

SIMPLY
MING

MAKES 4 SERVINGS

Shrimp-Cucumber
Summer Rolls

INGREDIENTS

- 4 rice paper wrappers
- ¼ pound rice noodles, soaked in hot water and drained
- 8 poached large shrimp, de-shelled and butterflied
- 1 English cucumber, cut into ¼ inch thick strips
- ¼ cup Thai basil leaves

DIPPING SAUCE

- ¼ cup fish sauce
- Juice of 4 limes
- 2 teaspoons sugar
- 2 fresh Thai bird chiles, minced
- 2 tablespoons shredded carrots

- 1 Fill a rectangular baking dish halfway with warm water.
- 2 Add wrappers and soak until just softened, about 2 to 3 minutes.
- 3 Remove from water and place on a lint-free kitchen towel to drain and dry.
- 4 Place a sheet of rice paper on flat surface and, in lower third of roll, place noodles, leaving about a 1-inch border.
- 5 Top with shrimp (2 per roll), cucumbers, and basil.
- 6 Roll tightly starting at bottom, fold in sides and continue to roll; place seam-side down.
- 7 Slice each roll on a diagonal and serve with dipping sauce.

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MEMO

SIMPLY
MING

MAKES 4 SERVINGS ☺ ☺ ☺ ☺

INGREDIENTS

- 2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 tablespoon naturally brewed soy sauce
- 1 pound snap peas, blanched in salted water, refreshed in ice water and drained
- 2 cups Spicy Mango Salsa*
½ cup reserved for garnish
- 4 cups cooked white rice

*see next recipe

Mango and Chicken
Stir Fry with Snap Peas

- 1 In a large bowl, mix chicken with sesame oil, cornstarch and naturally brewed soy sauce and let stand for 10 minutes.
- 2 Heat a wok or heavy saute pan over high heat. Add oil, add chicken and stir-fry until just cooked through, about 6-8 minutes.
- 3 Add snap peas and Spicy Mango Salsa. Season with salt and pepper and check for flavor.
- 4 Serve with white rice.

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MAKES ABOUT 6 CUPS



LASTS 1 TO 1 1/2 WEEKS

Spicy Mango Salsa

INGREDIENTS

- 5 large, ripe mangoes, peeled, cut into ¼ inch dice
- 2 medium onions, cut into ¼ inch dice
- 2 red jalapeños, stemmed and minced
- 1 tablespoon minced ginger
- 2 tablespoons sambal chile paste
- ⅓ cup fresh lime juice (about 6-8 limes)
- kosher salt and freshly ground black pepper to taste

- 1 In a large, non-reactive bowl, combine mangos, onions, jalapeños, ginger, sambal, and lime juice and gently mix together.
- 2 Season with salt and pepper and check for flavor.
- 3 Use or refrigerate.

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MEMO

REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES 4 SERVINGS



Tuna and White Bean Salad

INGREDIENTS

- 2 6-ounce cans tuna, drained
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 12-ounce jar roasted red peppers, drained and roughly chopped
- 2 tablespoons capers
- zest of 1 lemon, grated
- tomato, roughly chopped (optional)
- tablespoons fresh lemon juice
- tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- toasted bread, such as pita, for serving

In a large bowl, combine the tuna, beans, red peppers, capers, lemon zest, and tomato (if using). In a separate bowl, whisk together the lemon juice, oil, salt, and black pepper. Pour the vinaigrette over the tuna mixture and toss. Serve with the bread.

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REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 4-6 SERVINGS



Sweet Pea and Tuna Salad

INGREDIENTS

- 4 cups short pasta, such as shells or orecchiette
- 1½ cups frozen peas, thawed
- 1 stalk celery, chopped
- ½ red onion, chopped
- ⅓ cup roughly chopped fresh flat-leaf parsley
- 2 6-ounce cans tuna, drained
- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 teaspoon kosher salt
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper

Cook the pasta according to the package directions. Drain and rinse under cold running water. In a large bowl, combine the pasta, peas, celery, onion, parsley, and tuna. In a small bowl, whisk together the oil, vinegar, salt, mustard, and pepper. Pour over the salad and gently toss. Serve at room temperature or chilled.

