

Grilled Lamb Chops



Marinated in a lamb-friendly blend with rosemary, garlic, and herby flavors with a little kick in between bites. Easy, fancy, and a must-have for your spring and summer grilling repertoire.

Course	Main
Cuisine	American, Mediterranean
Diet	Gluten Free, Kosher
Prep Time	5 minutes
Cook Time	10 minutes
Marinate Time	1 hour
Total Time	1 hour 15 minutes
Servings	6
Calories	354kcal
Author	Imma

Ingredients

Grilled Lamb Chops

- 6 lamb chops, about ¾-inch thick
- salt and pepper to taste (¼-½ teaspoon per pound)
- 1 tablespoon (2g) fresh rosemary
- 2 large cloves garlic, crushed
- 1 teaspoon (4g) [Creole seasoning](#) (or paprika)
- 1 teaspoon (1g) fresh thyme
- 1 teaspoon (2-3g) white pepper
- 1 tablespoon (15ml) olive oil

Peppercorn Sauce

- 1 tablespoon (14g) unsalted butter
- 3-4 tablespoons (30-40g) minced shallot
- 1 clove garlic, minced
- ⅓ cup (80ml) cognac (or beef broth)
- ½ cup (118ml) beef broth
- 1½ teaspoons (7g) Worcestershire sauce
- 1-2 tablespoons (12-24g) cracked peppercorns
- ½ cup (118ml) heavy cream
- 1 teaspoon (5-6g) Dijon mustard
- 1 tablespoon (3g) minced chives

Instructions

Lamb Chops

1. Season the lamb chops with salt and pepper, and set aside.

2. In a food processor or mortar and pestle, blend or crush the rosemary, garlic, Creole seasoning or paprika, thyme, and white pepper. Add a drizzle of olive oil and mix well.
3. Rub the meat with the herb mixture, covering each chop evenly.
4. Place the chops in an airtight container in the fridge while marinating. Let the flavors penetrate for at least an hour or overnight in the fridge for the best results.
5. When ready to grill, bring the lamb chops to room temperature for about 30 minutes. Drain the marinade from the meat.
6. Heat your grill or a cast-iron grill pan until hot.
7. Grill the lamb chops for 3½-5 minutes per side (flipping once) until browned to the desired doneness.
8. When they're done to your liking, take them off the grill and let them rest for about 10 minutes. Serve with peppercorn sauce.

Peppercorn Sauce

1. Melt the butter in a saucepan over medium heat. Sauté the shallot and garlic for about a minute or until fragrant.
2. Pour in the cognac (or additional beef broth), beef broth, and Worcestershire sauce. Stir well to combine.
3. Reduce the heat to low and add the cracked peppercorns. Simmer for a few minutes to allow the flavors to blend.
4. Whisk in the heavy cream and Dijon mustard, and continue simmering on low heat, stirring constantly, until it thickens slightly and reaches your desired consistency (4-5 minutes).
5. Once the sauce has thickened, remove from the heat and serve immediately with the lamb. Keep in mind that the sauce will continue to thicken as it sets.

Notes

- Lamb rib, loin, and sirloin chops are great for grilling. Shoulder or leg chops need a marinade to make them tender enough for grilling.
- Trim off any hard pieces of fat around the edges of the chops to reduce the flare-ups.
- Letting meat rest for 10 minutes before serving for juicier results.
- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 1lamb chop | Calories: 354kcal | Carbohydrates: 6g | Protein: 24g | Fat: 23g | Saturated Fat: 10g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Trans Fat: 0.1g | Cholesterol: 102mg | Sodium: 576mg | Potassium: 450mg | Fiber: 2g | Sugar: 1g | Vitamin A: 927IU | Vitamin C: 5mg | Calcium: 64mg | Iron: 3mg

Grilled Yellow Squash



Tender, smoky, and caramelized, this juicy summer squash with a hint of char delivers a healthy side for any family cookout.

Course	Side
Cuisine	American
Diet	Gluten Free, Vegetarian
Prep Time	10 minutes
Cook Time	8 minutes
Total Time	18 minutes
Servings	4
Calories	154kcal
Author	Imma

Equipment

- 1 Grill

Ingredients

- 2 medium yellow squash
- 2 tablespoons (30ml) olive oil
- ½ teaspoon (3g) salt
- 1 teaspoon (1g) black pepper
- 2-3 cloves garlic, minced (or ¼-½ teaspoon garlic powder)
- 1-2 tablespoons (2-4g) chopped fresh basil
- 1 teaspoon (1g) dried oregano
- ½ teaspoon (<1g) dried thyme
- ½ lemon, juiced
- ¼ cup (25g) freshly grated Parmesan cheese
- 1 drizzle balsamic vinegar glaze

Instructions

1. Thoroughly clean the grill grates and lightly oil them to prevent sticking. Preheat the grill on medium-high to around 375-400°F (190-205°C). If using charcoal, make sure the coals are evenly lit and glowing.
2. Rinse the squash in cold water, and pat them dry with paper towels. Cut off the ends, then slice them lengthwise into quarters (or other desired shape). Cut them into similar sizes for even cooking.
3. Place the wedges on a large plate or baking tray.
4. Whisk the olive oil, salt, black pepper, garlic, basil, oregano, thyme, and lemon juice in a small bowl.

