



# NO-COOK SUMMER MEALS

Beat the heat with these fresh dishes — no stove required.

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**Recipes: Kate Morgan**

**Photos: Terry Brennan; Food Styling: Betsy Nelson**

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**Melon-Prosciutto  
Salad**



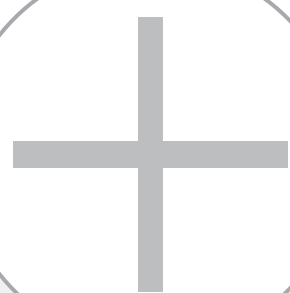
**Crab-Avocado  
Wraps**



**Mediterranean  
Smashed Chickpeas**



**Shrimp and Veggie  
Summer Rolls**



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## Melon-Prosciutto Salad

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Makes two servings  
Prep time: 15 minutes

## **Salad**

- ½ cantaloupe, scooped out with a melon baller
- ½ honeydew melon, scooped out with a melon baller
- 8 oz. small fresh-mozzarella balls
- 3 tbs. minced fresh parsley
- 3 tbs. chopped fresh basil
- 3 tbs. chopped fresh mint
- Flaky salt, to taste
- 4 oz. prosciutto, sliced or torn into pieces

## **Dressing**

- ¼ cup extra-virgin olive oil
- 1 tsp. dried oregano
- 2 tbs. white balsamic or apple-cider vinegar
- 1 tbs. lemon juice

## **DIRECTIONS:**

In a large bowl, mix the melon balls, mozzarella, and herbs.

In a smaller bowl, whisk the dressing ingredients together, then drizzle the dressing over the salad and toss to coat. Sprinkle the salt over the fruit, then top with the prosciutto and serve immediately.

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## Crab-Avocado Wraps

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Makes four servings  
Prep time: 20 minutes

- 1 ripe avocado
- 1/3 cup mayonnaise
- 1 tbs. lemon juice, plus more for serving
- 1 tsp. Old Bay seasoning
- 2 tbs. finely diced red bell pepper
- 1 rib celery, finely diced
- 1/2 cup drained canned sweet corn
- 1 cup lump crabmeat
- 1 head butter lettuce, leaves washed and patted dry
- 3 tbs. minced green onion
- Flaky salt, to taste

### **DIRECTIONS:**

In a food processor, purée half the avocado with the mayonnaise, lemon juice, and Old Bay. Dice the other half of the avocado.

In a large bowl, mix the avocado mayo with the diced avocado, bell pepper, celery, and sweet corn. Fold in the crabmeat gently, to keep it in large pieces.

Wrap the crab mixture in the lettuce leaves and top with the green onions, a squeeze of lemon, and a sprinkle of flaky salt, and serve.

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## Mediterranean Smashed Chickpeas

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Makes two servings  
Prep time: 15 minutes

## **Salad**

- 1 15-oz. can chickpeas, drained and rinsed
- ½ red onion, diced
- 1 medium cucumber, diced
- 2 tbs. minced fresh dill
- 3 tbs. minced Castelvetrano olives
- ¼ cup canned artichoke hearts, roughly chopped
- 2 tbs. chopped dried cranberries or cherries
- ¼ cup crumbled feta cheese
- ¼ cup loosely packed parsley, minced

## **Dressing**

- ⅓ cup plain, full-fat Greek yogurt
- 1 tsp. dried oregano
- ½ tsp. ground coriander
- 1 clove garlic, finely minced
- 3 tbs. lemon juice
- 1 tbs. extra-virgin olive oil
- Sea salt, to taste
- Freshly ground black pepper, to taste

## **DIRECTIONS:**

In a medium bowl, use a fork or potato masher to roughly mash half the chickpeas. Leave the rest whole. Add the other salad ingredients, except the parsley, and mix thoroughly.

In a small bowl, whisk the dressing ingredients. If the dressing seems too thick, add a splash of water.

Dress the salad and top with the minced parsley. Add more salt and pepper to taste, and serve.

