



Sweet Onion Panzanella

Serves 4. Prep time: 40 minutes.

1 day-old baguette, cut in ½-inch cubes (about 3 cups cubed bread)

1 tablespoon olive oil

1 cup julienned sweet onion

Large pinch of salt

¼ cup red wine vinaigrette, divided

1 14-ounce can artichoke hearts, drained and quartered

1 cup chopped heirloom tomatoes, cut into small chunks

⅓ cup chopped pitted Kalamata olives

1 cup roughly-chopped fresh spinach

Preparation

Preheat the oven to 300 degrees F. Toss the cubed bread with the olive oil, place on a baking tray and toast until just lightly browned, about 15 minutes. Remove and set aside. In a small bowl, toss the onion with a large pinch of salt and 1 tablespoon vinaigrette and let marinate while preparing the rest of the salad.

Mix all of the ingredients, except for the onion, together in a large salad bowl. Rinse and drain the marinated onion, then toss with the rest of the salad. Let the salad sit for 10 to 60 minutes to absorb the vinaigrette before serving.

Sweet Onion Panzanella

Ingredient checklist

PRODUCE

- ☐ Sweet onion
- ☐ Spinach
- ☐ Heirloom tomatoes

GROCERY

- ☐ Olive oil
- ☐ Canned artichoke hearts
- ☐ Red wine vinaigrette
- ☐ Kalamata olives

BAKERY

- ☐ Baguette

SPICES/SEASONINGS

- ☐ Sea salt

Serving suggestion

Chiffonade of fresh basil, seeded cucumber and flaked Parmesan or feta cheese are all common additions to this summery salad. The proportions of this bread and tomato salad are flexible; adjust them to your liking or based on what you have on hand. We used a prepared vinaigrette in this updated version of the classic dish, but you can replace it with a combination of olive oil and balsamic vinegar, if preferred.

Nutritional information per serving

488 calories	30 g. fat
0 mg. cholesterol	608 mg. sodium
49 g. carbohydrate	9 g. fiber
8 g. protein	

The nutritional values and information provided are approximations.



Sweet and Sour Cucumbers

Serves 6. Prep time: 15 minutes active; 75 minutes total.

2 tablespoons honey
½ cup white vinegar
1 teaspoon yellow mustard seeds
1 garlic clove, peeled and smashed
1 pound English cucumbers, very thinly sliced

1 small sweet onion, thinly julienned
Salt and black pepper to taste

Preparation

In a small saucepan, bring the honey, vinegar, mustard seeds and garlic to a boil. Reduce heat and simmer 1 minute. Remove the pan from the heat and let cool. Discard the garlic clove. In a large bowl, toss the cooled vinegar mixture with the cucumbers and onion and a pinch each of salt and black pepper. Let the cucumbers sit for at least 1 hour before serving.

Sweet and Sour Cucumbers

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Sweet onion
- ☐ English cucumbers

GROCERY

- ☐ Honey
- ☐ White vinegar

SPICES/SEASONINGS

- ☐ Yellow mustard seeds
- ☐ Black pepper
- ☐ Sea salt

Serving suggestion

This classic summertime recipe is the perfect picnic salad and pairs well with grilled meats, seafood and poultry, particularly Thai- or Mediterranean-inspired dishes. A few drops of sesame oil adds an Asian twist, or toss in some minced serrano pepper to spice it up.

Nutritional information per serving

65 calories	0 g. fat
0 mg. cholesterol	45 mg. sodium
15 g. carbohydrate	1 g. fiber
1 g. protein	

The nutritional values and information provided are approximations.



Bacon-Wrapped Trout

Serves 4. Prep time: 30 minutes.

2 8-ounce whole, boneless trout,
butterflied

Salt and black pepper

1 tablespoon minced garlic

¼ cup roughly-chopped parsley

1 lemon, sliced thinly into rounds,
seeds removed

8 ounces sliced bacon

Preparation

Preheat the oven to “broil” or high.

Season the inside of the trout with salt, black pepper and fresh garlic. Spread the parsley and lemon slices on the length of one side of each trout, then fold to create a stuffed fish. Carefully wrap slices of uncooked bacon around the outside of each trout and secure with toothpicks. Place the trout in a large iron skillet or rimmed sheet pan and broil on high for 6 to 8 minutes. Carefully remove some of the bacon grease from the baking dish to avoid burning, then gently flip the trout and broil another 6 to 8 minutes until the bacon has crisped. Remove from oven and discard the head and toothpicks. Cut each fish in half and serve warm.

Bacon-Wrapped Trout

Ingredient checklist

PRODUCE

- ☐ Garlic
- ☐ Parsley
- ☐ Lemon

MEAT/SEAFOOD

- ☐ Trout
- ☐ Bacon

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Black pepper

Serving suggestion

This makes a perfect summer meal served with boiled new potatoes and sweet corn salad or creamy coleslaw. Serve with jalapeño-studded hush puppies and Cajun-spiced tartar sauce for a southern twist.

Nutritional information per serving

- | | |
|---------------------|----------------|
| 340 calories | 19 g. fat |
| 105 mg. cholesterol | 874 mg. sodium |
| 4 g. carbohydrate | 1 g. fiber |
| 36 g. protein | |

The nutritional values and information provided are approximations.



Blackberry Cheesecake Cups

Serves 6. Prep time: 30 minutes.

Cheesecake:

½ cup heavy cream, cold
½ pound cream cheese, room temperature
2 tablespoons sugar
1 tablespoon honey
1 teaspoon vanilla extract

Blackberry sauce:

12 ounces blackberries, washed
2 tablespoons sugar
4 tablespoons water
½ lemon, juiced

Preparation

In a chilled mixing bowl, beat the heavy cream until medium peaks are formed. In a separate bowl, beat the cream cheese, sugar, honey and vanilla until smooth and creamy. Fold the whipped cream into the cream cheese mixture and set aside.

In a medium saucepan, combine the blackberries (reserve a few for garnish!), sugar, water and lemon juice and bring to a boil. Reduce the heat to simmer and cook the berries for 8 to 10 minutes, stirring frequently, until the berries are broken down and the mixture has become syrupy. Remove from heat and allow to cool slightly.

To assemble the cheesecake cups, place a spoonful of blackberry sauce in the bottom of 6 individual ramekins, tumblers or small dishes and spoon a large scoop of the cheesecake mixture on top of the sauce. Finish by pouring the remaining blackberry sauce over the top of each serving and top with fresh berries. Serve immediately or refrigerate before serving.

Blackberry Cheesecake Cups

Ingredient checklist

PRODUCE

☐ Blackberries

☐ Lemon

BULK

☐ Sugar

GROCERY

☐ Honey

REFRIGERATED/DAIRY

☐ Heavy cream

☐ Cream cheese

SPICES/SEASONINGS

☐ Vanilla extract

Serving suggestion

Shortbread cookie crumbles or sliced toasted almonds make a nice, crunchy garnish and add texture to this creamy dessert. If you're making these ahead, refrigerate for up to 3 hours before serving.

Nutritional information per serving

378 calories

34 mg. cholesterol

102 g. carbohydrate

6 g. protein

31 g. fat

261 mg. sodium

3 g. fiber

The nutritional values and information provided are approximations.