Nutrition Per Serving

Calories 497 (29% from Fat) • Fat 16g (Sat 2g) • Protein 27mg; Cholesterol 19mg
Calcium 44mg • Sodium 510mg • Fiber 5g; Carbohydrate 59g • Iron 5mg

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REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES

MAKES 8 SERVINGS



Jalapeño Shrimp

INGREDIENTS

- 1½ pounds large peeled shrimp
- 1 7-ounce jar pickled whole jalapeños and ¼ cup of pickling liquid
- ¼ cup fresh lime juice
- ¼ cup minced fresh cilantro
- ¼ teaspoon salt

Place the shrimp in enough lightly salted water to cover. Bring to a boil. Cover and immediately remove from heat. Set aside 1 minute. Drain and rinse the shrimp under cold water to stop the cooking. Cut the jalapeños in half lengthwise. Place in a large bowl with the shrimp. Toss with the pickling liquid, lime juice, cilantro, and salt. Cover and refrigerate up to 1 day ahead.

Nutrition Per Serving

Calories 100 (0% from Fat) • Fat 1g (Sat 0g) • Protein 17mg Cholesterol 129mg
Calcium 94mg • Sodium • 519mg • Fiber 1g Carbohydrate 4g • Iron 2mg

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REAL SIMPLE

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

MAKES 4 SERVINGS



Sweet Pea and Mint Soup

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 cup chopped yellow onion
- 2 cups vegetable or low-sodium chicken broth
- 4 cups frozen peas
- $\frac{3}{4}$ cup loosely packed mint leaves
- 1 teaspoon kosher salt
- 1 teaspoon sugar

Melt the butter in a saucepan over medium heat. Add the onion and sauté for 3 to 4 minutes or until tender. Add the broth and bring to a boil. Place the peas, mint, salt, and sugar in a blender. (Because hot liquids expand when blended, hold the lid firmly in place with a kitchen towel before blending.) Blend until smooth. Pour the hot broth mixture over them. Return to saucepan to heat through. Serve warm.

Nutrition Per Serving

Calories 194 (29% from Fat) • Fat 6g (Sat 4g) • Protein 9mg • Cholesterol 15mg
Calcium 61mg • Sodium 638mg • Fiber 7g • Carbohydrate 26g • Iron 3mg

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REAL SIMPLE

HANDS-ON TIME: 35 MINUTES

TOTAL TIME: 45 MINUTES

MAKES 4 SERVINGS



Mushroom Barley Soup

INGREDIENTS

- 1 cup barley
- 1 ½ tablespoons olive oil
- 2 medium yellow onions, diced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 large carrot, diced
- 2 celery stalks, diced
- 20 ounces button mushrooms, sliced
- 5 cups low-sodium chicken broth
- 2 bay leaves
- 8 sprigs fresh thyme
- sourdough or other country bread, toasted (optional)

In a medium pan, bring the barley and 4 cups of water to a boil. Cover, reduce heat to medium-low, and simmer until tender, 30 to 40 minutes. Meanwhile, heat the oil in a large pot over medium-low heat. Add the onions, salt, and pepper. Cover and cook until the onions have softened, 5 to 7 minutes. Add the carrot and celery and cook, covered, for 6 minutes more. Add the mushrooms, increase heat to medium-high, and cook, covered, until they release their juices, about 4 minutes. Add the broth, bay leaves, and thyme and simmer, uncovered, for 10 minutes. Stir in the cooked barley and cook for 5 minutes more. Remove and discard the bay leaves. If desired, season with additional salt and pepper and serve with the sourdough toast.

Nutrition Per Serving

Calories 320.39 (24% from Fat) • Fat 8.53g (Sat 1.53g) • Protein 16.97mg • Cholesterol 0mg
Calcium 58.1mg • Sodium 271.47mg • Fiber 11.26g • Carbohydrate 49.96g • Iron 3.29mg

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Soy and Ginger Salmon

INGREDIENTS

- ½ cup low-sodium soy sauce
- 2 tablespoons honey
- 1 clove garlic, finely chopped
- 1 teaspoon grated fresh ginger
- ¼ teaspoon red pepper flakes (optional)
- 4 6-ounce salmon fillets

In a glass baking dish or large resealable plastic bag, combine the soy sauce, honey, garlic, ginger, and pepper flakes (if using). Add the salmon, skin-side up. Cover and refrigerate for 30 minutes. Heat broiler on high. Transfer the salmon to a foil-lined broiler pan, skin-side down. Broil until the salmon is the same color throughout and flakes easily, 7 to 10 minutes. If desired, pour the marinade into a small saucepan and boil for 1 minute. Spoon the sauce over the salmon.

