

It feels like summer has finally arrived!
As we celebrate the Memorial Day holiday it is time to switch up your menu!
Enjoy some flavors of summer this week!

Cheesy Breakfast Sliders

Prep Time: 15min
Cook Time: 20 min
Total Time: 35 min

16 sweet rolls, like Kings Hawaiian Rolls®, regular slider rolls or dinner rolls
8 eggs
1/4 C. milk
9 slices American cheese
9 slices thinly sliced ham
2 C. shredded cheese
1 T. butter
1 T. honey
salt/pepper to taste

Preheat oven to 350°F.

Prepare Eggs: In a large bowl, whisk together eggs in milk. In a large non-stick skillet over medium heat, pour in egg mixture and scramble 5-7 minutes, stirring often until cooked through. Season with salt and pepper and set aside.

Start Layering: Slice rolls in half and lay them flat on a baking sheet lined with parchment paper. Start layering on your cheese slices—overlap cheese slices so they all fit. Next, top the cheese slices with scrambled eggs. Then, pile on your ham.

Top everything with the shredded cheese and place the tops back on the sliders.

Make Honey Butter: In a small microwave-safe bowl, add butter and honey. Microwave for 10-15 seconds until melted. Brush the butter mixture over the top of the rolls.

Bake: Bake the breakfast sliders for 15-20 minutes until the tops are golden brown and the cheese and nice and melty inside. Allow a few minutes for the sliders to cool, then dig in and enjoy right away!

Chocolate Chip, PB & Banana Sandwiches

1/4 C. creamy peanut butter
2 T. honey
1/4 tsp. ground cinnamon
2 T. miniature semisweet chocolate chips
4 slices whole wheat bread
1 med banana, thinly sliced

Mix peanut butter, honey, and cinnamon; stir in chocolate chips. Spread over bread. Layer 2 bread slices with banana slices; top with remaining bread. If desired, prior to spreading peanut butter mix onto bread, cut bread into shapes using cookie cutters.

Grilled Shrimp Cobb Salad

Level: Easy
Total: 30 min
Active: 25 min
Servings: 4-6

1-lb jumbo shrimp, peeled and deveined
4 T. butter, melted
2 cloves garlic, minced
1 C. mayonnaise
3/4 C. buttermilk
1 T. chopped fresh chives
1 tsp. garlic powder
2 T. chopped fresh parsley
2 dashes Jamaican hot pepper sauce, or regular steak sauce, substitute
salt and ground black pepper
2 heads romaine, leaves separated, washed and cropped in one-inch pieces
2 lg. hard-boiled eggs, crumbled
4 slices cooked bacon, crumbled

Add the shrimp to a large bowl. Toss with the butter and garlic until coated. Cover with plastic wrap and refrigerate for at least 10 minutes, and up to 30.

Preheat a grill or grill pan to medium-high heat.

Whisk together the mayonnaise, buttermilk, chives, garlic powder, parsley, and hot pepper sauce in another bowl. Season with salt and pepper. Set aside.

Remove the shrimp from the marinade and shake off any excess. Add to the hot grill and cook until the shrimp are firm and opaque, about 2 minutes per side. Set the shrimp aside.

Add the romaine to a large serving bowl. Arrange the eggs, bacon, and shrimp on top. Drizzle with the dressing. Toss and serve immediately.

Grilled Greek Yogurt-Marinated Chicken

Prep Time: 15 min
Cook Time: 35 min
Additional Time: 3 hrs
Total Time: 3 hrs, 50 min

1/2 C. plain low-fat Greek yogurt
4 cloves garlic, crushed
1/2 lemon, juiced
1 T. lemon zest
1 T. olive oil
1 T. paprika
1 tsp. Italian seasoning
1 tsp. salt
1 tsp. ground black pepper
1 (5 lb) whole chicken, cut into 8 pieces
1 pinch salt

Yogurt Sauce:

1/2 C. plain low-fat Greek yogurt
1 T. lemon juice
1 tsp. hot sauce

Whisk together yogurt, garlic, lemon juice and zest, olive oil, paprika, Italian seasoning, salt, and black pepper in a medium bowl. Pour into a large resealable plastic bag. Add chicken; stir to coat. Squeeze out excess air and seal the bag. Marinate in the refrigerator for at least 3 hours.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Make sauce: Stir together yogurt, lemon juice, and hot sauce in a small bowl until combined. Set aside.

