

## **In the Kitchen - August Eats – by Marcy Lytle**

End of summer calls for fun eats...doesn't it? I think a lot of us in the south are just longing for the fall because we grow so weary of the heat, and heat in the kitchen is not pleasant! These are some good and fun summer meals to put on the table for you and him, you and the kids, or you and friends!

Skillet Nachos – I just made this dish using leftover pulled pork carnitas I had in the fridge. We both absolutely loved it, and I will definitely make it again!

- Pulled pork (already cooked)
- Black olives
- Onion
- Red bell pepper
- Pepper jack cheese
- Pico de gallo
- Tortilla chips
- Salsa

In a cast iron skillet, pull apart the pork and grill it, the red pepper, and chopped onion in a little olive oil til browned. Top with grated cheese, let it melt. Top that with the pico, and the black olives, then spread some salsa around the sides. You can make a shape from part of the pepper if you wish. This star was for the 4<sup>th</sup> last month! Serve with tortilla chips as make your own nachos. Or just eat it alongside.

Rice and Beans – This is not Cajun rice and beans, but it's a twist on Mexican rice and beans served sort of like a Frito Pie.

- Trader Joe's frozen Spanish rice (comes with two pouches)
- Can of pinto beans
- Grated cheddar and onions
- Cooked Bacon
- Fritos

Make the rice according to the directions, place in a bowl (one pouch makes two servings). Heat the pinto beans and drain, then place on top of the rice. Add the cheese, and crumble the bacon, and serve with Fritos. Delish.

## Back to School Dogs

- 1 can breadsticks dough
- Skewers (I used wooden)
- Franks
- Thick cut Colby Jack
- Mustard, relish, ketchup

As school starts up again, the kids will enjoy these dogs that make them feel like “stars!”

Preheat oven as instructed on dough can. Stick the skewer through the frank leaving about 1 ½ inch exposed at the top. Stretch and wrap a breadstick dough around the franks...arrange on parchment lined sheet. Bake according to directions. Meanwhile, cut stars out of your cheese (thick ones) and when franks are cooked, place a cheese star at the top.

Serve alongside chips and dips.

### Clean Hummus

I've kept this recipe for years because the lemon flavor and the ease of the recipe is so fresh and so good.

- 3 cloves garlic
- 1 can chickpeas, rinsed and drained
- 1 t sea salt
- 1/3 c tahini
- Juice of two lemons
- 1 T olive oil

Place all ingredients in a food processor. Pulse a few minutes until well blended, yet still coarse. Adjust seasonings. Transfer to a serving bowl.

### Tuna Salad on Ciabatta

This recipe came from a tear-off calendar page, and the flavors are fantastic – best tuna salad ever! And on top of ciabatta? Well it just soars...

- Ciabatta bread (I bought it frozen with cheese) – 4 rolls, split and lightly toasted
- 2 cans 5oz tuna
- ¼ c plus 2T mayo
- ½ c finely chopped sour dill pickles
- 1 large celery stalk, finely chopped
- 1 green onion, finely chopped
- ¼ cup finely chopped fresh dill
- ½ c fresh parsley, finely chopped
- 3 T lemon juice
- 2 T olive oil
- 1 t kosher salt
- ¼ t ground black pepper

Drain the tuna and place in medium bowl. Use a fork to flake into pieces. Add the mayo, pickles, celery, green onion, dill, parsley, lemon juice and oil. Season to taste with the S&P and combine well. Taste and adjust all seasonings to your liking.

Divide among the bottom halves of the rolls, top off with potato chips, add the top of the roll and serve.