

SUMMER FAVORITES

A vibrant summer-themed graphic with a white background. The central text reads "WHAT'S COOKIN' ANG?!" in large, bold, orange capital letters, followed by "SUMMER FAVORITES" in smaller, blue capital letters. Below this, a thin blue line separates the text from "SUMMER '25" in blue capital letters. The graphic is surrounded by various summer icons: a large orange sun in the top left, orange sunglasses at the top center, a yellow sun hat with a blue band and orange flower in the top right, a slice of watermelon in the middle right, a blue and yellow striped flip-flop in the middle left, a yellow and orange flame in the middle right, a pair of yellow shorts with an orange waistband in the bottom left, a red and white striped beach ball in the bottom center, a blue and yellow striped beach ball in the bottom center, and a tall glass of orange juice with a yellow umbrella and a red straw in the bottom right. Small blue and orange dots are scattered throughout the background.

WHAT'S
COOKIN'
ANG?!

SUMMER
FAVORITES

SUMMER '25





SMOKED BEER CAN CHICKEN

Beer can chicken is just what it sounds...it's cooking a whole chicken over a can of beer! For this recipe, I chose to smoke the chicken, but you can easily make it on the grill or in the oven. It also helps to buy a reusable stand (\$10 on Amazon), but not required.

1 whole chicken, pat dry (I used a 4# bird)

Olive oil

Dry rub of your choice

1 can of beer (drink 1/2 and use the other half for this recipe!!)

Preheat smoker to 250.

Lightly rub chicken with olive oil; generously sprinkle the inside and outside of the chicken with the dry rub. Place the chicken over the can of beer, breast side up. Smoke for about 2 hours or until the breast is 165 degrees. Then turn up the heat to high and grill for about 20 minutes, until the skin is crisp.

Remove from heat and let stand about 10 minutes before carving...FANTASTIC!!



ROASTED CAULIFLOWER WITH LEMON-PARSLEY DRESSING

1 head cauliflower cut into florets (consistent size)
6 tablespoons olive oil, divided
Salt, pepper
1c flat-leaf parsley or 2 tablespoons dried
2 tablespoons lemon zest (amount in 1 lemon)
The juice of 1 lemon, remove any seeds

Spray cookie sheet with non-stick spray (I use coconut oil spray). Place cauliflower on the sheet and drizzle with 4 tablespoons of oil and season with salt and pepper. Roast in a 425-degree oven, tossing occasionally, until tender and golden brown (25-30 min).

Combine the remaining 2 tablespoons of olive oil, parsley, lemon zest, and juice; whisk together.
Toss roasted cauliflower with dressing.

Note: You should only need about half of the dressing. Reserve the other half for another time by placing in a container and keeping in the fridge no more than 3-4 days. Would be great over pan-seared fresh green beans, roasted broccoli or grilled asparagus.



CHERRY & GOAT CHEESE SALAD

2 tablespoons olive oil
2 tablespoons red wine vinegar
1 tablespoon honey
Salt and pepper
Mixed greens (I used spinach and arugula)
1/3 c thinly sliced sugar snap peas
8 fresh sweet red cherries. Pitted and cut into quarters
1 oz soft goat cheese
2 tablespoons pepitas

Whisk together the first 4 ingredients. Set dressing aside.

Combine greens, sliced snap peas, and cherries in a bowl; toss with about 2 tablespoons dressing. Refrigerate leftover dressing for up to 2 weeks.

Top with goat cheese and pepitas.

Note: Add grilled chicken or salmon to make this a complete meal.



RHUBARB CRISP

Glaze:

1 cup sugar

1 cup water

2 tbsp cornstarch

1 tsp vanilla

Dash of salt

1/3 zest of an orange

Cook until clear and set aside.

Crisp:

1 cup flour

1 cup brown sugar

$\frac{3}{4}$ cup oatmeal

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ cup melted butter

(Also 4 cups diced rhubarb)

Mix the above ingredients together. Press half of the mix into the bottom of a 9x9 pan. Put diced rhubarb over the crust and cover with glaze.

Sprinkle the rest of the topping over the rhubarb.

Bake 1 hour at 350 degrees.