Sep's

supper club

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Fresh, healthy summer recipes for you and your loved ones!

ASIAN CHICKEN SALAD

A delicious summer salad that makes a great meal!

STEAK FAJITA BOWLS

A protein rich, delicious lunch or dinner.

EASY ARRABIATTA

"Angry Sauce" inspired by travels through Italy

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> I love to eat but I still want to look good in dresses and swimsuits

letter from the editor

THE JUNE ISSUE FEATURES HEALTHY DISHES TO KEEP YOUR SUMMER FIGURE IN TACT!

Summer is always a struggle for me. I love to eat but I still want to look good in dresses and swimsuits. What's a girl to do?!

For these summer recipes, I used big flavors like bacon and parmesan, which can be used sparingly without skimping on taste. I'm featuring dishes such as Asian Chicken Salad and Steak Fajita bowls that are loaded with protein and greens to keep you satisfied and trim.

These recipes are delicious, healthy, and quick so you can get out of the kitchen and enjoy that Summer sunshine!

XO
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p.s. Find dozens of healthy-ish recipes for dinner, breakfast, dessert and more at sepcooks.com!

photograph courtesy of Cheri Roohi
www.cheriroohi.com

“bacon bits are like the fairy dust of the food community”

JIM GAFFIGAN

asian chicken salad

4 cups chicken broth
1 yellow onion, sliced
3 pounds chicken breast or thighs (boneless and skinless)
9 ounces red cabbage, shredded
12 ounces shredded carrots (use carrot and broccoli slaw if your grocer carries it)
10 ounces sugar peas in pods
½ cup fresh scallions, the green parts sliced on a bias
1 large bunch fresh cilantro leaves, chopped
¼ cup sunflower seeds, shelled

Dressing:
¼ cup apple cider vinegar
¼ cup olive oil
2 Tablespoons low sodium soy sauce
1 Tablespoon honey
1 Tablespoon rice wine vinegar
2 teaspoons dijon mustard
2 teaspoons fish sauce
1 teaspoon toasted sesame oil
1 teaspoon fresh ginger, grated
1 clove fresh garlic, grated
½ teaspoon sea salt
½ teaspoon ground black pepper

Combine the chicken broth, onion, and chicken in a large covered pot and bring to a boil over low heat. Lower the heat to medium and simmer until the chicken is fully cooked, about 20 minutes.
Combine all the ingredients for the dressing in a mason jar with a lid and shake to combine. You can also whisk the dressing ingredients together in a large bowl until combined.
Combine the cabbage and carrots in a large serving bowl and dress with ½ of the dressing. Place in the refrigerator while you prepare the rest of the ingredients.
Remove the cooked chicken from the broth and allow to cool. Once the chicken is cool enough to handle, chop into bite sized pieces.
Bring a large pot of salted water to boil and have another bowl of ice water nearby. Drop the snap peas in the salted boiling water and boil for 2-3 minutes. Quickly drain the blanched peas and drop them into the ice water to cool.
Add the chicken, blanched peas, scallions, cilantro, and sunflower seeds to the cabbage and combine with the rest of the dressing just before serving.

asian chicken salad

GROCERY LIST

PRODUCE

- RED CABBAGE, 9 OUNCES
- SHREDDED CARROTS OR BROCCOLI SLAW, 12 OUNCES
- SUGAR SNAP PEAS, 10 OUNCES
- FRESH CILANTRO
- YELLOW ONION, 1
- FRESH GINGER
- GARLIC

PANTRY ITEMS

- APPLE CIDER VINEGAR
- OLIVE OIL
- LOW SODIUM SOY SAUCE
- HONEY
- RICE WINE VINEGAR
- DIJON MUSTARD
- FISH SAUCE
- TOASTED SESAME OIL

MEAT & FISH

- CHICKEN BREAST OR THIGHS, BONELESS SKINLESS, 3 POUNDS

SPICES

- SALT
- GROUND BLACK PEPPER

DAIRY

one skillet chicken sausage and white bean gnocchi

THIS DELICIOUS RECIPE FROM NOMASTE KITCHEN IS THE PERFECT HEALTHY WEEKNIGHT DISH!

