasta (cooked Al Dente)  
8 oz pepperoni cubed into bite size pieces  
1 lg. can black olives, diced  
16 oz. Marinated mushrooms, drain juice  
1 English cucumber diced into bite size pieces (English = Seedless)  
4 plum tomatoes diced in bite size pieces  
8 oz. Bottle seven seas Italian dressing "Viva Italian"

Directions:

Mix all ingredients excluding the dressing in a large serving bowl.  
Approx. 30 minutes prior to serving add dressing to fully coat.

## Three Bean Salad

8 oz. Green beans, trimmed and cut into 2 inch lengths  
8 oz. Wax beans, trimmed and cut into 2 inch lengths  
3 tbs. Cider vinegar  
1 tbs. Dijon mustard  
1 garlic clove, minced  
½ tsp. Sugar  
½ tsp. Dried oregano leaves  
¼ tsp. Salt  
¼ tsp. Freshly ground pepper  
1 can (16 oz.) red kidney beans, drained and rinsed

1 small red bell pepper, chopped (1/2 cup)  
¼ cup diced celery  
¼ cup diced red onion

1. Half-fill a large saucepan with water and bring to boil over high heat. Add the green and wax beans cook till tender, 7 to 10 minutes. Drain and rinse with cold water until cooled, then pat dry with paper towels.
2. Whisk vinegar, oil, mustard, garlic, sugar, oregano, salt and ground pepper together in a large bowl. Add green beans, wax beans, kidney beans, bell pepper, celery, and onion; mix well. Cover and refrigerate at least 1 hour or overnight.

### Grilled Turkey Caesar Salad

2 garlic cloves, peeled  
3 tbsp fresh lemon juice  
2 Tablespoons of plain nonfat yogurt  
1 Tablespoon olive oil  
¾ pound boneless, skinless, turkey breast  
¼ teaspoon salt  
½ teaspoon freshly ground pepper  
Vegetable cooking spray  
8 cups romaine lettuce, torn into bite-size pieces  
½ cup garlic croutons  
1-ounce Parmesan cheese

1. Heat grill. With a mini-processor or side of a chef's knife, mash garlic cloves until paste like. Put garlic paste, lemon juice, yogurt, and oil into a jar with a tight-fitting lid and shake until blended.
2. Sprinkle turkey with salt and pepper and lightly coat with vegetable cooking spray. Grill until cooked through, 4 to 5 minutes on each side. Cut turkey across the grain into ½- inch thick slices.
3. Toss together romaine, croutons, and turkey until combined. Shake dressing to mix. Drizzle salad with dressing and toss lightly.
4. To serve divide salad evenly among 4 serving plates. Shave strips of Parmesan with a vegetable peeler evenly over salads.

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## Pasta-Salmon Salad

½ cup plain low-fat yogurt  
¼ cup light mayonnaise  
¼ cup snipped fresh dill  
2 tablespoons fresh lemon juice  
¼ teaspoons salt  
1 can (14-3/4 ounces) salmon, drained  
1 cup frozen peas, thawed  
10 ounces penne pasta, cooked according to package directions or preferred taste, drained

Combine yogurt, mayonnaise, dill, lemon juice, and salt in a large serving bowl. Add salmon and peas. Add pasta to bowl and toss to combine.

Per serving: Calories 313, fat 9 g, saturated fat 2 g, cholesterol 35 mg, sodium 596 mg, carbohydrates 34 g, fiber 2 g, protein 22 g.

## Green Bean & Mozzarella Salad

2 cups fresh green beans, cooked, drained  
1 pkg. (8oz) Mozzarella cheese, cut into ½-inch cubes  
½ cup prepared GOOD SEASONS zesty Italian salad dressing  
6 fresh plum tomatoes, sliced  
1/3 cup chopped fresh basil  
1/8 tsp. Pepper

Mix all ingredients in a large bowl, cover, and refrigerate for 1 hour.  
Makes 4 servings.

# ENTREES AND SIDE DISHES

## Grilled Apple Chicken

- 1 package boneless skinless chicken breasts
- 1-12 oz container of apple juice concentrate, thawed
- 1/3 cup honey
- 2 tbsp lemon juice
- ¼ cup brown sugar
- 2 tsp cinnamon
- 3 large granny smith apples, cored and cut into thick slices

1. Preheat grill to medium.
2. In a small saucepan combine apple juice concentrate, honey, lemon juice, brown sugar, and cinnamon. Mix well.
3. Heat over medium heat until sugar is dissolved.
4. Set aside 1 cup to use as sauce later, and use the remaining to baste chicken.
5. Arrange chicken and apples on grill and baste. Grill for 8 minutes making sure to baste often.
6. Turn apples over and baste again. Grill 8 to 10 minutes or until tender.
7. Turn chicken over and baste again. Grill 5 to 7 minutes longer or until chicken done.

Serve chicken and apples with the reserved sauce.

## Grilled Pesto Pizza

- 1 20 oz. Package of pizza dough (Any store brand)
- 1 small red onion diced
- 2 cups chopped chicken (pre-cooked)
- 1 container of fresh pesto
- 1-2 tomatoes sliced thin
- 1 package of mozzarella cheese

## Barbeque Pizza

- 1-20oz. Package of pizza dough (Any store brand)
- 1 small red onion
- 2 cups chopped chicken (pre-cooked)
- Sweet baby rays barbeque sauce (Any sweet barbeque sauce will work)
- 1 package of mozzarella cheese

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