Remove chicken to a plate or baking sheet lined with paper towels; discard marinade. Pat chicken dry with more paper towels. Season with a pinch of salt.

Grill chicken, skin-side down, on the preheated grill for 2 minutes. Turn over each piece and move to indirect heat. Continue grilling, turning often, with the lid down until well browned and meat is no longer pink in the center, 30 to 35 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 165°F.

Serve chicken with sauce on the side.

Perfect Grilled Asparagus

Prep Time: 5 min
Cook Time: 5 min
Servings: 4

1 lb. asparagus (thin stalks preferable)
1 T. olive oil
1/2 tsp. kosher salt
Fresh ground black pepper
1/2 lemon
1/4 C. shredded Parmesan cheese, optional

Preheat a grill to medium-high heat (375 to 450°F).

Cut off the tough ends of the asparagus.

In a bowl, mix the asparagus with the olive oil, kosher salt, and plenty of fresh ground black pepper.

Place the asparagus directly on the grill grates and grill for about 3 to 4 minutes until charred and tender, turning once.

Remove from the grill and spritz with lemon juice from wedges from 1/2 of the lemon. If desired, top with Parmesan cheese and serve.

Patriotic Pops

1-3/4 C. vanilla yogurt, divided
2 T. honey, divided
1-1/4 C. sliced fresh strawberries, divided
1-1/4 C. fresh or frozen blueberries, thawed, divided
12 freezer pop molds or 12 paper cups (3 oz. each) and wooden pop sticks

Place 2 T. yogurt, 1 T. honey and 1 C. strawberries in a blender; cover and process until blended. Remove to a small bowl. Chop remaining strawberries; stir into strawberry mixture.

In blender, process 2 T. yogurt, remaining honey and 1 C. blueberries until blended; remove to another bowl. Stir in remaining blueberries.

In each mold, layer 1 T. strawberry mixture, 2 T. yogurt and 1 T. blueberry mixture. Top with holders. (If using paper cups, top with foil and insert sticks through the foil.) Freeze until firm. Enjoy!

Cosmic Brownie Cookies Recipe

Prep: 15 min

*Cook: 10min
Total Time: 25min
Servings: 20 cookies*

For the cookies:

1 C. unsalted butter
3/4 C. granulated sugar
1/2 C. brown sugar
1/2 C. unsweetened cocoa powder
2 lg. eggs
1 tsp. pure vanilla extract
2 C. all-purpose flour
1/2 tsp. baking powder
1/2 tsp. kosher salt
1/2 C. semisweet chocolate chips

Chocolate Ganache:

1 C. chocolate chips
1/2 C. heavy cream
1/4 C. rainbow candy-coated chocolate chips or mini M&Ms®

For the Cookies: Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.

In the bowl of a stand mixer fitted with the paddle attachment, beat the melted butter, sugars, and cocoa powder until well-combined.

Add in the eggs and vanilla extract and beat until incorporated. Add 2 lg. eggs, 1 tsp. pure vanilla extract

In a separate bowl, whisk the flour, baking powder, and salt together.

Add the dry ingredients to the wet ingredients and beat until incorporated.

Fold in the chocolate chips with a rubber spatula.

Let the dough chill in the refrigerator for 15 minutes.

Use a cookie scoop to portion the dough. Roll the dough portions between your palms until rounded, then place them on the prepared baking sheet. Slightly press down on each cookie ball with the palm of your hand to flatten.

Bake for 9-11 minutes.

Let cool before coating with ganache.

For the chocolate ganache: Place the chocolate chips in a bowl.

Heat the heavy cream for 1-2 minutes in a microwave or on the stove.

Once heated, pour the cream over the chocolate chips.

Gently stir until the chocolate has melted and the mixture is smooth and creamy.

Spoon about 1 T. of frosting over each cooled cookie.

Sprinkle rainbow chips or mini M&Ms® over the frosting.

Let the frosting set before enjoying!

Quote of the Week:

“Salute the ones who died / The ones that give their lives, so we don’t have to sacrifice all the things we love.”

~ Zac Brown Band