



# **BEAT THE HEAT**

## **WITH THESE 3 HEALTHY RECIPES**

Summer heat is serious business! Nobody wants to make it worse by laboring away for hours in a hot kitchen preparing healthy meals. No worries. We've got you covered with three chill recipes the whole family will love that require little or no high heat to prepare.

And remember – **STAY HYDRATED!**

# WATERMELON GAZPACHO

This is a classic, cold summer soup with everyone's favorite seasonal fruit. Add texture and garnishes such as minced vegetables, a dollop of sour cream, croutons, seafood, avocado, or cilantro. Serve with crusty bread or ham-and-cheese sandwiches for a full lunch. From [Southern Living](#).

## Ingredients:

- cups cubed watermelon (from 1 watermelon)
- 1 cup peeled, seeded, and diced cucumber
- ¼ cup chopped red onion
- ½ jalapeño chile, seeded and minced
- 2 tablespoons apple cider vinegar
- 1 teaspoon kosher salt

## Directions

- Process watermelon, cucumber, onion, and jalapeño in a blender until smooth. Stir in vinegar and salt. Cover and chill at least 30 minutes. Serve in small bowls or glasses.





# SHRIMP COBB SALAD

Replace chicken with shrimp in this delicious and easy spin on the classic Cobb salad. It takes just 20 minutes to make, so it's perfect for weeknight dinners, but it's elegant enough to serve to guests. Cobb salads are great because they have fiber, protein and the good kind of fat. Yum. From [Eating Well](#).

## Ingredients:

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 2 tablespoons finely chopped shallot
- 1 tablespoon Dijon mustard
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 10 cups mixed greens
- 12 cooked extra-large shrimp (16-20 count), peeled and halved lengthwise
- 1 cup halved cherry tomatoes
- 1 cup Persian cucumber chunks
- 2 large hard-boiled eggs, peeled and halved
- 1 avocado, diced
- 2 slices cooked bacon, crumbled
- ¼ cup crumbled blue cheese

## Directions

- **Step 1**  
Place oil, vinegar, shallot, mustard, pepper and salt in a lidded jar. Shake until combined.
- **Step 2**  
Mound salad greens on a platter. Drizzle with half the dressing and toss to coat. Decoratively arrange shrimp, tomatoes, cucumber, egg halves, avocado, bacon and blue cheese on top. Drizzle with the remaining dressing.



# SUSHI IN A JAR

Sushi fans don't always have time to make those intricate rolls at home, or even boil the rice in the summer heat. Keep some chilled and build this layered concoction with all the delight and nutrition, but none of the fuss. From [Taste of Home](#).

## Ingredients:

- 1 cup uncooked sushi rice
- 1 cup water
- 1/2 teaspoon salt
- 1 tablespoon rice vinegar
- 1 tablespoon sugar
- 2 medium ripe avocados, peeled and cubed
- 1 cup lump crabmeat, drained
- 1 cup chopped cucumber
- 2 nori sheets, thinly sliced
- Optional toppings: Pickled ginger slices, soy sauce and toasted sesame seeds



## Directions

- Wash rice in a colander until water runs clear. Combine rice, 1 cup water and salt in a large saucepan; bring to a boil. Reduce heat; cover. Simmer until water is absorbed and rice is tender, 15-20 minutes. Remove from heat. Let stand 10 minutes. Combine rice vinegar and sugar, stirring until sugar is dissolved. Stir into rice.

Place 1/3 cup rice into each of four 1-pint wide-mouth canning jars; layer with half of the avocados, crabmeat, cucumber and nori. Top with remaining rice and repeat layers. Cover and refrigerate until

- serving. Transfer into bowls; toss to combine. Serve with toppings as desired