5. Brush both sides of the wedges with the seasonings until thoroughly coated. Grill them for 3-4 minutes per side, keeping a close eye on them to prevent overcooking.
6. Remove from the grill, sprinkle with freshly grated Parmesan, and serve immediately.

Notes

- Summer squash cooks fast, so preheat the grill for hot grates that will create those beautiful grill marks.
- Slice the squash evenly to ensure consistent cooking.
- A grill basket or skewers will prevent the slices from falling through the grates.
- Please remember that the nutritional data is a rough calculation and can vary enormously based on the ingredients used in the recipe.

Nutrition

Serving: 2wedges | Calories: 154kcal | Carbohydrates: 8g | Protein: 7g | Fat: 12g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Cholesterol: 10mg | Sodium: 479mg | Potassium: 343mg | Fiber: 3g | Sugar: 3g | Vitamin A: 561IU | Vitamin C: 25mg | Calcium: 240mg | Iron: 2mg

Greek Salad



A healthy Mediterranean masterpiece made with tomatoes, cucumber, onions, olives, and feta tossed in a simple olive oil dressing. Prepare your taste buds and let the flavors take you into the sunny islands of Greece. The best part is that it's quick and easy, ready in less than ten minutes.

Course	Salad, Side
Cuisine	Greek, Mediterranean
Diet	Gluten Free
Prep Time	15 minutes
Total Time	15 minutes
Servings	4
Calories	307kcal
Author	Imma

Equipment

- 1 Small bowl
- 1 Large bowl

Ingredients

The Dressing

- 1 tablespoon (15g) minced garlic
- 4 tablespoons (60ml) extra virgin olive oil
- 2 tablespoons (30ml) white wine vinegar
- 2 tablespoons (12g) oregano
- 1 teaspoon (7-8g) honey
- ½ teaspoon (2-3g) Dijon mustard
- salt and pepper to taste
- 1 tablespoon (4g) fresh parsley or mint
- 2 tablespoons (30ml) freshly squeezed lemon juice

The Salad

- ½ cup (70g) cherry tomatoes, cut in half
- ½ cup (65g) sliced cucumbers (see notes)
- ½ cup (60g) thinly sliced red onions
- ½ cup (70g) pitted Kalamata olives, halved
- ½ cup (130g) feta cheese, cut into small blocks

Instructions

1. Whisk the garlic, olive oil, vinegar, oregano, honey, Dijon mustard, salt, pepper, parsley, and lemon juice in a small bowl. Set aside until ready to serve. You can make this the day ahead and keep it in the fridge.

2. Place tomatoes, cucumbers, red onions, Kalamata olives, and feta cheese in a large bowl.
3. Pour the dressing over the salad, toss to combine, and adjust seasonings with salt and pepper to taste. Serve immediately.

Notes

- English and Persian cucumbers work best for this salad, but regular and pickling cukes also work fine.
- Many of the Greek salads I've tried in restaurants use whole Kalamata olives with the pit. Feel free to do that as well. I'm just afraid someone will break a tooth.
- If using larger tomatoes instead of cherry tomatoes, chop them into bite-sized pieces.
- I tweaked the dressing ingredients to those my family likes more. The original dressing was 4 tablespoons of olive oil, 2 tablespoons of lemon juice, and 2-3 tablespoons chopped mint.
- Please keep in mind that nutritional information is a guesstimate and can vary greatly based on the products used.

Nutrition

Serving: 250g | Calories: 307kcal | Carbohydrates: 15g | Protein: 6g | Fat: 26g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 16g | Cholesterol: 26mg | Sodium: 1979mg | Potassium: 323mg | Fiber: 5g | Sugar: 4g | Vitamin A: 856IU | Vitamin C: 19mg | Calcium: 308mg | Iron: 4mg

Fruit Tart



Fruit Tart - stunning and delicious treat made with sweet and buttery crust and a luscious cream filling then topped with colorful fresh slices of fruits. There's nothing quite as lovely as an eye-catching fresh fruit tart served on a fine summer day!

