

KATE JONES & SARA WELLS

SUMMER, SIMPLIFIED

(SAMPLE)



A NOTE FROM KATE & SARA

Hey there!

Welcome to the Our Best Bites community! We started a food blog back in 2008, and it's blossomed into something we couldn't even imagine.

We all know that eating meals together is one of the best things we can do for our families. But we also know that it's hard in the best of circumstances, like during the school year when bedtimes are early and schedules are regular.

Summer is glorious in so many ways, but summer dinners can feel IMPOSSIBLE. We're here to help! We're bestselling cook book authors, but we're also mothers to busy families.

We wanted to give you a tiny glimpse of some recipes you might see from our hit meal plan, **Summer, Simplified**. Each week of this 7-week plan includes a full grocery list and 5 quick-and-easy, low-or-no-heat dinner recipes featuring simple and fresh ingredients -- that's 35 recipes total!

We even carefully planned the leftovers and ingredients to ensure nothing goes to waste, and that you'll have enough leftover to roll the protein into a brand new meal to minimize your time in the kitchen! You'll see a great example of this in our sample plan, and it only gets easier and more efficient in the full plan.

These are also specially developed recipes you don't need to turn on your oven for, can be packed and carried to the ball park or to the beach. Plus, they can all be made in 30 minutes or less (15 minutes to dinner?? Yes, please!)

Have your best summer yet with our Summer, Simplified plan!

[Click here to get your FULL
Summer, Simplified Plan!](#)



STEAK & BRIE SANDWICHES

Tender steak marries with a lemon-garlic aioli, creamy brie cheese, and a balsamic-fig sauce.

Yield: 4 - 6 large sandwiches

INGREDIENTS

10 ounces Ciabatta baguette
(about 18" x 3") or 4-6 rolls
 $\frac{3}{4}$ cup mayo
 $\frac{1}{2}$ teaspoon pressed fresh garlic
 $\frac{1}{2}$ tablespoon fresh lemon juice
 $\frac{1}{4}$ cup Fig jam
1 teaspoon Balsamic vinegar
8 ounces Brie cheese (1 mini
wheel)
10 ounces cooked steak
fresh spring greens

INSTRUCTIONS

Slice bread or rolls in half and set aside. In a small bowl, combine mayo, garlic, and lemon juice. Spread evenly over bread/rolls. Combine fig jam and balsamic vinegar and set aside. Slice brie and divide evenly among bread/rolls. Heat a skillet to medium heat and spray with non-stick spray or a drizzle of oil of your choice. Slice steak thinly and drop in hot pan. Toss quickly and cook only to heat through, less than 1 minute! Divide steak evenly on top of cheese. Spoon fig mixture on top of steak and top with greens. Serve with fresh fruit.

Rollover Notes: Use a few handfuls of spring greens for the sandwiches tonight, and reserve the rest for the Mango Cobb salad tomorrow!

MANGO COBB SALAD

This fresh twist on the classic Cobb Salad is perfect for summer! Try grilling a large batch of chicken breasts and then freezing them for future use or look for grilled chicken breast at the grocery store (Sam's Club and Costco have great options!)

YIELD: 4 - 6 SALAD BOWLS

INGREDIENTS FOR THE SALAD

- 1 16-ounce package mixed greens
- 16 ounces grilled chicken breast
- 12 strips cooked bacon
- 4 hard-boiled eggs
- 1 avocado, sliced
- 2 ½ tablespoons shelled sunflower seeds
- 10-12 ounce package grape tomatoes
- ½ cup blue cheese crumbles
- 8 ounces Citrus Vinaigrette (see Thinking Ahead note)

INGREDIENTS FOR THE DRESSING

- 2 cloves garlic clove, minced
- 1 tablespoon grated onion
- 2/3 cup fresh orange juice
- ¼ cup + 2 tablespoons freshly squeezed lime juice
- ¼ cup honey
- 1 ½ teaspoons cumin
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup vegetable oil (like peanut or canola; olive oil is too strong and will overwhelm the other flavors in this salad)

ROLLOVER NOTE

Reserve 1 cup of the dressing for the Kosher Dogs with Tropical Slaw tomorrow.

INSTRUCTIONS

For the dressing, place all ingredients in a tightly sealed jar and shake the jar vigorously. Store in the fridge, and shake before dressing salad.

For the salad, divide greens among 4-6 salad bowls, then divide the other ingredients evenly among the bowls. Top with Citrus Vinaigrette.



GROCERY NOTE

Look for large packages of pre-cooked bacon at your favorite club store--it's much more affordable than pre-cooked bacon in the grocery store, lasts for a very long time, and is perfect for many of these recipes!



KOSHER DOGS WITH TROPICAL SLAW

A fun and tropical twist on the classic summer staple -- the humble hot dog.

YIELD: 6 - 8 (OR MORE) KOSHER DOGS

INSTRUCTIONS

In a small mixing bowl, combine all the slaw ingredients. Set aside.

Cook hot dogs as desired (stovetop or grill.) While they're cooking, line the buns with Swiss cheese. When done cooking, place the hot dogs in the buns and allow the cheese to melt slightly. Top with Tropical Slaw and, if desired, avocado. Serve immediately..

NOTE

You'll definitely have more slaw than sausages or hot dogs, so feel free to add more hot dogs to the mix or just snack on the slaw a little later! Look for high-quality hot dogs or substitute your favorite chicken sausages.

INGREDIENTS FOR THE TROPICAL SLAW

8 ounces coleslaw mix
½ red onion, halved and thinly sliced
1 cup chopped fresh pineapple
(serve any extra as a side dish or a snack)
1 cup chopped fresh mango
½ sliced red bell pepper
1 cup Honey Citrus Vinaigrette

INGREDIENTS FOR THE KOSHER DOGS

6-8 (or more) high-quality hot dogs (kosher dogs are always a safe bet) or your favorite chicken sausages
6-8 high-quality hot dog buns (King's Hawaiian Hot Dog Buns are always great)
6-8 slices Swiss cheese, cut in half on the diagonal
1 avocado, pitted, peeled, and thinly sliced

ROLLOVER NOTE

You should have some reserved Honey Citrus Vinaigrette set aside from the Mango Cobb Salad.