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## Shrimp and Veggie Summer Rolls

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Makes four servings  
Prep time: 20 minutes

## **Summer Rolls**

- 1 dozen steamed shrimp, peeled and deveined and tails removed
- 1 oz. glass noodles or thin rice vermicelli
- Vietnamese rice-paper spring roll wrappers
- ½ carrot, sliced into thin matchsticks
- ¼ cup mung-bean sprouts
- ¼ cup fresh cilantro leaves, loosely packed
- 8 fresh basil leaves
- 8 fresh mint leaves

## **Dipping Sauce**

- 2 tbs. peanut butter
- ¼ cup hoisin sauce
- 1 tbs. rice vinegar
- 2 tbs. water

## **DIRECTIONS:**

If you're using raw shrimp, fill a large pot with several inches of water, then arrange the shrimp in a single layer in a colander or steamer basket. Bring the water to a boil, place the colander in the pot, and cover with a lid. Steam the shrimp for three to six minutes, or until they turn opaque.

Place the noodles in a bowl and cover with very hot (not boiling) water. Cover the bowl with a tea towel and set aside for five minutes, until the noodles are soft. Drain the noodles and rinse with cold water until cool.

To assemble the rolls, briefly submerge one wrapper at a time in a shallow pan of cool water, then lay it carefully on a plate. Working quickly, place three shrimp in a line in the center. Top with one quarter each of the noodles, carrots, mung-bean sprouts, and cilantro. Place two basil leaves and two mint leaves on top.

Fold the left and right sides of the wrapper in and over the filling, then pull the bottom edge over the top and roll tightly, being gentle to avoid tearing the wrapper. Repeat with the remaining rolls.

Mix together the dipping sauce ingredients and serve.

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## Melon-Prosciutto Salad

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- ½ cantaloupe
- ½ honeydew melon
- 3 tbs. minced fresh parsley
- 3 tbs. chopped fresh basil
- 3 tbs. chopped fresh mint
- 1 tbs. lemon juice
- 8 oz. small fresh-mozzarella balls
- 4 oz. prosciutto
- 2 tbs. white balsamic or apple-cider vinegar
- 1 tsp. dried oregano
- ¼ cup extra-virgin olive oil
- Flaky salt, to taste



# Crab-Avocado Wraps

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- 1 head butter lettuce
- 1 ripe avocado
- 1 rib celery
- 2 tbs. finely diced red bell pepper
- 3 tbs. minced green onion
- 1 tbs. lemon juice, plus more for serving
- 1 cup lump crabmeat
- $\frac{1}{3}$  cup mayonnaise
- $\frac{1}{2}$  cup drained canned sweet corn
- 1 tsp. Old Bay seasoning
- Flaky salt, to taste



# Mediterranean Smashed Chickpeas

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- 1 medium cucumber
- ½ red onion
- ¼ cup loosely packed parsley
- 2 tbs. minced fresh dill
- 3 tbs. lemon juice
- 1 clove garlic
- 1 15-oz. can chickpeas
- ¼ cup canned artichoke hearts
- 2 tbs. chopped dried cranberries or cherries
- 3 tbs. minced Castelvetrano olives
- ⅓ cup plain, full-fat Greek yogurt
- ¼ cup crumbled feta cheese
- 1 tsp. dried oregano
- ½ tsp. ground coriander
- 1 tbs. extra-virgin olive oil
- Freshly ground black pepper, to taste
- Sea salt, to taste



# Shrimp and Veggie Summer Rolls

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- ½ carrot
- ¼ cup loosely packed fresh cilantro leaves
- ¼ cup mung-bean sprouts
- 8 fresh basil leaves
- 8 fresh mint leaves
- 1 dozen steamed shrimp, peeled and deveined and tails
- 1 oz. glass noodles or thin rice vermicelli
- Vietnamese rice-paper spring roll wrappers
- ¼ cup hoisin sauce
- 2 tbs. peanut butter
- 1 tbs. rice vinegar

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