

Brackish Newsletter

June 22, 2018

Recipe Ideas

Mediterranean Turkey Burgers



I made **these** turkey/pork meatballs with zoodles a while back, and they were very tasty. It's an easy dinner that yields a LOT of meat, so I decided to patty 4 burgers and freeze them for a later date.

Last night was that later date, and let me tell you—they did not disappoint! These were my favorite turkey burgers I've had, and they froze extremely well. I used feta cheese in these, along with fresh oregano instead of cilantro/parsley. The recipe is very versatile, so feel free to alter as you see fit.

We ate these with melted gouda cheese, homemade slaw (below), mustard, fresh tomatoes, and pepperoncini's, with sautéed kale and squash on the side. It was a great, easy summer dinner and you can make enough to freeze for later, which makes it even better.

Homemade Slaw

This recipe is nothing fancy, but it pairs great with the burgers (above), and fish tacos. You can chop your own cabbage or buy a bag of the chopped cabbage + carrots from Harris Teeter, which has nothing else included and is very fresh. Mix 1/3 cup Duke's mayo with apple cider vinegar and several shakes of hot sauce until you have a nice "dressing" consistently. Add salt and pepper to taste and mix well over cabbage and carrots.



Tomato Pie

Few things say "summertime" like a **tomato pie** for supper. Or lunch. Or dinner... whatever you choose to call it. They are deceptively easy and are just as good at room temperature (better, even), which makes them great make-ahead dishes for guests. And with fresh tomatoes coming off the vine right now, what better way to enjoy them than in a beautiful, delicious pie?



My favorite variety of tomato is called a purple Cherokee, but any good slicing tomatoes will work. I love mixing a matching colors (like the photo above), and using fresh basil and herbs from your garden make them all the better. I usually make my own pie crusts two at a time (and freeze the one I don't need), but you can sub a storebought crust in a pinch and no one will be the wiser.

Chickpea Salad

This is a great side dish that is healthy and filling thanks to the chickpeas. It comes together in a snap and keeps great in the fridge to put on salads and to eat as a side to meats throughout the week.



Richard's Tip of the Week

Try grilling tuna with Carolina Treet. It's amazing.

BLT Salad with Roasted Potatoes



This is one of the best salads I've made in a while. I love a plain BLT, but this was a great summer dinner and it was surprisingly filling thanks to the chicken and avocado. It's a high-protein meal that tastes great because...everything tastes great with bacon. Seriously though, I will make this again and again because it was so delicious!

I used all spinach for my greens instead of lettuce, but otherwise followed the recipe pretty closely. This would be awesome served as a main dish in a large bowl, or as a hearty side for a crowd. Either way, your guests will be thrilled and it makes great lunches to have later in the week!

I served it with roasted potatoes on the side, and I was very pleased with how it turned out.

Steak Salad w/ Salsa and Blueberries

Keeping the salad theme going, this is a very simple no-recipe-needed way to use up leftover steak in a healthy lunch. Serve sliced steak over spinach, and top with mango salsa and fresh blueberries. Toss with vinaigrette if you like and enjoy!



Did you know?

Yesterday (June 21) was summer solstice, which is the longest day of the year! What better way to celebrate these long days than grilling outside? We grilled the turkey burgers featured on the first page for dinner last night, and it felt like summer was here to stay.

Things I've Made Lately

Cuban Black Beans – We made fish tacos last week, and served these beans on the side with coconut pineapple rice. They are dead simple but elevate any meal to something amazing!

Shrimp Scampi – I always forget about shrimp scampi until I make it, and then I kick myself for waiting so long. This is a great, super easy supper that takes advantage of all the fresh shrimp!



Cajun Shrimp and Rice – speaking of shrimp, this is another easy, weeknight recipe uses simple ingredients and tastes great. This recipe is flexible so feel free to add/subtract

anything you like!

Waffle Ice Cream

Sandwiches – if you have kids in your life, or if you're a *slightly* older kid yourself, these are so much fun to make and eat. Who doesn't like ice cream? And waffles? Together? Make waffles for breakfast and then assemble these for an amazing dessert later in the day. This is what summertime is for!



Have you tried a recipe featured in Brackish? How did it turn out? Send me an email to let me know what works and what doesn't!

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