

# Six Easy Summer Recipes

by Bob Midland

*It's summer: so let's keep it simple.*

*InSight asked local personal chefs to give us recipes for easy one-dish family dinners. The type of dish you can take to a potluck.*

*We received a number of delicious suggestions. But bearing in mind our mantra—"keep it simple"—here are the recipes we selected:*

## Roasted Chicken and Pesto Pasta Salad

(Serves Four)

1 roasted chicken  
(from the supermarket)  
1 lb. Gemelli pasta  
1 cup cherry tomatoes  
1 handful fresh basil leaves  
1/4 cup toasted pine nuts  
1/4 cup prepared pesto  
1/8 cup olive oil  
salt and pepper

Prepare pasta according to box instructions. Toss with olive oil to prevent sticking. Chill. Remove skin from chicken and pull meat into bite-size pieces with two forks. Toast pine nuts in toaster oven until lightly golden. Halve cherry tomatoes. Gently toss all ingredients, including pesto. Add a drizzle of olive oil if it seems dry. Season with salt and pepper to taste. Thinly slice basil leaves and sprinkle over top.

## Curry and Lime Crusted Grilled Shrimp Skewers

(Serves Four)

1 and 3/4 lbs. peeled and de-veined extra-large shrimp  
bamboo skewers  
2 tablespoons curry powder  
1/4 cup rum  
1 teaspoon sugar  
salt and pepper  
olive oil  
1/3 cup chopped cilantro leaves  
1 lime quartered

Soak skewers in water for 1 hour. Meanwhile, sprinkle shrimp with rum and let sit for 1 hour. Dry shrimp with paper towels and toss with curry powder, sugar and salt and pepper. Skewer 3 to 4 shrimp on each skewer and drizzle with olive oil. Preheat grill to high and grill shrimp for 3 to 4 minutes each side. Arrange on platter and squeeze half of the lime over and scatter cilantro on top. Garnish with remaining lime pieces.



Roasted Chicken and Pesto Pasta Salad



Curry and Lime Crusted Grilled Shrimp Skewers

*Recipes this page by Chef Kerry Nieh*

*The Serving Spoon*

301-706-8863

[www.theservingspoon.com](http://www.theservingspoon.com)

## Black Bean Lasagna Roll Ups With Easy Homemade Salsa

(Serves Four to Six)

This is a great meal to make with children, because there is limited chopping to do, and putting all the ingredients on the lasagna noodles and rolling them up is fun! The meal can be made healthier by substituting low-fat cheeses.

8 lasagna noodles

1 cup shredded Monterey Jack cheese

1 (15 ounce) container ricotta cheese

1 (4.5 ounce) can chopped green chilies, drained (or for a more spicy dish, 1 medium jalapeno pepper, seeded and chopped)

1/2 teaspoon chili powder

1/8 teaspoon salt

2 cups drained, canned black beans  
cilantro for garnish, if desired

1. Cook lasagna noodles according to package directions, drain well.
2. Combine cheeses and next 3 ingredients, stirring well. Spread cheese mixture over one side of each noodle. Spoon black beans evenly over cheese mixture. Roll

up the lasagna noodles, beginning at one of the narrow ends.

3. Place lasagna rolls, seam sides down, in an 11 x 7 inch baking dish coated with cooking spray. Cover with aluminum foil and bake at 350 degrees for 25 minutes or until thoroughly heated.
4. To serve, spoon salsa (see recipe below) over rolls, and garnish with cilantro sprigs, if desired.

### For Salsa:

2 cans stewed tomatoes, 14.5 ounces

1/2 onion, diced

1 teaspoon garlic, minced

juice of 1/2 lime

1 teaspoon salt

1/4 cup green chile

3 tablespoons cilantro, chopped

Place all the ingredients into a food processor. Process on low setting to a desired consistency.

*Recipe by Chef Doug Evans*

*Exclusively Yours Personal Chef, LLC*

<http://exclusively-yourspc.com>

301-881-3484

## Fruit Salad With Honey-Vanilla Crème

(Serves Four)

This is a wonderfully light dessert on a hot summer day! Use the freshest seasonal fruit you can find at your farmer's market, in any combination you prefer.

