

Delicious Summer Recipes for Everyday Cooking

Pesto Pasta Salad

If you want a light yet filling meal this summer, this pesto and fusilli make an ideal lunch or dinner for the family.

Serves 4 | Prep. time 10 minutes

Ingredients

- 1 pound fusilli dry pasta, cooked according to package instructions
- 2 cups broccoli florets, steamed
- 1 ½ cup homemade or jarred pesto
- ¼ cup grated parmesan cheese
- ¼ cup mayonnaise
- ¼ cup olive oil
- 2 garlic cloves, minced
- Salt and pepper, to taste
- 2 cups cherry tomatoes, diced in half

Directions

1. In a large mixing bowl, combine the fusilli, broccoli, pesto, parmesan cheese, mayo, olive oil, and garlic. Season with salt and pepper.
2. Stir in the cherry tomatoes and mix until combined.
3. Serve warm or cold.

Nutrition (per serving)

Calories 462, fat 32 g, carbs 34 g, sugar 5 g, Protein 9 g, sodium 824 mg

Lemon-Roasted Chicken

There’s nothing like a perfectly roasted chicken with the most summery flavor—lemon. Feed the whole family with this incredibly simple yet tasty dish.

Serves 4 | Prep. time 20 minutes | Cooking time 55 minutes

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- Juice and zest of 1 lemon
- 3 garlic cloves, minced
- Kosher salt and freshly ground black pepper, to taste
- 1 whole chicken

Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Drizzle the whole chicken with olive oil. Rub the butter underneath the skin.
3. Season the chicken evenly with the garlic, salt, and pepper.
4. Spread the lemon juice and zest all over the chicken.
5. Place the chicken on the prepared baking sheet. Cover the chicken with aluminum foil.
6. Bake for 30 minutes.
7. Remove the foil and bake for 20 minutes or until golden brown.
8. Serve the chicken with rice, baked potatoes, or a side salad.

Nutrition (per serving)

Calories 341, fat 15 g, carbs 43 g, sugar 1 g, Protein 15 g, sodium 87 mg

Garlic Steak Bites

These garlic steak bites are worth trying if you want something quick, savory, and perfect for adding to pasta or devouring on their own.

Serves 4 | Prep. time 15 minutes | Cooking time 15 minutes

Ingredients

- 2 steak pieces, diced
- 4 garlic cloves, minced
- Kosher salt and freshly ground pepper, to taste
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons soy sauce
- 1 teaspoon baking soda
- 6 garlic cloves, thinly sliced
- 3 green onions, finely diced
- 2 tablespoons unsalted butter

Directions

1. Heat the butter and olive oil in a large nonstick frying pan over medium heat.
2. Add the steak pieces, seasoning them with salt and pepper. Cook for 10 minutes until everything is golden-brown.
3. Stir in the soy sauce, baking soda, green onions, and garlic. Cook for 3-5 minutes or until aromatic.
4. Serve the beef bites with the green onions on top.

Nutrition (per serving)

Calories 781, fat 51 g, carbs 58 g, sugar 3 g, Protein 32 g, sodium 1009 mg

Spicy Lamb Burgers with Minty Yogurt

Lamb and mint are another stellar combination. In this burger recipe, the lemony and minty yogurt sauce provides a fresh, tasty condiment.

Serves 4 | Prep. time 20 minutes | Cooking time 25 minutes

Ingredients

- 1 pound ground lamb
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Kosher salt and freshly ground black pepper, to taste
- 1 small handful fresh mint, chopped
- A handful flat-leaf parsley, chopped
- ½ cup Greek yogurt
- Zest and juice of 1 lemon
- 1 tablespoon extra-virgin olive oil
- 4 burger buns

Directions

1. In a large mixing bowl, combine the ground lamb with the ground cumin, ground coriander, salt and pepper, and parsley. Divide the mixture into 4 burger patties.
2. Heat oil in a large nonstick frying pan or grill pan over medium heat.
3. Add the burgers. Grill for 7-8 minutes per side or until browned to your liking.
4. Combine the Greek yogurt, lemon juice, and lemon zest in a small mixing bowl. Season with salt and pepper.
5. Spread each bun with the yogurt sauce. Top each bun with a lamb burger.
6. Cover each burger with a bun and serve.

