

SHOPPING LIST

HUDSON VALLEY CREDIT UNION

Summer Packets For All
Grilled Potato Salad
Melon Salad with Fresh Herb Vinaigrette
Tropical Sorbet

PRODUCE

2 zucchini
3 ears of corn
1 cup cherry tomatoes
1 head garlic
1 bunch fresh parsley
1 bunch fresh chives
1 bunch fresh basil
1 bunch fresh mint
1 bunch scallions
1 cup fresh peas (or frozen)
3 lemons
4 lbs small potatoes
1 cup each: watermelon, cantaloupe,
honeydew
1 seedless cucumber
3 bananas

DAIRY/COOLER

8 ounces feta cheese
1 1/2 cups unsweetened vanilla almond milk

MEAT*

4 cod filets

FROZEN

3 cups frozen pineapple
3 cups frozen mango

FROM YOUR PANTRY/GROCERY

salt & pepper
extra virgin olive oil
whole grain mustard
unsalted pistachios
honey
red pepper flakes

NOTES

*For vegetarian, skip the cod and try tofu instead. Not a fan of fish? Go for chicken tenderloins!

SUMMER PACKETS FOR ALL

PREP TIME

10 mins

COOK TIME

20 mins

SERVINGS

4

INGREDIENTS

4 servings of whatever protein you're using:
cod filets, chicken tenderloins, tofu slices...
2 zucchini, sliced into 1/4 inch rounds
3 ears of corn, sliced off the cob
1 cup cherry tomatoes, sliced in half

4 Tbsp extra virgin olive oil
2 cloves garlic, minced
2 Tbsp fresh parsley, chopped
2 Tbsp fresh chives, chopped
2 lemons, sliced into 1/4 inch rounds
salt & black pepper

INSTRUCTIONS

1. Preheat grill to medium heat, or preheat oven to 375°F.
2. Cut parchment or foil into sheets (roughly 12x8 inches) and place on the counter. Arrange 3 lemon slices on each sheet and top with vegetables. Place fish, chicken or tofu (or nothing!) on top of vegetables.
3. In a small bowl or jar, mix olive oil, garlic, parsley and chives. Distribute evenly over each packet.
4. Tightly seal the packets by folding around the edges, leaving a bit of room above the vegetables and protein for steam to collect.
5. Place packets on the grill, or in the oven on a sheet pan. Bake/grill for about 20 minutes or until fish is 145°F or chicken is 165°F.
6. Serve in packets with another lemon slice and a sprinkling of parsley and chives. Enjoy!

GRILLED POTATO SALAD

PREP TIME

10 minutes

COOK TIME

20 minutes

SERVINGS

4-6

INGREDIENTS

4 lbs small potatoes, cut in half
6 Tbsp extra virgin olive oil (divided)
2 Tbsp whole grain mustard
3 cloves garlic, minced (divided)

1 bunch scallions, sliced thin
1 cup fresh peas
1 lemon, halved
salt & black pepper

INSTRUCTIONS

1. Preheat grill to medium-high.
2. In a large pot, place potatoes and enough water to cover over medium-high heat. Generously salt water. Cover and bring to a boil, cooking until potatoes are tender but not falling apart, about 5-10 minutes. Drain potatoes and add to a medium bowl.
3. In the meantime, make the dressing. In a small bowl whisk together half of the olive oil, whole grain mustard, and half of the garlic. Season with salt and pepper and set aside.
4. Toss the potatoes in the remaining olive oil and garlic, and season with salt and pepper.
5. Cook the lemon halves (cut side down) and potatoes on the hot grill until browned. Lemons will take about 2 minutes, potatoes between 5-9.
6. In a large serving bowl, combine grilled potatoes, peas, and scallions. When the lemons are cool enough to touch, squeeze them into the dressing and whisk to combine. Drizzle over potatoes and toss gently to combine. Enjoy!

MELON SALAD

WITH FRESH HERB VINAIGRETTE

PREP TIME

20 minutes

COOK TIME

0 minutes

SERVINGS

6

INGREDIENTS

1 cup each chopped watermelon, cantaloupe, and honeydew
1 seedless cucumber, sliced into half rounds
8 ounces feta, cubed
1/2 cup toasted unsalted pistachios, chopped
1/2 cup fresh basil, chopped (plus a few more leaves for serving)

1 lemon, juiced
1/4 cup fresh mint, chopped
1/3 cup extra virgin olive oil
1 Tbsp honey
salt & black pepper
pinch red pepper flakes (if you want spiciness!)

INSTRUCTIONS

1. In a large serving bowl, combine watermelon, cantaloupe, honeydew, cucumbers, and basil. Toss very gently to combine.
2. Make the vinaigrette: in a small bowl, whisk together the lemon juice, mint, olive oil, honey, and a pinch of salt, pepper, and red pepper flakes.
3. Drizzle just about all of the dressing over the salad and toss gently to coat.
4. Sprinkle with pistachios, feta, basil leaves, and remaining vinaigrette right before serving. Enjoy!

TROPICAL SORBET

PREP TIME

5 mins

COOK TIME

5 mins
(+ freezing time)

SERVINGS

6

INGREDIENTS

3 bananas
3 cups frozen pineapple
3 cups frozen mango
1 1/2 cups unsweetened vanilla almond or oat milk

INSTRUCTIONS

1. Put all ingredients into a blender. Pulse to start, then blend until very smooth.
2. Pour the sorbet mixture into a freezable container. Freeze for 2 hours or overnight. Enjoy!