

Summer “to do” lists seem to be longer than the summer! Plans to meal prep and use up all the leftovers seem to be left in the “good intentions” column.

One summer, trying a new recipe each week produced a few “keep in the rotation” recipes!

Hope this week, we can help you try a new recipe that may just be a new favorite for your family!

Pancake Casserole

Prep Time: 15 min.

Cook Time: 25 min.

Total Time: 40 min.

Servings: 8

2 C. baking mix (such as Bisquick®)
2 C. shredded Cheddar cheese, divided
1 C. milk
5 T. maple syrup
2 lg. eggs
1-1/2 T. white sugar
12 slices cooked bacon, crumbled

Preheat oven to 350°F. Grease a 9x13-inch baking pan.

Mix baking mix, 1 C. Cheddar cheese, milk, maple syrup, eggs, and sugar together in a bowl; pour into prepared pan.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, 20 to 25 min. Sprinkle bacon and remaining 1 C. Cheddar cheese over casserole; return to oven until cheese is melted, about 5 more min.

Instant Pot BBQ Chicken Grain Bowls

Prep Time: 45 min.

Cook Time: 35 min.

Total Time: 1 hr. 20 min.

Servings: 6-8

2 lb. skinless, boneless chicken thighs
2 garlic cloves, sliced
1 med. onion, sliced
1 tsp. kosher salt
Black pepper, to taste
1-1/4 C. barbecue sauce, plus more for topping
1 C. quinoa
1 avocado, sliced
1 lg. mango, cut into small cubes
1 jalapeño pepper, thinly sliced (remove seeds for less heat)
4 radishes, thinly sliced
Chopped fresh cilantro, for topping

Combine the chicken, garlic, onion, 1/2 tsp. salt, a few grinds of pepper and 1/4 C. water in a 6-quart Instant Pot. Pour in the barbecue sauce.

Put on and lock the lid, making sure the steam valve is in the sealing position. Set the pot to pressure-cook on high for 15 min. When the time is up, let the pressure release naturally for 10 min. Carefully turn the steam valve to the venting position and release the remaining pressure. Unlock and remove the lid, being careful of any remaining steam.

Transfer the chicken to a large bowl and shred with two forks. Set the Instant Pot to sauté on high and cook the sauce until thickened, about 10 minutes. Add the sauce to the chicken and toss.

Meanwhile, bring 2-1/4 C. water to a boil in a medium saucepan. Add the quinoa, the remaining 1/2 tsp. salt and a few grinds of pepper and return to a boil. Reduce the heat to low; simmer until the quinoa is tender and the water is absorbed, about 20 min.

Scoop 1/2 C. quinoa into each bowl. Top with the chicken, avocado, mango, jalapeño, radishes and cilantro. Drizzle with more barbecue sauce.

Zucchini Pizza Bites

Prep Time: 20 min.

Total Time: 25 min.

Servings: 4-6

1 med. zucchini (about 1/2 lb.)
1 T. olive oil
1/2 tsp. kosher salt
1/4 tsp. black pepper
1/3 C. marinara sauce or homemade pizza sauce

3/4 C. shredded mozzarella
2 T. grated parmesan cheese
1/4 C. sliced mini pepperoni
1 T. flat-leaf parsley, chopped

Place an oven rack on the upper third of the oven. Turn the oven to broil.

Slice the zucchini into 1/4-inch-thick rounds. Place the zucchini on a baking sheet. Brush both sides with the oil and sprinkle with the salt and pepper.

Broil until the zucchini is tender and lightly golden, 6 to 8 min., flipping once halfway through.

Top each zucchini round with some marinara sauce, mozzarella, parmesan, and a few mini pepperoni.

Broil until the cheese is golden and melty, 1 to 2 min. Sprinkle with parsley and serve.

Watermelon Cucumber Salad

Prep Time: 15 min.

Additional Time: 10 min.

Total Time: 25 min.

Servings: 10

1 sm. red onion, halved and sliced into thin half-moons
2 T. lime juice, or more to taste
2 T. extra-virgin olive oil
1 seedless watermelon, cut into cubes
3 baby cucumbers, seeded and cut into cubes
1 C. crumbled feta cheese
1/2 C. mint leaves, sliced thinly

Mix red onion with lime juice in a bowl; set aside to marinate at least 10 min. Stir olive oil into mixture.

Toss watermelon, baby cucumbers, and feta cheese together in a large bowl. Pour red onion mixture over watermelon mixture; toss to coat. Sprinkle mint over the salad; toss and serve.

Southwestern Salad

Prep Time: 20 min.

Total Time: 30 min.

