



# Summer Lover's Cookbook

Get ready for all the delicious eating summer has to offer.



# Eat the Season

In July, add these freshly- picked fruits and vegetables to your grocery list.



**Corn**



**Vidalia Onions**



**All Stone Fruit**  
Peaches, Nectarines,  
Plums, Georgia  
peaches, Cherries,  
Rainier Cherries,  
Apricots, Pluots



**Watermelons**



**Honeydews and  
Cantaloupes**



**California Potatoes**



**Blueberries**



**Lemons/Limes**



**Close to  
Home®**

- Beets
- Broccoli
- Cabbage
- Carrots

- Cucumbers
- Green beans
- Green onions
- Peas

- Early potatoes
- Radishes
- Zucchini and summer squash
- Garlic scapes and bulbs

We're proud to carry fresh produce grown by local farmers. Look for our Close to Home signs to find the freshest local products all through summer and fall.

**Look for these local Close to Home items at a farm stand near you as the growing season continues:**

Visit [hannaford.com/closetohome](http://hannaford.com/closetohome) for more information.





# Summer Lover's Cookbook

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# Chilled Cream of Avocado Soup

Serves: 8



## Ingredients

2 large ripe avocados, pits and skins removed  
4-5 cups vegetable broth  
Juice of 1 lime  
1/2 tsp McCormick® Chili Powder  
1/2 tsp McCormick® Ground Coriander  
1 cup Cabot® Plain Greek-Style Yogurt  
Salt and freshly ground white pepper to taste  
2 ripe plum tomatoes, peeled, seeded and diced (optional)  
2 corn tortillas, cut into strips and fried until crisp (optional)

## Directions

1. In food processor, combine avocado with 4 cups of broth, lime juice, chili powder and coriander; process until very smooth. Add additional broth if soup is too thick.
2. Refrigerate soup and serving bowls until well chilled.
3. Just before serving, blend in yogurt and season with salt and white pepper. Top with tomatoes and tortilla strips if desired.

## Nutrition Information Per Serving:

Calories 131; Total Fat 11g; Saturated Fat 3g; Cholesterol 9mg; Sodium 778mg; Carbohydrate 8g; Dietary Fibe 3g; Protein 4g.

*This recipe is provided courtesy of the farm families who own Cabot Creamery.*



# Cheddar Antipasto

Serves: 12



## Ingredients

- 8 ounces Cabot® Tomato Basil Cheddar or Cabot® Sharp Cheddar, cut into 3/4-inch cubes
- 1 (12-ounce) jar marinated artichoke halves, not drained
- 1/4 cup finely chopped oil-packed sun-dried tomatoes, plus 2 Tbsp of oil
- 8 sprigs fresh oregano, thyme or rosemary

## Directions

1. In medium bowl, combine all ingredients. Cover and refrigerate for at least 4 hours or overnight.
2. Shortly before serving, use slotted spoon to transfer cheese and artichokes to shallow dish. Serve with toothpicks for spearing.

## Nutrition Information Per Serving:

Calories 135; Total Fat 11g; Saturated Fat 5g; Cholesterol 20mg; Sodium 220mg; Carbohydrate 3g; Dietary Fiber <1g; Protein 5g.

*This recipe is provided courtesy of the farm families who own Cabot Creamery.*

# Feta and Watermelon Salad

Serves: 4



## Salad Ingredients

- 1 package Fresh Express® Spring Mix
- 3 cups of watermelon, 1-inch cubes
- 1 small sweet white onion, julienned 1/4 thick
- 6 small radishes, sliced
- 3 ounces feta cheese, crumbled

## Dressing Ingredients

- 1 clove garlic, minced
- 1 shallot, minced
- 1/4 Tbsp white balsamic vinegar
- 3 Tbsp honey
- 1 tsp McCormick® Ground Black Pepper
- 1 tsp salt
- 2 Tbsp parsley, chopped
- 1/2 cup extra virgin olive oil
- 1 Tbsp fresh lemon juice

## Directions

1. To make the dressing, whisk all ingredients until well mixed in a small bowl. Vinaigrette may separate after sitting, so whisk vigorously again before using.
2. In a separate large salad bowl, combine greens, watermelon, onion and radishes. Drizzle desired amount of dressing and toss. Serve on 4 individual salad dishes and top with crumbled feta cheese. Sprinkle with ground black pepper, as desired.

## Nutrition Information Per Serving:

Calories 415; Total Fat 7g; Sodium 865mg; Carbohydrate 30g; Dietary Fiber 3g; Protein 6g.