Tip: Consider this recipe a basic outline for teriyaki sauce that you can tweak according to your family's preferences. Try using chicken in place of the salmon, swapping pineapple juice for the honey, or skipping the red pepper flakes if your kids have an aversion to all things spicy.

Nutrition Per Serving

Calories 292(34% from Fat) • Fat 11g (Sat 2g) • Sugar 9g • Protein 36g • Cholesterol 94mg
Sodium 1135mg • Fiber 1g • Carbohydrate 12g

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REAL SIMPLE

HANDS-ON TIME: 15 MINUTES
TOTAL TIME: 1 HOUR, 5 MINUTES
MAKES 4 SERVINGS

Balsamic Poached Chicken

INGREDIENTS

- 1 pound new potatoes, halved or quartered
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 pound asparagus, trimmed
- 1 14.5-ounce can low-sodium chicken broth
- 1 cup balsamic vinegar
- 1½ pounds boneless, skinless chicken breasts

Heat oven to 400° F. Place the potatoes in a roasting pan.

Drizzle with the oil. Season with ¾ teaspoon of the salt and the pepper, and toss. Roast for 30 minutes, shaking the pan once.

Add the asparagus to the pan with the potatoes, season with the remaining salt, and toss. Roast until the asparagus is tender, 12 to 15 minutes. Meanwhile, in a saucepan, bring the broth and vinegar to a boil. Add the chicken and, if necessary, enough water (up to ½ cup) to cover it. Simmer for 1 minute.

Cover, remove from heat, and set aside until cooked through, about 15 minutes. Transfer the chicken to a cutting board.

Return the liquid to medium-high heat and simmer until reduced to about ⅓ cup, about 10 minutes. Thickly slice the chicken.

Divide the ingredients among individual plates. Drizzle with the balsamic mixture

Nutrition Per Serving

Calories 440 (28% from Fat) • Fat 13g (Sat 2g) • Sugar 11g; Protein 47g • Cholesterol 100mg
Sodium 600mg • Fiber 4g • Carbohydrate 32g

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REAL SIMPLE

HANDS-ON TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 4 SERVINGS



Pasta with Peas and Lemon

INGREDIENTS

- 1 pound dry spaghetti or fettuccine
- 3 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- 2 jalapeños, seeded and thinly sliced (optional)
- zest of 1 lemon, grated
- ⅓ cup fresh lemon juice
- 1 ½ cups frozen peas, thawed
- 1 teaspoon kosher salt
- ⅛ teaspoon black pepper
- ⅓ cup (2 ounces) grated Parmesan cheese (optional)

Cook the pasta according to the package directions. Meanwhile, heat 2 tablespoons of the oil in a large skillet over medium-low heat. Add the garlic, jalapeños (if using), and lemon zest and cook until the garlic is golden but not browned, 4 to 5 minutes. Drain the pasta and add it to the skillet with the lemon juice, peas, salt, pepper, and the remaining oil. Heat until warmed through, 3 to 4 minutes. Transfer the pasta to individual plates and sprinkle with the Parmesan cheese (if using).

Nutrition Per Serving

Calories 610 (19% from Fat) • Fat 13g (Sat 2g) • Sugar 10g • Protein 21g • Cholesterol 0mg
Sodium 724mg • Fiber 8g • Carbohydrate 103g

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REAL SIMPLE

HANDS-ON TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 6 SERVINGS



Tuna in a Tomato

INGREDIENTS

- 6 large tomatoes
- 3 6-ounce cans tuna, drained
- 3 tablespoons capers, roughly chopped
- 1 cup fresh flat-leaf parsley leaves, roughly chopped
- zest of 1 lemon
- ¼ cup fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon black pepper

With a paring knife, cut out and discard the stem of each tomato. Using a spoon, hollow out the tomatoes, leaving each with a ¼-inch shell, and transfer the pulp to a medium bowl. Add the remaining ingredients to the tomato pulp and toss gently. Spoon the mixture back into the tomatoes and serve.