Servings: 6-8

1 ripe avocado, pitted and peeled
1/4 C. red wine vinegar
2 T. fresh lime juice
2 T. chopped fresh cilantro
1/2 jalapeño, seeded and coarsely chopped
1 clove garlic, coarsely chopped
1/2 tsp. kosher salt
1/2 tsp. ground black pepper
1/2 C. olive oil

Dressing: To a blender or food processor, add the avocado, red wine vinegar, lime juice, cilantro, jalapeño, garlic, salt, and pepper. Blend or pulse until almost smooth; there should still be bits of cilantro. Add the oil and blend until incorporated.

Salad: To a large bowl, add the lettuce, black beans, tomatoes, bell pepper, corn, cheese, green onion, cilantro, avocado, and tortilla chips. Drizzle with the dressing and toss to combine. Serve immediately.

Note: Toss the cubed avocado with a tablespoon or two of lime juice before adding it to the salad to maintain its beautiful green color.

Lemon Lush

Prep Time: 15 min.

Cook Time: 25 min.

Additional Time: 15 min.

Total Time: 55 min.

Servings: 12

2 C. all-purpose flour
1 C. butter, softened
2 (8 oz.) packages cream cheese, softened
1 C. white sugar
3-1/2 C. milk
2 (3.4 oz.) pkgs instant lemon pudding mix

1 (12 oz.) container frozen whipped topping, thawed

Preheat the oven to 350°F.

Use a pastry cutter to combine flour and butter in a large bowl until mixture is crumbly. Press into the bottom of a 9x13-inch baking dish.

Bake in the preheated oven until lightly golden, about 25 min. Remove from the oven and allow to cool completely, about 15 min.

Beat together cream cheese and sugar in a medium bowl until smooth and well blended. Spread evenly over cooled crust.

Whisk milk and lemon pudding mix together in a second medium bowl for 3 to 5 min. Spread over cream cheese layer. Chill in the refrigerator until set, then top with whipped topping.

S'mores Bars

Prep Time: 10 min.

Total Time: 1 hr. 20 min.

Makes: 24

28 sheets graham crackers

1 C. salted butter, melted

1/4 C. packed light brown sugar

2 C. (12 oz.) milk chocolate, finely chopped or chips, plus more to sprinkle

1 (14-oz.) can sweetened condensed milk

1 (10-oz.) bag mini marshmallows

Preheat the oven to 325°F. Place one oven rack in the center of the oven and a second oven rack in the upper third of the oven. Line a 13-by-9-inch baking pan with foil and spray with nonstick cooking spray.

In a food processor, pulse the graham crackers until finely ground. Remove 1/4 C. of the crumbs for sprinkling on the marshmallows later. Add the butter and sugar, pulsing until well combined and the mixture holds together when pressed. Press into the bottom of the prepared pan, using the bottom of a measuring cup to pack it tightly. Bake on the center rack until golden brown, 10 to 12 min. Cool completely on a wire rack, about 30 min.

In a medium heatproof bowl set over a pan of simmering water, combine the chocolate and the sweetened condensed milk. Heat, stirring constantly, until melted. Immediately pour over the cooled crust, smoothing into an even layer. Immediately scatter the marshmallows on top of the chocolate layer.

Heat the oven to broil. Place the bars on the rack in the upper third of the oven and broil until the marshmallows are toasted, 1 to 2 min.

Remove from the oven and immediately top with the reserved graham cracker crumbs.

Place in the freezer for 20 min to set. Use the foil to remove the bars from the pan. Slice and serve.

Rocky Road Rice Krispies® Treats

Prep Time: 10 min.

Cook Time: 10 min.

Makes: 24

2 pkg. (10 oz. each) miniature marshmallows, divided

3 T. canola oil

5 C. Rice Krispies®

5 whole graham crackers, crumbled

1-1/4 C. salted roasted almonds, chopped and divided

2 pkgs. (11-1/2 oz. each) semisweet chocolate chunks, divided

In a microwave or a large saucepan over low heat, melt 1 package of marshmallows in oil; stir until smooth. Remove from heat; stir in cereal, graham crackers, 1 C. almonds and 1 C. chocolate chunks. Press mixture into a lightly greased 13x9-in. baking pan, using waxed paper or a lightly greased spatula. Cool to room temperature. Melt 1 pkg. chocolate chunks in microwave; spread over top. Sprinkle with remaining package of marshmallows and the remaining almonds and chocolate chunks. If desired, toast marshmallows using a kitchen torch. Cut into bars.

Quote of the Week:

“Parents hold our hands for a while, but they hold our hearts forever.”

~ Unknown

(National Parents Day,

July 27)