1 can cannellini or white kidney beans
2 tbsp olive oil
1/2 medium onion chopped
3 cloves garlic minced
1 package chicken sausage any flavor
1 cup chicken or vegetable broth
1 can diced tomatoes undrained
1 tbsp dried oregano
1 1/2 tsp garlic powder
1 tsp paprika
salt and pepper to taste
1 package gnocchi
1-2 cups brussel sprouts quartered
1 cup fresh mozzarella cheese
1/4 cup parmesan cheese
fresh basil if desired

Rinse, drain, and dry beans to prepare for later use - set aside.
Place oven rack in center or upper half of oven. Preheat to 425F.
Heat olive oil in an oven-safe skillet on stove over medium-high heat.
Add chopped onion and cook for 4-5 minutes, until onions become translucent - stirring occasionally.
Add garlic, cook for an additional minute.
Coin chicken sausage, then add to skillet. Cook and stir occasionally for 4-5 minutes, or until chicken sausage begins to brown.
Add broth, diced tomatoes (do not drain), seasoning, beans, and uncooked gnocchi.
Gently stir in brussel sprouts so that they are covered with liquid. Top with cheese.
Bake at 425F for 18-20 minutes or until cheese begins to brown. If cheese does not begin to brown, broil on high for an additional 2-3 minutes
Remove from oven, top with additional salt, pepper and fresh parsley, if desired! Enjoy right away!

Recipe and photograph courtesy of www.nomastekitchen.com

chicken sausage and white bean gnocchi

GROCERY LIST

PRODUCE

- YELLOW ONION, 1
- GARLIC
- BRUSSEL SPROUTS, 1-2 CUPS
- FRESH BASIL (OPTIONAL)