Nutrition Per Serving

Calories 149 (36% from Fat) • Fat 6g (Sat 2g) • Sugar 5g • Protein 23g • Cholesterol 45mg • Sodium 637mg
Fiber 3g • Carbohydrate 9g

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REAL SIMPLE

HANDS-ON TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 4 SERVINGS



Broccoli Rabe with Olives and Lemon

INGREDIENTS

- 1 pound broccoli rabe, trimmed
- 1 lemon, halved
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 garlic cloves, thinly sliced
- ½ cup green olives, pitted and roughly chopped
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper

Bring a large pot of salted water to a boil. Add the broccoli rabe and cook until crisp-tender, about 3 minutes. Drain. Meanwhile, broil both lemon halves until lightly charred, about 5 minutes. Remove and cool. Heat the oil and butter in a large skillet over medium heat. Add the garlic and cook about 2 minutes. Squeeze 1 lemon half into the skillet. Add the broccoli rabe, olives, salt, and pepper and heat through, about 2 minutes. Serve, using the other lemon half, cut into wedges, for garnish.

Nutrition Per Serving

Calories 106 (1% from Fat) • Fat 8g (Sat 2g) • Protein 4mg • Cholesterol 8mg • Calcium 63mg
Sodium 325mg • Fiber 0g • Carbohydrate 7g • Iron 1mg

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MAKES 1 ½

REAL SIMPLE

Black Bean and Corn Salsa

INGREDIENTS

- 1 cup fresh or jarred salsa
- ¼ cup canned black beans, drained
- ¼ cup corn (fresh and cooked, or frozen and defrosted)
- tortilla chips (for serving)

Combine the salsa, black beans, and corn. Serve with tortilla chips.

Nutrition Per Serving

Calories 216 (13% from Fat) • Fat 3g (Sat 0g) • Sugar 0g • Protein 8g • Cholesterol 0mg
Sodium 321mg • Fiber 5g • Carbohydrate 41g

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MAKES 4 SERVINGS © ⓘ ⓘ ⓘ ⓘ

REAL SIMPLE

Honey-Broiled Nectarines

INGREDIENTS

- 4 large nectarines, halved and pitted
- $\frac{1}{3}$ cup honey
- 2 tablespoons lemon juice

Preheat broiler. Place the nectarines, cut-side up, in a baking pan in 1 layer. Mix the honey and lemon juice and brush over the nectarines. Broil for 6 to 8 minutes. Serve warm or at room temperature.

Nutrition Per Serving

Calories 216 (13% from Fat) • Fat 3g (Sat 0g) • Sugar 0g • Protein 8g • Cholesterol 0mg
Sodium 321mg • Fiber 5g • Carbohydrate 41g

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MEMO



POSTCARDS FROM Buster

INGREDIENTS

- 3 cups canned chickpeas (1 28 oz. can), drained and rinsed
- 2 large cloves of garlic, peeled and crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons ground cumin
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- ½ cup water
- pinch of chili pepper (optional)
- 1 teaspoon paprika

UTENSILS

- Blender
- Spatula
- Shallow bowl



Hummus

- 1 Check with a grown-up and wash your hands before you begin.
- 2 Put all the ingredients in a blender (except the water and paprika.)
- 3 Use the puree setting on the blender to mix everything until it is smooth and creamy. If it's too thick, turn off the blender, and drizzle in a little water (up to ½ cup) and puree again until it's the right texture for dipping.
- 4 Turn off the blender and wait until it has completely stopped. Use a spatula to scrape all the hummus into a shallow bowl.
- 5 Drizzle a little bit of olive oil over the top, and sprinkle it with paprika.
- 6 Clean up the kitchen before you dig into your yummy hummus dip—or as I call it, yummus!

