

10 REFRESHING SUMMER SALADS FOR HOT DAYS

1. WATERMELON MINT FETA SALAD

INGREDIENTS

- 4 CUPS SEEDLESS WATERMELON, CUBED
- 1 CUP CUCUMBER, DICED (OPTIONAL)
- ¾ CUP CRUMBLLED FETA CHEESE
- ¼ CUP FRESH MINT, CHOPPED
- 2 TABLESPOONS FRESH LIME JUICE
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- PINCH OF SEA SALT
- FRESH CRACKED BLACK PEPPER (OPTIONAL)

DIRECTIONS

1. PLACE THE WATERMELON, CUCUMBER, FETA, AND MINT INTO A LARGE SERVING BOWL.
2. IN A SMALL BOWL, WHISK TOGETHER THE LIME JUICE AND OLIVE OIL.
3. POUR THE DRESSING OVER THE SALAD AND GENTLY TOSS UNTIL COATED.
4. CHILL FOR 15–30 MINUTES BEFORE SERVING.
5. GARNISH WITH ADDITIONAL FRESH MINT IF DESIRED.

SIMPLE TIPS

- BEST SERVED COLD.
- ADD GRILLED CHICKEN FOR EXTRA PROTEIN.
- DELICIOUS ALONGSIDE GRILLED BURGERS, CHICKEN, OR FISH.

NUTRITION INFORMATION

MAKES: 6 SERVINGS, SERVING SIZE: 1 CUP PER SERVING (APPROX.)

CALORIES: 145

PROTEIN: 4G

CARBS: 14G

FAT: 9G

FIBER: 2G

SUGAR: 11G

SODIUM: 280MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE

CHILL: 30 MIN

TOTAL: 45 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 2 DAYS.

BEST ENJOYED WITHIN 24 HOURS.

DO NOT FREEZE.

PAIRS WELL WITH

- FRUIT-INFUSED WATER
- GRILLED CHICKEN
- BURGERS
- GRILLED FISH

SIMPLE LIFE TIP

PREPARE INGREDIENTS AHEAD OF TIME AND CHILL BEFORE SERVING FOR THE FRESHEST FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

CLASSIC CUCUMBER TOMATO SALAD

INGREDIENTS

- 2 LARGE CUCUMBERS, SLICED
- 2 CUPS CHERRY TOMATOES, HALVED
- ¼ RED ONION, THINLY SLICED
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON RED WINE VINEGAR
- 1 TEASPOON ITALIAN SEASONING
- SALT & PEPPER TO TASTE

DIRECTIONS

1. COMBINE CUCUMBERS, TOMATOES, AND ONION IN A LARGE BOWL.
2. WHISK TOGETHER OLIVE OIL, VINEGAR, AND ITALIAN SEASONING.
3. POUR OVER VEGETABLES AND TOSS GENTLY.
4. REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.

SIMPLE TIPS

- GREAT FOR COOKOUTS.
- ADD FRESH MOZZARELLA FOR EXTRA FLAVOR.
- KEEPS WELL FOR MEAL PREP.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 95

PROTEIN: 2G

CARBS: 9G

FAT: 6G

FIBER: 2G

SUGAR: 5G

SODIUM: 180MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE

CHILL: 30 MIN

TOTAL: 45 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 3 DAYS.

BEST ENJOYED WITHIN 24–48 HOURS.

DO NOT FREEZE.

PAIRS WELL WITH

- GRILLED CHICKEN
- BURGERS
- STEAK
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

FRESH GARDEN VEGETABLES MAKE THIS SALAD EVEN MORE FLAVORFUL.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

BERRY SPINACH SALAD

INGREDIENTS

- 5 CUPS BABY SPINACH
- 1 CUP STRAWBERRIES, SLICED
- 1 CUP BLUEBERRIES
- ½ CUP RASPBERRIES
- ¼ CUP CHOPPED PECANS
- ¼ CUP CRUMBLED FETA
- BALSAMIC VINAIGRETTE

DIRECTIONS

1. ADD SPINACH TO A LARGE SALAD BOWL.
2. ARRANGE BERRIES OVER THE SPINACH.
3. SPRINKLE WITH PECANS AND FETA.
4. DRIZZLE WITH BALSAMIC VINAIGRETTE JUST BEFORE SERVING.

SIMPLE TIPS

- ADD GRILLED CHICKEN FOR A COMPLETE MEAL.
- TOAST PECANS FOR EVEN MORE FLAVOR.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1½ CUPS**
PER SERVING (APPROX.)

CALORIES: 170

PROTEIN: 5G

CARBS: 16G

FAT: 11G

FIBER: 4G

SUGAR: 10G

SODIUM: 170MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE

TOTAL: 15 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 2 DAYS.

ADD DRESSING JUST BEFORE SERVING.