*Recipe courtesy of Freshexpress.com*



# Spicy Corn on the Cob

Serves: 6



## Ingredients

6 ears fresh corn, shucked  
1/4 cup Hellmann's® Real Mayonnaise  
3 Tbsp Cabot® Sour Cream  
3 Tbsp chopped fresh cilantro  
1/4 tsp McCormick® Crushed Red Pepper or Ground Cayenne Pepper  
Juice from 1 lime  
1 clove garlic  
2 Tbsp McCormick® Chili Powder  
1/2 cup finely grated Parmesan cheese

## Directions

1. Grill, steam or boil corn until tender.
2. Meanwhile, combine remaining ingredients, except cheese, in small bowl.
3. Arrange hot corn on serving platter; cool 3 minutes. Drizzle with mayonnaise mixture; turn to coat. Sprinkle with cheese.

## Nutrition Information Per Serving:

180 Calories; Total Fat 11g; Saturated Fat 3g; 1 Cholesterol 5mg; Sodium 290mg; Carbohydrate 18g; Dietary Fiber 2g; Sugar 4g; Protein 6g.

*Recipe courtesy of Unilever.com*

# Strawberry Spinach Salad

Serves: 6



## Dressing Ingredients

1/2 cup Hellmann's® Mayonnaise  
3 Tbsp honey  
1 Tbsp fresh lemon juice  
1 Tbsp McCormick® Poppy Seeds

## Salad Ingredients

1 pkg Fresh Express® Spinach  
1 pint fresh strawberries, quartered  
1 medium grapefruit, sectioned into bite-size pieces  
2 Tbsp toasted chopped pecans

## Directions

1. To make dressing, whisk all dressing ingredients together. Let sit for 20 minutes for flavors to blend.
2. In a large bowl, empty greens and add fruit pieces. Drizzle with dressing and toss. Top with nuts and serve.

## Nutrition Information Per Serving:

Calories 214; Total Fat 16g; Saturated Fat 2g; Sodium 135mg; Carbohydrate 18g; Dietary Fiber 3g; Protein 2g.

*Recipe courtesy of FreshExpress.com*





# Savory Slaw with Cranberries and Bacon

Serves: 8



## Ingredients

- 1 pkg Fresh Express® Coleslaw Kit
- 1 cup Hellmann's® Light Mayonnaise
- 2 Tbsp lemon juice
- 2 Tbsp sugar
- 1/2 tsp salt
- 1/2 cup dried cranberries
- 1/2 cup cooked bacon, crumbled

## Directions

1. Combine mayo, lemon juice, sugar and salt In large bowl.
2. Add coleslaw mix, bacon and cranberries; toss well. Serve chilled or at room temperature.

## Nutrition Information Per Serving:

Calories 186; Total Fat 12g; Saturated Fat 2g; Sodium 477mg; Carbohydrate 19g; Dietary Fiber 1g; Protein 2g.

*Recipe Courtesy of FreshExpress.com*

# Fiesta Black Bean Salsa

Serves: 6



## Ingredients

1/4 cup Hellmann's® Canola Cholesterol Free Mayonnaise  
1 can (19 oz.) black beans, rinsed and drained  
1 can (11 oz.) whole kernel corn, drained  
1 cup quartered grape tomatoes  
1/2 cup chopped red onion  
1 tsp McCormick® Ground Cumin  
2 Tbsp chopped fresh cilantro

## Directions

1. In medium bowl, combine all ingredients. Serve chilled with tortilla chips or Kashi® pita chips.

## Nutrition Information Per Serving:

Calories 150; Total Fat 4g; Saturated Fat 0g; Cholesterol 0mg; Sodium 550mg; Carbohydrate 26g; Dietary Fiber 6g; Sugar 3g; Protein 7g.

*Recipe adapted from hellmanns.com*



# Garden Potato Salad

Serves: 6



## Ingredients

- 1 1/2 lbs. red potatoes, cubed (about 3-1/2 cups)
- 1/2 lb. green beans, halved
- 1/2 cup Hellmann's® Real Mayonnaise
- 1/2 cup sliced green onions
- 2 Tbsp fresh dill or 2 tsp. McCormick® Dill Weed
- 1/2 tsp salt (optional)
- 1/4 tsp McCormick® Ground Black Pepper
- 2 cups chopped plum tomatoes, drained

## Directions

1. In 4-quart saucepot, cover potatoes with water; bring to a boil over high heat. Reduce heat and cook potatoes about 8 minutes or until tender, adding green beans during the last 3 minutes of cooking. Drain and rinse with cold water until completely cool.
2. In large bowl, combine mayo, green onions, dill, salt and pepper. Stir in potatoes, green beans and tomatoes. Serve chilled or at room temperature.