Note: Be careful of food allergies.
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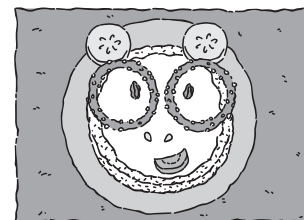
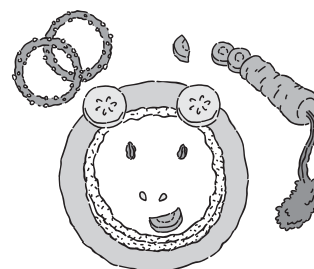
MEMO

**INGREDIENTS**

- English muffin, rice cake, or mini pita bread
- hummus
- cream cheese or cheese
- raisins or sunflower seeds
- cucumber or banana slices or dried apricots
- carrot
- sweet red pepper
- pretzels

Arthur's Open-Face Sandwiches

- 1 Check with a grown-up before you start.
- 2 Spread an English muffin, rice cake, or mini pita bread with hummus, cream cheese, or cheese.
- 3 Make Arthur's face.
 - Use raisins or sunflower seeds for his eyes and nose.
 - Use cucumber or banana slices or dried apricots for his ears.
 - Use bits of carrot or sweet red pepper for his mouth.
- 4 Use round pretzels for Arthur's eyeglasses.



Note: Be careful of food allergies.
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**INGREDIENTS**

- 1 can of pear halves
- cottage cheese
- raisins
- lettuce leaf
- whole almonds
- baby carrots

Bunny Salad

- 1 Check with a grown-up before you start.
- 2 Put a piece of lettuce on a plate.
- 3 Put half a pear on top of the lettuce. You can use pears from a can or fresh pears.
- 4 Add two raisins for the eyes and one for the nose.
- 5 Next put two almonds on for ears.
- 6 Put a spoonful of cottage cheese behind the pear for the tail.
- 7 Put a baby carrot by the bunny's mouth.
- 8 And there's your bunny salad! Enjoy!



Note: This recipe contains nuts.
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**INGREDIENTS**

- bananas
- popsicle sticks
- honey
(spread out on a plate)
- granola
(spread out on a plate)
- a plate covered in wax paper for honey
- a plate covered in wax paper for granola
- a plate covered in wax paper to freeze the bananas on
- knife

Frozen Banana Treats

- 1 Check with a grown-up before you start.
- 2 Peel the bananas and cut them in half the short way.
- 3 Put a popsicle stick into the bottom of each banana.
- 4 Roll it in honey and then roll it in granola. The honey will let the granola stick to the banana.
- 5 You may also want to sprinkle some more granola on the banana after you roll it.
- 6 Put the bananas in the freezer for a few hours, then enjoy!
Bon Appetit!

Note: Be careful of food allergies.
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**INGREDIENTS**

- 2 cups chunked, canned pineapple
- 1 cup frozen raspberries
- 3 cups vanilla yogurt
- 1 medium banana, peeled and sliced
- ¼ cup chopped dates
- ⅓ cup sliced toasted almonds
- sundae glasses or tall glasses
- a spoon

Yogurt Parfait

- 1 Check with a grown-up before you start.
- 2 Place the glass on the table and add the pineapple, raspberries, dates, bananas, and yogurt in layers.
- 3 Now sprinkle almonds over the top.
- 4 You don't have to use exactly what we used. Experiment and make up your own parfait! Have fun.

Note: This recipe contains nuts.
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**INGREDIENTS**

- 1 slice of watermelon
- 3 strawberries sliced in half
- 1 small piece of banana sliced in half lengthwise
- 2 half-circle slices of an orange
- 1 raisin
- knife
- plate

Dino Dessert

- 1 Check with a grown-up before you start.
- 2 First carefully cut a watermelon slice in half and put it on a plate. This is the body of your dinosaur. The watermelon rind is his back.
- 3 Put the strawberry halves on top for his plates.
- 4 Then use half of an orange slice for the head and a raisin for the eye.
- 5 Take the other half of the orange slice and separate the segments, but don't cut through the peel. This is your dino's tail.
- 6 For its legs, take a small piece of banana and slice it in half lengthwise. Put the banana legs below the watermelon.
- 7 And there you have it, a "dino-mite" Dinosaur Dessert!



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