PAIRS WELL WITH

- GRILLED CHICKEN
- SALMON
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

TOAST THE PECANS FOR EXTRA CRUNCH AND FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

CREAMY RANCH PASTA SALAD

INGREDIENTS

- 12 OZ ROTINI PASTA
- 1 CUP CHERRY TOMATOES
- 1 CUCUMBER, DICED
- ½ CUP CHEDDAR CHEESE
- ½ CUP RANCH DRESSING
- ¼ CUP BACON BITS (OPTIONAL)
- 2 TABLESPOONS CHOPPED PARSLEY

DIRECTIONS

1. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS AND COOL COMPLETELY.
2. COMBINE ALL INGREDIENTS IN A LARGE BOWL.
3. STIR UNTIL EVENLY COATED.
4. REFRIGERATE AT LEAST ONE HOUR BEFORE SERVING.

SIMPLE TIPS

- GREAT FOR MEAL PREP.
- TASTES EVEN BETTER THE NEXT DAY.

NUTRITION INFORMATION

MAKES: 8 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 295

PROTEIN: 8G

CARBS: 27G

FAT: 18G

FIBER: 2G

SUGAR: 4G

SODIUM: 470MG

RECIPE INFO

PREP: 20 MIN

COOK: 10 MIN


CHILL: 1 HOUR

TOTAL: 1 HR 30 MIN

STORAGE

REFRIGERATE UP TO 4 DAYS.

DO NOT FREEZE.

 PAIRS WELL WITH

- BBQ CHICKEN
- HAMBURGERS
- HOT DOGS

SIMPLE LIFE TIP

PREPARE THE DAY BEFORE FOR EVEN BETTER FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

GRILLED CHICKEN GARDEN SALAD

INGREDIENTS

- 2 GRILLED CHICKEN BREASTS, SLICED
- 5 CUPS MIXED GREENS
- 1 CUCUMBER
- CHERRY TOMATOES
- RED ONION
- SHREDDED CARROTS
- DRESSING OF CHOICE

DIRECTIONS

1. ARRANGE GREENS ON A SERVING PLATTER.
2. ADD VEGETABLES EVENLY OVER THE GREENS.
3. TOP WITH SLICED GRILLED CHICKEN.
4. DRIZZLE WITH YOUR FAVORITE DRESSING.

SIMPLE TIPS

- EXCELLENT HIGH-PROTEIN LUNCH.
- TRY BALSAMIC, RANCH, OR ITALIAN DRESSING.

NUTRITION INFORMATION

MAKES: 4 SERVINGS **SERVING SIZE: 1 SALAD**

PER SERVING (APPROX.)

CALORIES: 265

PROTEIN: 31G

CARBS: 8G

FAT: 12G

FIBER: 3G

SUGAR: 5G

SODIUM: 340MG

 RECIPE INFO

PREP: 15 MIN


COOK: 15 MIN

TOTAL: 30 MIN

 **STORAGE**

REFRIGERATE UP TO 3 DAYS.

STORE DRESSING SEPARATELY.

 PAIRS WELL WITH

- FRUIT-INFUSED WATER
- FRESH BREAD
- FRESH FRUIT

 **SIMPLE LIFE TIP**

COOK EXTRA CHICKEN FOR QUICK LUNCHES THROUGHOUT THE WEEK.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

 **SIMPLE LIFE TIP**

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

CORN & AVOCADO SALAD

INGREDIENTS

- 2 CUPS SWEET CORN
- 2 RIPE AVOCADOS
- 1 RED BELL PEPPER
- ¼ CUP RED ONION
- JUICE OF 1 LIME
- 2 TABLESPOONS CILANTRO (OPTIONAL)
- SALT & PEPPER

DIRECTIONS

1. COMBINE CORN, AVOCADO, PEPPER, AND ONION.
2. TOSS GENTLY WITH LIME JUICE.
3. SEASON WITH SALT AND PEPPER.
4. SERVE IMMEDIATELY.

SIMPLE TIPS

- DELICIOUS WITH GRILLED SHRIMP OR CHICKEN.
- ADD BLACK BEANS FOR EXTRA PROTEIN.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 190

PROTEIN: 4G

CARBS: 17G

FAT: 13G

FIBER: 6G

SUGAR: 4G

SODIUM: 150MG

 RECIPE INFO

PREP: 15 MIN


COOK: NONE

TOTAL: 15 MIN

 **STORAGE**

BEST ENJOYED THE SAME DAY.

REFRIGERATE UP TO 2 DAYS.

 PAIRS WELL WITH

- GRILLED STEAK
- CHICKEN
- FISH

SIMPLE LIFE TIP

ADD AVOCADO JUST BEFORE SERVING FOR THE FRESHEST TEXTURE.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

PEACH & MOZZARELLA SALAD

INGREDIENTS

- 2 RIPE PEACHES
- 8 OZ FRESH MOZZARELLA
- FRESH BASIL LEAVES
- BALSAMIC GLAZE
- OLIVE OIL
- FRESH CRACKED PEPPER

DIRECTIONS

1. SLICE PEACHES AND MOZZARELLA.
2. ARRANGE ON A SERVING PLATE.
3. ADD BASIL LEAVES.
4. DRIZZLE WITH OLIVE OIL AND BALSAMIC GLAZE.

SIMPLE TIPS

- PERFECT FOR SUMMER ENTERTAINING.
- FRESH BASIL MAKES ALL THE DIFFERENCE.