## Nutrition Information Per Serving:

Calories 230; Total Fat 13g; Saturated Fat 2g; Cholesterol 5mg; Sodium 470mg; Carbohydrate 25g; Dietary Fiber 5g; Sugar 5g; Protein 4g.

*Recipe adapted from hellmanns.com*

# Grilled Mediterranean Quesadillas

Serves: 4



## Ingredients

- 2 medium zucchini, sliced lengthwise
- 1 large red bell pepper, quartered
- 5 Tbsp Hellmann's® Light Mayonnaise
- 4 small soft flour tortillas
- 1/2 cup shredded Cabot® Light Cheddar cheese
- 8 Kalamata olives, sliced

## Directions

1. Brush zucchini and red pepper with 1 tablespoon mayo and grill\* until tender. Remove to cutting board and cut into bite-size pieces; set aside.
2. Brush one side of tortillas with 2 tablespoons of the remaining mayo. Arrange grilled vegetables evenly over half of each tortilla. Sprinkle vegetables evenly with cheese and olives. Fold tortillas in half over filling.
3. Brush outside of tortillas evenly with remaining 2 tablespoons mayo. Grill, turning once, until golden and cheese is melted, about 2 minutes. Cut each quesadilla into 2 wedges.

*\*TIP: These can also be made indoors on a grill pan.*

## Nutrition Information Per Serving:

Calories 260; Total Fat 15g; Saturated Fat 3.5g; Cholesterol 15mg; Sodium 590mg; Carbohydrate 23g; Dietary Fiber 2g; Sugar 5g; Protein 8g.

*Recipe adapted from hellmanns.com*



# Avocado & Strawberry Grilled Cheese

Serves: 1



## Ingredients

- 2 slices whole wheat bread
- 4 slices Cabot® Sharp Light Cheddar
- 4 thin slices avocado
- 2 large organic strawberries, hulled and thinly sliced
- 1 Tbsp I Can't Believe It's Not Butter® spread

## Directions

1. Heat skillet over medium heat. Place cheese, avocado and strawberries between bread slices. Spread buttery spread lightly on outside of bread slices.
2. Cook in skillet for 1 to 3 minutes until bread is golden and crisp on one side. Flip over and cook for another 1 to 3 minutes or until cheese is melted.

## Nutrition Information Per Serving:

Calories 514; Total Fat 28g; Saturated Fat 13g; Cholesterol 40mg; Sodium 917mg; Carbohydrate 33g; Dietary Fiber 8g; Protein 32g.

*This recipe is provided courtesy of the farm families who own Cabot Creamery*

# Montreal Steak Skewers with Tomato Olive Relish

Serves: 8



## Tomato Olive Relish Ingredients

- 1 tomato, chopped (about 1 cup)
- 1/4 cup pitted black olive halves
- 2 Tbsp balsamic vinegar
- 1 tsp minced fresh garlic
- 1/4 cup julienne-cut fresh basil
- 1/8 tsp kosher salt
- 1/8 tsp McCormick® Ground Black Pepper
- 2 Tbsp olive oil

## Montreal Steak Skewers Ingredients

- 2 pounds boneless beef sirloin or New York strip steak, cut into 1 1/2-inch cubes
- 3 Tbsp olive oil
- 1 1/2 Tbsp McCormick® Grill Mates® Montreal Steak Seasoning
- 2 red bell peppers, cut into 1 1/2-inch pieces
- 1 red onion, cut into 1 1/2-inch chunks
- 16 dried apricots

## Directions

1. For the Relish, mix all ingredients in medium bowl. Set aside.
2. For the Steak Skewers, brush steak with oil, then sprinkle with steak seasoning. Alternately thread bell pepper, steak cubes, red onion and apricot onto 8 skewers.
3. Broil or grill over medium-high heat 8 to 12 minutes or until steak is desired doneness, turning occasionally. Serve skewers with Tomato Olive Relish.

## Nutrition Information Per Serving:

Calories 289; Total Fat 17g; Cholesterol 54mg; Sodium 393mg; Carbohydrate 14g; Protein 25g.

