

It's Too Hot to Cook!

We have had an exceptionally hot summer so far in Minnesota. While a dietitian can't predict the weather, July and August are usually our hottest months. If just the thought of turning on your stove when it's 90 degrees out makes you break into a sweat, here are some ideas for easy, nutritious summer meals.

Three Bean Salad

Ingredients

- 1 (15 ounce can) cannellini beans, drained and rinsed
- 1 (15 ounce can) kidney beans, drained and rinsed
- 1 (14.5 ounce can) green beans, drained and rinsed OR
 - 1/2 lb fresh green beans, rinsed and cut into 1-inch lengths
- 1/2 red onion, finely diced
- 2 stalks of celery, finely diced
- 1-2 tbsp dried parsley
- 1/3 cup apple cider vinegar
- 1/4 cup granulated sugar
- 3 tbsp olive oil
- 1 tsp salt
- 1/4 tsp pepper

Directions

1. Make the salad: combine the cannellini beans, kidney beans, green beans, onion, celery, and parsley in a large bowl. Mix thoroughly to combine.
2. Make the dressing: in a small bowl, whisk together the apple cider vinegar, sugar, olive oil, salt, and pepper. Pour over the salad and mix until fully covered. Chill in the refrigerator for 2-3 hours before serving.

This salad makes about 8 servings, so it's great for leftovers or to bring to a gathering. If you're feeling adventurous, it's also easy to customize. If you don't like kidney beans, substitute black beans! Throw in some corn or diced red peppers for extra crunch, or add some cucumber. There are tons of possibilities - it's fun to use the recipe as a base and add your own creative touches.

Summer Chicken Salad

Ingredients

- 1 can (4.5 ounces) Chunk Chicken Breast in Water, drained and rinsed
- 3 tablespoons mayonnaise or plain Greek yogurt
- 1 teaspoon lemon juice
- 1 dash ground black pepper
- 1/4 cup chopped celery
- 8-10 grapes, cut in half*
- 1 tablespoon finely chopped red onion

Directions

1. Mix all ingredients together in a medium bowl. Chill for 30 minutes-1 hour, then serve on a bed of mixed greens or as a sandwich on whole grain bread.

*If you don't have any grapes on hand, you can substitute dried cranberries or cherries. This recipe is also easy to double or triple for leftovers!

There are a couple of websites that are excellent resources for summer recipes, too. Check out: <https://www.tasteofhome.com/collection/fresh-balanced-filling-no-cook-summer-dinners/> or <https://www.foodnetwork.com/recipes/photos/summer-weeknight-dinners> for some inspiration.

Do you have a favorite hot weather recipe? Send it to office@sapasseniors.org.