1/2 medium ripe cantaloupe  
(skin and seeds removed, made into melon balls, or chopped)

1/2 medium ripe watermelon  
(skin and seeds removed, made into melon balls, or chopped)

1 cup ripe seedless grapes  
(green, red, or black)

1 cup ripe blueberries

1 cup ripe strawberries (hulls removed, cut into quarters)

1 sprig fresh mint (leaves finely chopped)

1 sprig fresh mint (left whole for garnish)

1 cup crème fraiche (or whole milk plain yogurt, if you cannot find crème fraiche)

1 teaspoon real vanilla extract

2 tablespoons honey (or to taste)

In a large bowl, combine the fruit and the chopped mint. In a medium bowl, combine the crème fraiche or yogurt, vanilla and honey. Stir to combine. Garnish the fruit with the mint sprig. Serve the Honey-Vanilla Crème on the side.

Note: If you prefer, you can substitute low-fat vanilla yogurt for the crème fraiche or whole milk yogurt. If you do, omit the vanilla and add less honey.

*Recipe by Chef Laurie Benner*

*A Fabulous Feast – Your Personal Chef Service*

[www.FabFeast.com](http://www.FabFeast.com)

301-219-2898



**Black Bean Lasagna Roll Ups With Easy Homemade Salsa**

PHOTO BY LAUREN HENKIN

PHOTOS BY LAUREN HENKIN



Tangy Chicken Breasts Baked With Black Bean Salsa

## Tuna Ceviche from the Islands

(Serves Four)

- 12 to 14 ounces of fresh Ahi tuna
- 1 cucumber
- 4 scallions
- 2 tomatoes (flesh and seeds removed)
- 1 green pepper
- 1 red pepper
- 1 green mango (Asian store) or regular mango
- juice from 2 or 3 limes
- 1 tablespoon of extra virgin olive oil
- salt and pepper

### Method:

1. Dice the tuna into 3/4-inch cubes and put in a salad bowl.
2. Squeeze the lime and pour over the tuna. Add olive oil, toss and keep refrigerated for an hour.
3. Dice all the vegetables into 1/3-inch sizes and add to tuna 10 minutes before serving.

4. Season to taste, gently toss and serve.

### Tips:

Do not add the lime juice more than one hour before serving or the juice will “cook” the tuna.

If you are bringing this dish to a party:

Dice all ingredients.

Mix tuna, lime juice and olive oil before you leave (within one hour time frame).

Add the vegetables when you arrive at the party and season to taste.

Make sure to transport the food in a cooler to keep the food fresh and cool!

*Recipe by Chef Bernard Henry*  
 Chef Bernard  
[www.chef-bernard.com](http://www.chef-bernard.com)  
 301-830-1608

## Tangy Chicken Breasts Baked With Black Bean Salsa

(Serves Four)

- 2 tablespoons of fresh lime juice (or lemon)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 4 chicken breast halves (boneless and skinless)
- 15 ounces of black beans (canned; rinsed and drained)
- 2 onions (cut into eighths)
- 3 yellow squash (cut into 1” chunks)
- 3 zucchini (cut into 1” chunks)
- 4 garlic cloves (peeled and sliced)
- 1 pound fresh tomatoes (cut into wedges, then coarsely chopped)
- 3 tablespoons fresh cilantro leaves
- salt and pepper

**For the chicken:** In a bowl, combine lime juice (or lemon, if preferred), cumin, coriander, salt and pepper. Rub each breast with marinade and set aside for 1 to 2 hours.

**For the salsa:** Preheat oven to 400 degrees Fahrenheit. In a large bowl, toss together black beans, onions, squash, zucchini, garlic, tomatoes and cilantro. Season to preferred taste with salt and pepper. Put the bean mixture into a 13 x 9” baking pan and arrange the chicken breasts on top. Pour any extra marinade over the chicken breasts and bake the chicken uncovered for 30 minutes, then cover and bake for 30 more minutes. Serve with rice if desired.

*Recipe by Chef Lynn McKee*  
 Lynn's Meals In Minutes  
[www.lynnsmearsinminutes.com](http://www.lynnsmearsinminutes.com)  
 240-476-1669