*Recipe courtesy of McCormick.com*



# Grilled Salmon with Creamy Cucumber Dressing

Serves: 4



## Ingredients

- 4 salmon fillets (about 6 oz. ea.)
- 1/2 cup Hellmann's® Mayonnaise Dressing with Olive Oil; divided
- Salt and pepper
- 1/4 cup Cabot® plain Greek Yogurt
- 1 cucumber, minced
- 1/4 cup loosely packed fresh dill, (or mint, thyme or basil), chopped

## Directions

1. To prepare cucumber dressing, mix 1/4 cup mayo, yogurt, cucumber and dill until well blended. Add salt to taste.
2. Heat grill to high. Using a pastry brush, paint 1/4 cup of the mayo on the flesh side of the fish. Season fish with salt and pepper.
3. Place fish on grill, mayo side down. Grill for at least 3 minutes before flipping, then cook for 3 minutes more. Remove from grill and top with creamy cucumber dressing.

## Nutrition Information Per Serving:

Calories 370; Total Fat 24g; Saturated Fat 4g; Cholesterol 105mg; Sodium 400mg; Carbohydrate 4g; Dietary Fiber 1g; Sugar 2g; Protein 35g.

*Recipe courtesy of hellmanns.com*

# Honey-Melon-Cucumber Iced Tea

Serves: 6



## Ingredients

- 4 cups boiling water
- 2 Lipton® Iced Tea Family Size Tea Bags
- 1/4 cup honey
- 2 cups cold water
- 1 small cucumber (about 6 inches), thinly sliced
- 2 cups thinly sliced cantaloupe
- 2 cups thinly sliced honeydew melon

## Directions

1. Pour boiling water over Lipton® Iced Tea Family Size Tea Bags. Brew 5 minutes. Remove tea bags and squeeze. Stir in honey until dissolved; cool 20 minutes.
2. Stir in remaining ingredients and chill until ready to serve. Serve in ice-filled glasses and sweeten as desired.

## Nutrition Information Per Serving:

Calories 80; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 25mg; Carbohydrate 22g; Dietary Fiber 1g; Sugar 20g; Protein 1g.

*Recipe courtesy of [liptontea.com](http://liptontea.com)*





# Creamy Frozen Fruit Treats

Serves: 16



## Ingredients

- 16 small (4-ounce) disposable cups
- 16 wooden popsicle/craft sticks
- 2 cups frozen strawberries, raspberries, blueberries, pineapple, mango, peaches or blackberries
- 1 cup Cabot® 2% Vanilla Bean Greek-Style Yogurt or Cabot 2% Strawberry Greek-Style Yogurt
- 1/2 cup (2 scoops) whey protein powder
- 1/4 cup sugar or sugar substitute (optional)

## Directions

1. Arrange cups in shallow pan and place one stick in each; set aside.
2. In food processor, combine frozen fruit of your choice, yogurt, whey protein powder and sugar or sugar replacement, If using sugar, process for 1 minute more or until smooth.
3. Fill each cup with some of the mixture and move stick to center. Place in freezer for about 2 hours or until firm.
4. Remove snacks from pan and place in zip-close plastic bag until ready to serve.

## Nutrition Information Per Serving:

Calories 36; Total Fat 0.5g; Saturated Fat 0g; Cholesterol 7mg; Sodium 7mg; Carbohydrate 4g; Dietary Fiber 0g; Protein 3.5g.

*This recipe is provided courtesy of the farm families who own Cabot Creamery.*

# Apple Pie in a Bowl, with Cabot Greek-Style Yogurt

Serves: 1



## Ingredients

1/4 cup unsweetened applesauce  
1/2 cup Cabot® 2% Vanilla Bean Greek-Style Yogurt  
1 Kashi® Chewy Granola Bar; crumbled (or 1/4 cup Bear Naked® lowfat granola)  
McCormick® Ground Cinnamon

## Directions

1. In a small bowl or parfait glass, spoon alternating layers of applesauce, yogurt and granola. Dust with cinnamon.

*Flavored yogurt has lots of kid-appeal, so it's a super way to get more dairy into your child's day. It's even more fun to eat if you let him or her do the building!*

## Nutrition Information Per Serving:

Calories 230; Total Fat 3g; Saturated Fat 1.5g; Cholesterol 15mg; Sodium 100mg;  
Carbohydrate 45g; Dietary Fiber 2g; Protein 11g.