Nutrition (per serving)

Calories 637, fat 36 g, carbs 51 g, sugar 10 g, Protein 37 g, sodium 324 mg

Shrimp and Zucchini Noodles

Zucchini “noodles” are a perfect pasta alternative to eat guilt-free all summer. This shrimp version is healthy, flavorful, and easy to make. You only need a spiralizer to make the spaghetti out of the zucchini.

Serves 4 | Prep. time 25 minutes | Cooking time 20 minutes

Ingredients

- 6 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- ½ teaspoon chili flakes
- 1 cup dry white wine
- Zest of 1 lemon
- 2 pounds shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 6 cups zucchini noodles, spiralized from 2 medium zucchinis
- ¼ cup flat-leaf parsley, chopped

Directions

1. Heat the butter and olive oil in a large nonstick frying pan over medium heat,
2. Add the shrimp, garlic, chili flakes, and lemon zest. Season with salt and pepper. Cook for 5 minutes or until the shrimp turns pink.
3. Stir in the white wine. Toss until everything is combined.
4. Stir in the zucchini noodles. Cook for 5 minutes, stirring occasionally.
5. Serve the scampi with the freshly chopped parsley on top.

Nutrition (per serving)

Calories 473, fat 26 g, carbs 43 g, sugar 5 g, Protein 19 g, sodium 293 mg

Sweet Corn Fritters

Who doesn't enjoy fresh corn during summer? This dish features Greek yogurt on the side for dipping these delightful fritters.

Serves 8 | Prep. time 15 minutes | Cooking time 15-20 minutes

Ingredients

- 1¼ cups self-rising flour
- 1 teaspoon baking powder
- 1 teaspoon smoked paprika
- ¾ cup whole milk
- 1 large egg, room temperature
- 1 pound sweet corn
- 2 green onions, finely diced
- 2 tablespoons chives, finely diced
- 4-5 tablespoons olive oil, for frying
- Greek yogurt, for dipping

Directions

1. In a large mixing bowl, combine the flour, baking powder, and smoked paprika. Stir in the milk, egg, and sweet corn until everything is combined.
2. Stir in the green onions and chives until combined.
3. Heat oil in a large nonstick frying pan over medium-high heat.
4. Add tablespoonfuls of the batter to the pan. Working in batches if needed, fry the fritters on each side for 3-5 minutes. When done, transfer the fritters to a plate lined with paper towel.
5. Serve with the Greek yogurt on the side.

Nutrition (per serving)

Calories 1121, fat 101 g, carbs 63 g, sugar 7 g, Protein 14 g, sodium 89 mg

Tomato Galette

If you're on the lookout for an elegant vegetarian dish, this tomato galette is just the thing! It's even better when the tomatoes are at their peak of summer.

Serves 4 | Prep. time 20-25 minutes | Cooking time 30-35 minutes

Ingredients

For the pastry

- 1 ¼ cups all-purpose flour
- ⅓ cup unsalted butter, cold and cubed
- 1 large egg, chilled
- Kosher salt, to taste

For the filling

- 1 pound tomatoes, sliced
- ½ cup Gruyère cheese, grated
- 1 garlic clove, minced
- 1 tablespoon dried oregano

Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Combine the flour and salt in a large mixing bowl.
3. Rub the butter into the flour mixture until it reaches a sand-like consistency.
4. Stir in the cold egg. Knead the mixture until you have a smooth dough.
5. Roll out the dough on a lightly floured working surface. Sprinkle the grated cheese in the middle of the dough.
6. Arrange the tomato slices and garlic on the dough. Season with the oregano.
7. Fold the edges inward to form the crust.
8. Transfer the galette to the prepared baking sheet. Bake for 30-35 minutes or until golden brown.
9. Serve warm.

Nutrition (per serving)

Calories 379, fat 16 g, carbs 49 g, sugar 2 g, Protein 14 g, sodium 9824 mg

***These recipes and more are found in Louise Davidson's Summer Cooking: Quick and Easy, Family-Friendly Summertime Dinner Recipes. To get your own copy, click on the cover below or click [here](#).