PANTRY ITEMS

- CANNELLINI BEANS, 1 CAN
- OLIVE OIL
- CHICKEN BROTH
- DICED TOMATOES, 1 CAN
- GNOCCHI, 1 PACKAGE

MEAT & FISH

- CHICKEN SAUSAGE, 1 PACKAGE ANY FLAVOR

SPICES

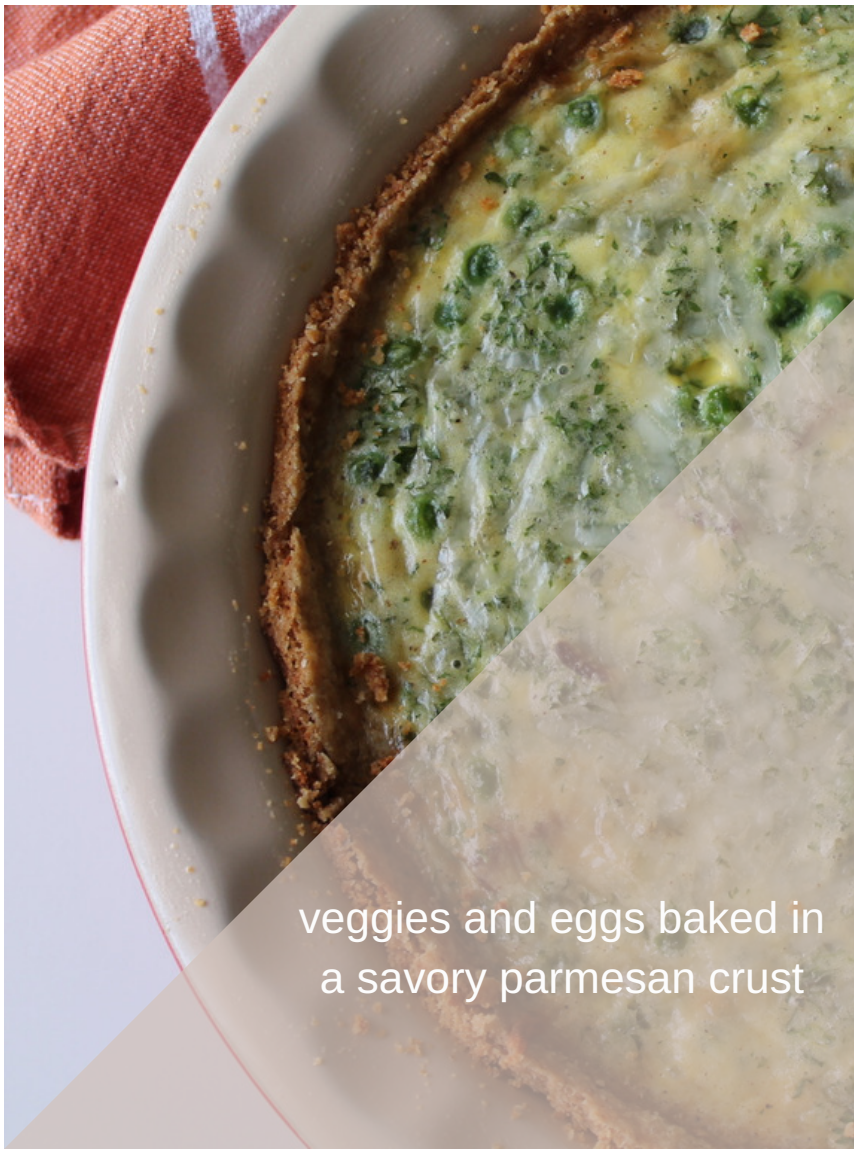
- DRIED OREGANO
- GARLIC POWDER
- PAPRIKA
- SALT
- GROUND BLACK PEPPER

DAIRY

- MOZZARELLA, SHREDDED
- PARMESAN CHEESE

pea and bacon tart

CRUST
½ cup ice water
¾ Cups whole wheat flour
¼ cup parmesan cheese, grated
¾ tsp salt
7 Tbsp unsalted butter (cut into 1-inch pieces)
FILLING
8 slices thick cut bacon, cut into ¼ inch slices
3 eggs
1 cup milk
1 teaspoons salt
¼ teaspoon ground black pepper
⅛ tsp nutmeg grated
3 ounces fresh or frozen peas (defrosted)
2 tbsp parmesan cheese, grated
¼ cup fresh chopped parsley
1 ounce shredded mozzarella cheese



CRUST
Pulse the flour, parmesan and salt together in a food processor
Add 1 cube of butter to the flour at a time and pulse in between additions until the butter is well incorporated and forms small clumps throughout the flour
Add 1 Tbsp of the ice water to the flour and pulse
Continue adding 1 Tbsp of water at a time (pulsing the flour in between additions) until the dough sticks together when you pinch it
You don't want the dough to be too moist - it should just hold together when squeezed between two fingers
Turn the dough out onto the counter and form dough into a 1-inch thick disc, wrap tightly with plastic wrap, and refrigerate for at least 30 minutes
Preheat oven to 375 degrees
Let the dough sit at room temperature for 20 minutes before rolling it out
Roll out to fit 8" pie dish, prick with a fork cover with parchment paper and bake with pie weights until the edges are golden brown, about 20 minutes

Lower oven to 350 degrees.
Cook the bacon over medium heat in a large nonstick skillet until golden brown, 8-10 minutes.
Transfer the cooked bacon to a paper towel-lined plate. Discard all but 2 Tablespoons of bacon fat.
In a large bowl, whisk together the eggs, milk, salt, pepper, nutmeg, parmesan cheese, and parsley until fully combined.
Spread the cooled bacon bits, peas, and cheese over the bottom of the cooled crust.
Gently pour the eggs into the pie dish over the bacon and bake until the quiche is set but the center still jiggles (it will set completely once it cools) about 30-35 minutes. If you have an instant-read thermometer you want the temperature to be between 170-180 degrees.

bacon and pea tart

GROCERY LIST

PRODUCE

- PEAS, 3 OUNCES (CAN ALSO USE FROZEN)
- FRESH PARSLEY

MEAT & FISH

- THICK CUT BACON, 1/2 POUND

SPICES

- SALT
- BLACK PEPPER
- NUTMEG

PANTRY ITEMS

- WHOLE WHEAT FLOUR

DAIRY

- EGGS
- WHOLE MILK
- PARMESAN CHEESE
- MOZZARELLA CHEESE
- UNSALTED BUTTER

steak fajita bowls w/ chipotle yogurt dressing

THIS RECIPE FROM JOE EATS IS THE PERFECT SUMMER MEAL.
TOP WITH THE SMOKY CHIPOTLE DRESSING FOR A FUN FAMILY FAVORITE!

1 C uncooked white or brown rice
1 ½ tsp kosher salt
½ tsp ground black pepper
1 tsp chili powder
1 tsp ground cumin
½ tsp ground coriander
¼ to ½ tsp cayenne pepper (optional)
1 lb stir fry steak cut into bite-sized pieces
2 T canola or vegetable oil, divided
1 each green, red, and yellow bell pepper, sliced
1 medium yellow onion, sliced
2 garlic cloves, chopped fine
Optional garnishes – chopped avocado, salsa, crushed tortilla chips, shredded red cabbage, jalapenos, shredded cheese

Cook the rice using whatever method you'd prefer. I make mine kind of like pasta – rinse the rice then throw into a big pot of boiling, salted water and cook until just tender (usually 10-12 minutes for white rice and 25-30 for brown). Then drain and return to the pot with the heat off. Cover the pot with a clean kitchen towel and then put the lid on and let it steam for ten minutes, or until you're ready to eat.

