

Too Hot to Cook!!

Broccoli and Feta Pasta Salad

Serves 4-6 as a main course; 8-10 as a side.

1 lb. dried rotini or short pasta, tri-color preferred
4 tbsp. extra-virgin olive oil, divided
1 medium head broccoli, cut into 1/2-inch florets
2 tbsp. red wine vinegar
Freshly ground black pepper
8 oz. feta cheese
1 cup pitted Kalamata olives, coarsely chopped
Kosher salt



1. Bring a large pot of salted water to a boil. Add pasta and cook according to package directions until al dente. Meanwhile, place 3 tbsp. of the oil, vinegar, and a few grinds of pepper in a small bowl and whisk to combine; set aside.
2. Drain pasta and run briefly under cool water to cool it down. Drain well again. Place in large bowl and set aside.
3. Heat the remaining 1 tbsp. oil in a large, deep sauté pan over medium heat until shimmering. Add the broccoli and cook until crisp-tender, 5 to 7 min. Transfer to the bowl with the pasta.
4. Crumble the feta cheese into the pasta, add the olives, and gently stir to combine. Add the dressing and toss to combine; Taste and season with salt and pepper as needed. Refrigerate until serving or overnight.

Make ahead: The pasta salad can be made a day ahead and refrigerated overnight.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.
<https://www.thekitchn.com/recipe-broccoli-feta-pasta-salad-22620>

Watermelon



Popsicles

4 cups cubed watermelon flesh (about 1 lb., rind removed)
1 tbsp. freshly squeezed lime juice
1 tbsp. honey, optional

Blend the watermelon, lime juice, and optional honey in a blender (or process the melon through a juicer, then stir in the lime juice and honey). Pour the mixture through a fine sieve into a bowl, pressing the fibrous melon with the back of a spoon to extract the maximum amount of juice.

Carefully pour or spoon the juice into popsicle molds and freeze until solid. If using popsicle sticks, insert the sticks when the popsicles are partially frozen. Makes 8.

<https://www.thekitchn.com/recipe-watermelon-popsicles-10713>



When the weather is hot, keep a cool mind.
When the weather is cold, keep a warm heart.

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Fruit on the Bottom Yogurt Cups

Makes 1, but can easily be scaled up to make a week's worth

1/2 cup plain yogurt, divided
1/4 cup fresh fruit, such as chopped strawberries or peaches, blueberries or raspberries
2 tsp. jam
2 tbsp. granola or toasted nuts (optional)



Spoon half of the yogurt in a half-pint jar. Add the fruit and drizzle with the jam. Spoon the remaining yogurt on top. Sprinkle over the granola or nuts, if using. Seal the jar and pack it up for work or school, or enjoy it immediately.

Recipe Notes

Storage: The yogurt cups will keep, sealed in their jars, for up to 1 week.
<https://www.thekitchn.com/recipe-fruit-on-the-bottom-yogurt-cups-125467>



Yogurt & Dill Chicken Salad

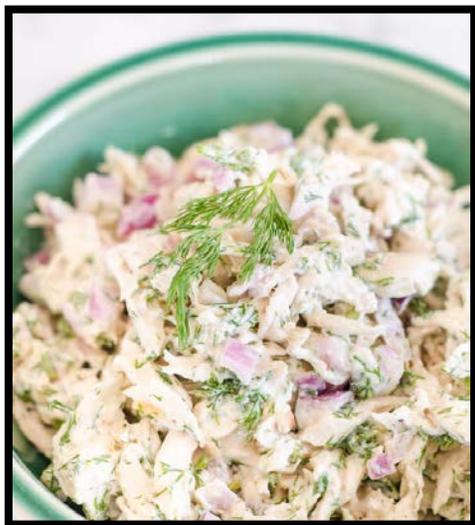
Makes about six 1/2-cup servings

For the chicken:

- 1 tbsp. unsalted butter
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup white wine, optional
- 18 oz. boneless skinless chicken breasts

For the salad:

- 2/3 cup whole milk yogurt
- 1/4 cup mayonnaise
- 2 large shallots, minced
- 1/2 cup finely chopped fresh dill
- 1 tsp. salt, or to taste
- Freshly ground black pepper



Poach the chicken: Melt the butter over medium heat in a wide, shallow Dutch oven or sauté pan. Sauté the onion and garlic in the butter, then add the white wine, if using, and the chicken breasts. Add enough water to cover the chicken breasts by 1 inch. Bring to a boil. Cover and reduce the heat to a bare simmer. Cook for 8 to 10 min. or until the chicken is cooked through. Cool thoroughly.

<https://www.thekitchn.com/recipe-yogurt-and-dill-chicken-salad-lunch-recipes-from-the-kitchn-28363>

Mint Chip Ice Cream Pie



- 8 oz. chopped semisweet chocolate, melted
- 4 cups crisped rice cereal (such as Rice Krispies)
- 2 pints mint chocolate-chip ice cream, slightly softened

Step 1-In a large bowl, combine the chocolate and cereal until the cereal is completely coated. Transfer to a 9-inch springform pan. Press the mixture into the bottom and 1 inch up the sides of the pan. Freeze just until firm, 5 to 10 min.

Step 2-Spread the ice cream in the prepared crust and freeze, covered, until firm, for at least 2 hours and up to 3 days.

<https://www.realsimple.com/food-recipes/browse-all-recipes/mint-chip-ice-cream-pie>

Enjoy the day,

~Tricia
Spencer's Fresh Market
Morro Bay and Santa Maria

Raspberry Ice



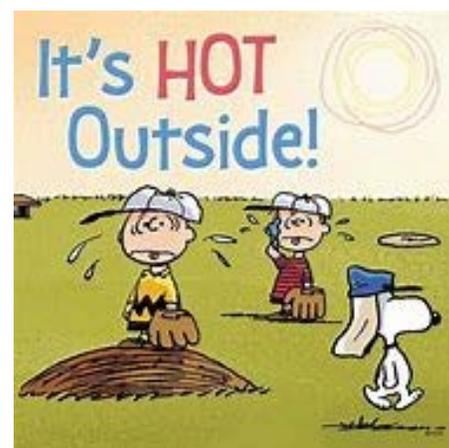
How to Make It

Step 1 - In a small saucepan, combine 1 cup water and ½ cup **sugar**. Bring to a boil, stirring; let cool.

Step 2 - In a blender, puree 3 cups **raspberries** (12 ounces) with the sugar syrup. Strain into a loaf pan or shallow dish and freeze until firm, at least 4 hours.

Step 3 - Whip ½ cup heavy cream until soft peaks form. Using a fork, scrape the surface of the raspberry ice to create icy flakes; divide among bowls. Serve with the whipped cream and additional raspberries, if desired.

<https://www.realsimple.com/food-recipes/browse-all-recipes/raspberry-ice>



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