NUTRITION INFORMATION

MAKES: 4 SERVINGS **SERVING SIZE: 1 PLATE**
PER SERVING (APPROX.)

CALORIES: 220

PROTEIN: 10G

CARBS: 14G

FAT: 14G

FIBER: 2G

SUGAR: 11G

SODIUM: 250MG

 RECIPE INFO

PREP: 10 MIN

COOK: NONE

TOTAL: 10 MIN

 **STORAGE**

SERVE IMMEDIATELY.

BEST ENJOYED FRESH.

 PAIRS WELL WITH

- GRILLED CHICKEN
- WHITE FISH
- SPARKLING FRUIT WATER

 **SIMPLE LIFE TIP**

CHOOSE RIPE PEACHES FOR THE SWEETEST FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

 **SIMPLE LIFE TIP**

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

QUINOA VEGGIE SALAD

INGREDIENTS

- 2 CUPS COOKED QUINOA
- 1 CUCUMBER
- CHERRY TOMATOES
- PARSLEY
- LEMON VINAIGRETTE

DIRECTIONS

1. COMBINE ALL INGREDIENTS.
2. TOSS WITH VINAIGRETTE.
3. CHILL BEFORE SERVING.

SIMPLE TIPS

- NATURALLY GLUTEN-FREE.
- GREAT FOR MEAL PREP LUNCHES.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 210

PROTEIN: 7G

CARBS: 28G

FAT: 8G

FIBER: 5G

SUGAR: 4G

SODIUM: 180MG

RECIPE INFO


PREP: 15 MIN

COOK: 15 MIN

TOTAL: 30 MIN

STORAGE

REFRIGERATE UP TO 4 DAYS.

 PAIRS WELL WITH

- GRILLED CHICKEN
- SALMON
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

QUINOA TASTES EVEN BETTER AFTER CHILLING OVERNIGHT.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

LIGHT SUMMER POTATO SALAD

INGREDIENTS

- 2 POUNDS BABY POTATOES
- ¼ CUP PLAIN GREEK YOGURT
- 1 TABLESPOON DIJON MUSTARD
- GREEN ONIONS
- FRESH DILL
- SALT & PEPPER

DIRECTIONS

1. BOIL POTATOES UNTIL FORK TENDER.
2. COOL SLIGHTLY AND HALVE.
3. MIX DRESSING INGREDIENTS TOGETHER.
4. TOSS GENTLY WITH POTATOES.

SIMPLE TIPS

- LIGHTER THAN TRADITIONAL POTATO SALAD.
- BEST SERVED CHILLED.

NUTRITION INFORMATION

MAKES: 8 SERVINGS **SERVING SIZE: ¾ CUP**
PER SERVING (APPROX.)

CALORIES: 165

PROTEIN: 4G

CARBS: 22G

FAT: 6G

FIBER: 3G

SUGAR: 2G

SODIUM: 240MG

RECIPE INFO

PREP: 15 MIN

COOK: 20 MIN

CHILL: 1 HOUR

TOTAL: 1 HR 35 MIN

STORAGE

REFRIGERATE UP TO 4 DAYS.

PAIRS WELL WITH

- BURGERS
- BBQ CHICKEN
- GRILLED CORN

SIMPLE LIFE TIP

ALLOW THE POTATOES TO COOL BEFORE MIXING WITH THE DRESSING.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM

10 REFRESHING SUMMER SALADS FOR HOT DAYS

TROPICAL FRUIT SALAD

INGREDIENTS

- PINEAPPLE
- STRAWBERRIES
- BLUEBERRIES
- GRAPES
- KIWI
- MANDARIN ORANGES
- FRESH LIME JUICE

DIRECTIONS

1. WASH AND PREPARE ALL FRUIT.
2. COMBINE IN A LARGE BOWL.
3. DRIZZLE WITH FRESH LIME JUICE.
4. CHILL BEFORE SERVING.

SIMPLE TIPS

- PERFECT FOR BREAKFAST, BRUNCH, OR DESSERT.
- ADD FRESH MINT FOR EXTRA FRESHNESS.

NUTRITION INFORMATION

MAKES: 8 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 120

PROTEIN: 1G

CARBS: 30G

FAT: 0G

FIBER: 3G

SUGAR: 24G

SODIUM: 5MG

RECIPE INFO


PREP: 20 MIN

COOK: NONE

TOTAL: 20 MIN

STORAGE

REFRIGERATE UP TO 2 DAYS.

 PAIRS WELL WITH

- GRILLED CHICKEN
- YOGURT
- BRUNCH FAVORITES

SIMPLE LIFE TIP

ADD THE BANANAS JUST BEFORE SERVING TO KEEP THEM FRESH.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

AS AN AMAZON ASSOCIATE, I EARN FROM QUALIFYING PURCHASES. THIS POST MAY CONTAIN AFFILIATE LINKS. IF YOU PURCHASE THROUGH THESE LINKS, I MAY EARN A SMALL COMMISSION AT NO ADDITIONAL COST TO YOU. THANK YOU FOR SUPPORTING  SIMPLELIFEMEALS.COM