While the rice cooks, combine the salt, pepper, chili powder, cumin, coriander, and cayenne pepper if using.

Toss the steak with 2 teaspoons of the spice mixture. Reserve the rest.

In a large skillet, heat one tablespoon of oil over high heat until shimmering. Add steak and cook until browned on all sides, but still a little pink in the middle – about five minutes. Remove steak to a plate and set aside. You can also just take a whole steak, rub it with the spice mixture and cook it to medium rare, but I find this takes longer, and then you have to cut it up anyway.

Lower heat to medium-high and add remaining oil. Add bell peppers and onions and cook, stirring frequently until the peppers begin to soften slightly, and char around the edges – seven to ten minutes. Then add the garlic and remaining spice mixture and cook for two more minutes. Remove from heat and set aside.

To assemble, pile rice, steak, vegetables and any garnishes you'd like into a bowl as beautifully or haphazardly as you desire. Serve with Chipotle Yogurt Dressing (recipe below).

Recipe and photograph courtesy of www.joeats.net

chipotle yogurt dressing

RECIPE COURTESY OF JOE EATS

¼ C yogurt
¼ C mayo
1 T lime juice
2 tsp honey
½ tsp kosher salt
1 chipotle pepper plus 1 tsp of adobo sauce if you'd like it spicier

Place all ingredients in a food processor or blender and mix until thoroughly combined. Taste and adjust seasoning as necessary.

fajita steak bowls

GROCERY LIST

PRODUCE

- BELL PEPPERS, ASSORTED COLORS
- YELLOW ONION, 1 MEDIUM
- GARLIC
- OPTIONAL TOPPINGS: AVOCADO
- LIME, ENOUGH FOR 1 TABLESPOON JUICE PLUS EXTRA FOR SERVING

PANTRY ITEMS

- WHITE OR BROWN RICE, 1 POUND
- CANOLA OIL
- CHIPOTLE PEPPERS IN ADOBO SAUCE, 1 JAR
- HONEY

MEAT & FISH

- 1 LBS STEAK, RIBEYE, SKIRT, OR STRIP

SPICES

- SALT
- BLACK PEPPER
- CHILI POWDER
- GROUND CUMIN
- GROUND CORIANDER
- CAYENNE PEPPER

DAIRY

- YOGURT
- MAYONNAISE

easy | arrabiata

serves 4

4 slices thick cut bacon, cut into 1/4 inch pieces
1/2 medium yellow onion, diced
3 cloves garlic, minced
1/2 teaspoon red pepper flakes
1 28-ounce can San Marzano tomatoes
salt
1 pound short pasta, such as orecchiette
1/4 cup grated parmesan cheese
4 ounces frozen peas

my simple, weeknight version of a delicious spicy sauce we enjoyed in Rome

- cook bacon in a nonstick pan over medium heat until golden brown, about 6-8 minutes
- transfer the cooked bacon to a paper towel lined plate, leaving the bacon fat in the pan
- cook the onion in the bacon fat over medium heat until starting to brown, 8-10minutes
- add the garlic and pepper flakes, cook until fragrant about 3 minutes
- add the canned tomatoes and their juices, breaking the tomatoes down with a wooden spoon
- bring the sauce to a simmer, lower to medium low and allow the sauce to thicken, about 30 minutes
- while the sauce is simmering, bring a large pot of salted water to boil (add enough salt so that the water tastes like the sea)
- add the pasta and cook until al dente per package directions
- reserve 1 cup of the pasta water and drain the pasta
- add the hot pasta to the sauce along with enough reserved liquid to thin the sauce out a bit
- add the parmesan and peas to the sauce, toss to coat and taste to adjust seasoning - serve hot with fresh basil if desired

easy arrabiatta

GROCERY LIST

PRODUCE

- MEDIUM YELLOW ONION, 1
- GARLIC
- FRESH BASIL, OPTIONAL
- FROZEN PEAS

MEAT & FISH

- THICK CUT BACON, 1/2 POUND

SPICES

- SALT
- RED PEPPER FLAKES

PANTRY ITEMS

- 1 CAN SAN MARZANO TOMATOES, 28 OUNCE
- 1 POUND ORECCHIETTE PASTA

DAIRY

- GRATED PARMESAN CHEESE

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