



Dog Days of Summer Cooking

Israeli Salad

- 🍴 Diced cucumbers and tomatoes marinated with lemon, mint and olive oil is a wonderful side dish or served as an appetizer with garlic toast.

Pesto Roll Ups

- 🍴 Pesto and a variety of pre-cooked proteins can make delicious hearty wraps to satisfy everyone without ever having to turn on the stove.

Watermelon Granita

- 🍴 Fresh melon, a little sugar and a squeeze of lime gives you a refreshing dessert for a hot summer's day.

Tips to Keep You Cool

Do It All At Once.

Find a time in your week, preferably when it's not stifling (mornings, late evenings, rainy days), and try to prepare everything that makes use of the stove or, gasp, oven. Assemble, Don't Cook.

Reinterpret the term "cooking".

Chop, grate, mince, and slice your way into a delicious meal. Remember that lots of great food can be had without so much as turning the heat to low.

Let Antipasti Inspire You.

Buy good cured meats, cheeses, and raw or prepared vegetables or fruits and place them artfully on a cutting board. Add some good bread and crackers, set it out, and a meal appears.

Buy Pre-Cooked Protein.

Pre-cooked shrimp, crab or even lobster can make a gorgeous salad. Whole rotisserie chicken from the grocery store can be used to create a no-cook meal.

Go Outside.

Grill everything and take the cooking far away from the kitchen. You can make everything from appetizers to dessert on your barbeque.

Phone: 201-661-3835
fax: 845-533-4669

theresa@ACookInMyKitchen.com
www.ACookInMyKitchen.com