*This recipe is provided courtesy of the farm families who own Cabot Creamery.*

# Chocolate Avocado Mousse

Serves: 2-3



## Ingredients

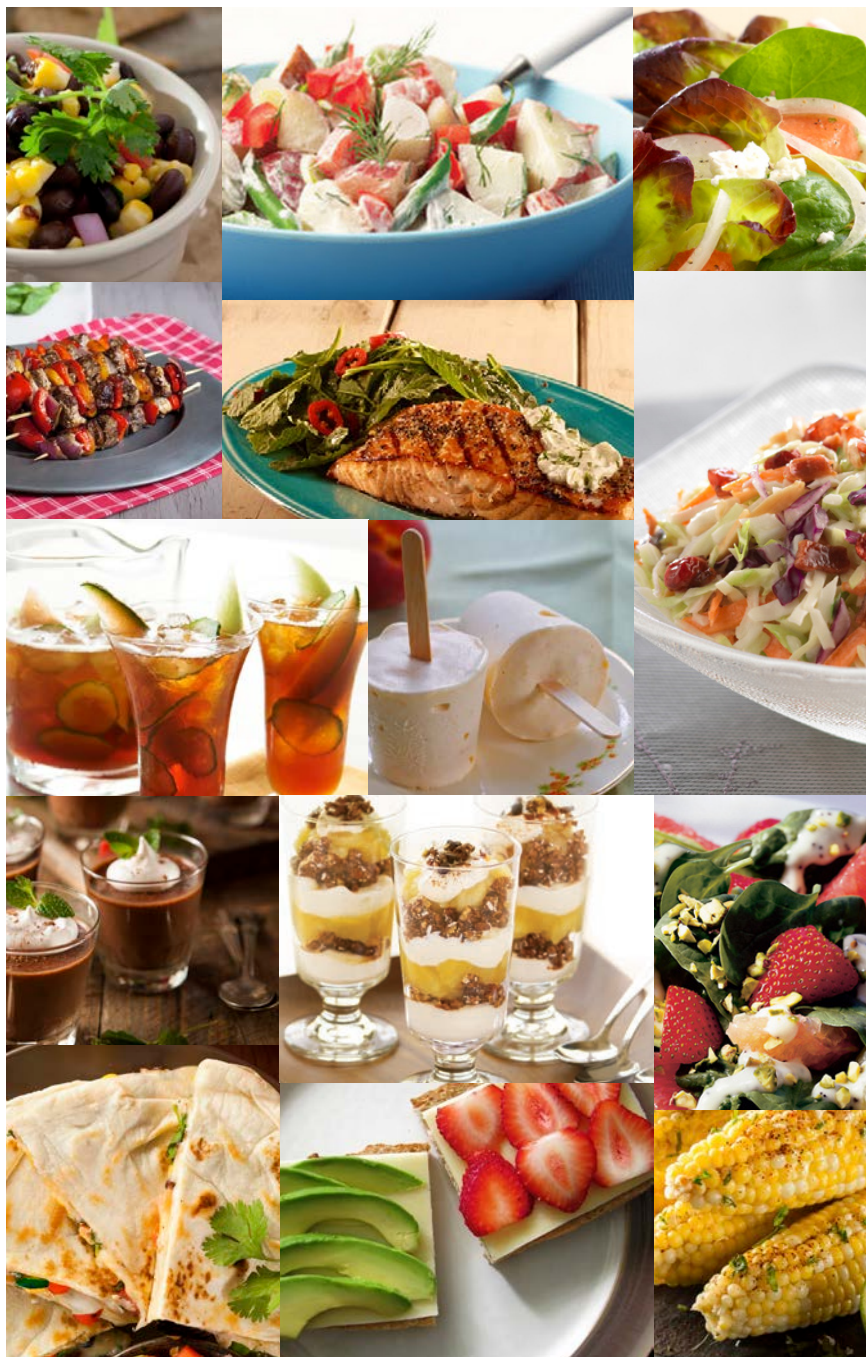
2 large ripe avocados, pits and skin removed  
1/2 cup cocoa powder  
1/2 cup honey  
1 tsp McCormick® Pure Vanilla Extract  
Pinch of salt (optional)  
2-3 fresh mint leaves (optional)  
Cabot® Whipped Cream (optional)

## Directions

1. Place all ingredients in a food processor and mix. (In a pinch you can mash the avocado with a fork, add the rest of the ingredients and use a whisk to blend it all together).
2. Top with a fresh mint leaf and a spoonful of whipped cream, if desired
3. Serve immediately or chill before serving.

## Nutrition Information Per Serving:

Calories 490; Total Fat 25g; Saturated Fat 4.5g; Cholesterol 14mg; Sodium 100mg; Carbohydrate 79g; Dietary Fiber 15g; Protein 7g.



For more great recipes visit [www.hannaford.com/recipes](http://www.hannaford.com/recipes)