Course	Dessert/Snack
Cuisine	American
Prep Time	15 minutes
Cook Time	30 minutes
Freezing Time	30 minutes
Total Time	1 hour 15 minutes
Servings	8
Calories	414kcal
Author	Imma

Ingredients

Crust

- 1½ cups (180g) all-purpose flour
- ¼ teaspoon salt
- ⅓ cup (45g) confectioner's or powdered sugar
- 9 tablespoons (125g) unsalted butter, very cold (or frozen) and cut into small pieces
- 1 large egg yolk

Cream Custard

- ⅓ cup (45g) cornstarch
- ½ cup (100g) granulated sugar
- ¼ teaspoon salt
- 2 cups (500ml) whole milk
- ½ cup (120ml) heavy cream
- 4 large egg yolks
- 2 tablespoons (28g) unsalted butter, softened to room temperature
- 2 teaspoons (7.5ml) [vanilla extract](#)

Fruit Toppings

- 1 pound strawberries, hulled and sliced
- 4-5 kiwis, peeled and sliced
- ¼ cup raspberries
- ½ cup blueberries
- ¼ cup strawberry glaze (optional)

Instructions

1. Butter or spray a 9-inch pie pan with a removable bottom – making sure it has been adequately sprayed. Set aside.
2. Place flour, salt, and sugar in a food processor. Pulse a couple of times to mix ingredients.
3. Throw in the butter and pulse until rough dough forms.
4. Then add the egg a little at a time – pulse until the dough barely comes together.
5. Do not overwork the dough; otherwise, it'll be too tough. The dough will be barely moistened and come together into a ball when it's ready.
6. Lightly press the dough onto the prepared pie pan – working from the center until the bottom and sides are fully covered with pastry – again, be very gentle when pressing the dough onto the pie pan.
7. Place the pie pan in the freezer and freeze for at least 30 minutes or more; this helps prevent the dough from rising. If you are in a rush, bake with beans to prevent lifting.
8. Preheat oven to 400°F/205°C and place rack in center of oven.
9. Bake crust for about 20-25 minutes or until the crust is dry and golden brown. Set aside.

Cream Filling

1. Add dry ingredients to a saucepan: cornstarch, sugar, and salt. Mix to combine.
2. Whisk together milk, heavy cream, and egg yolks in a medium bowl. Gently whisk wet ingredients into the saucepan, ensuring there are no lumps or until the sugar has dissolved.
3. Place saucepan on the stove at medium-high heat – keep constantly stirring until it starts to bubble.
4. Cook for 7-10 minutes until the mixture has thickened.
5. Stir in the butter and vanilla until thoroughly mixed.
6. Pour into a bowl, then cover the surface directly with plastic wrap. Allow it to come to room temperature, then refrigerate until ready to use.
7. When the tart shell is completely cooled, spread the cream over the bottom of the shell. Decoratively arrange the fruit over the cream in any fashion that you desire. Drizzle with strawberry glaze if using. Serve and slice.

Notes

1. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition

Serving: 230g | Calories: 414kcal | Carbohydrates: 51g | Protein: 10g | Fat: 19g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 159mg | Sodium: 159mg | Potassium: 367mg | Fiber: 4g | Sugar: 12g | Vitamin A: 753IU | Vitamin C: 69mg | Calcium: 142mg | Iron: 3mg

Strawberry Lemonade



Strawberry Lemonade – easy homemade lemonade with a fresh sweet and tart flavors from fresh strawberries and lemons. Perfectly refreshing and delicious! Want to make it as an adult version? Add some vodka or sparkling wine.

Course	Drinks
Cuisine	American
Prep Time	15 minutes
Total Time	15 minutes
Servings	2 -4
Calories	235kcal
Author	Imma

Ingredients

- 2-3 cups chopped strawberries
- ½ cup lemon Juice
- 2 tablespoons lime juice

Simple Syrup

- ¾ cup sugar , replace with honey, or any sweetener
- 2 cups cold water , or more

Instructions

Easy Method

1. Puree strawberry, lime and/or lemon Juice, sugar and about a cup of water. Remove adjust with more water to desired taste.
2. Pour over ice.

Simple Syrup Method

1. In a medium saucepan combine sugar and water. Bring to a boil; keep stirring, until sugar has dissolved- about 5-7 minutes. Throw in mint if using any. Let it cool.
2. Place strawberry chunks in a blender and blend until puree- remove and set aside.

Strawberry Lemonade

1. Pour in a large pitcher, followed by lemon and lime Juice. Then add syrup to taste. Stir until everything comes together, adjust with cold water, if need to be.
2. Chill or serve with ice cubes.

Notes

1. The amount of water and sugar you use will depend on your preference. So add as little or as much as you want to achieve that perfect sweet and tart balance

2. To get more juice out of lemons, make sure that they're on room temperature before you squeeze them.
3. Serve with ice and garnish with fresh strawberries and lemon slices.
4. You can make it 2 days ahead and store in the fridge covered.

Nutrition

Calories: 235kcal | Carbohydrates: 61g | Sodium: 10mg | Potassium: 188mg | Fiber: 2g | Sugar: 55g |
Vitamin C: 75.2mg | Calcium: 20mg | Iron: 0.4mg