



*Summer Table*

by JUST A DASH

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I am busy mom of four little girls, with an even busier husband. I love to cook and create delicious and healthy meals for my family. We entertain a lot, especially in the summer, so I keep the recipes simple and the ingredients fresh. This is a recipe book, but it also gives you permission to make each meal the way you see fit, to tailor it to what works best for you. Take it as a jumping off point, use what you have on hand and what appeals to your senses. My hope is that you have fun with these recipes and get your friends or kids involved in the process. I hope you invite friends into your home for a BBQ or dessert one night. I hope that these recipes inspire you, push you, and make your summer a little brighter—they sure have at our house!

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xoxo,

*Kristin Andrus*

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Summer is a time to gather  
around the table to share  
fresh and simple foods with  
those you love.

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## Watermelon, Feta, and Jalapeño Salad

**My husband and I love to travel together, and one of my favorite parts is experiencing the culture and food from where we visit. We ate this watermelon salad at a table for two on the beaches of Punta Mita, Mexico. I loved the feta and watermelon, and the jalapeños were my husband's favorite part. I often try and recreate the delicious meals I eat at restaurants from around the world. Doing this can bring your travels to life around the table in your own home. A piece of Punta Mita stays with us as I serve up this salad every summer for my family.**

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DIFFICULTY: 2/5 | PREP TIME: 15 minutes | COOK TIME: 25 minutes  
SERVES: 6-8 | PELLETS: Oak, Apple, Alder

- INGREDIENTS:
- Watermelon, sliced
  - Jalapeño Peppers, halved and deseeded
  - Feta Cheese
  - Arugula
  - EVOO (Extra Virgin Olive Oil)
  - Balsamic Glaze
  - Ground Pepper
- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
  - Grill the watermelon slices at the front and back of the grill until grill marks appear. You may use any grilled fruit with this salad or add to the watermelon. Remove fruit from the grill and let it cool, then cut into chunks.
  - Grill the jalapeno (or poblano peppers for less heat) on the Traeger until softened and charred, and cut into thin strips.
  - Arrange arugula on a platter and sprinkle the watermelon, feta, and jalapenos on top.
  - Blend the EVOO, balsamic glaze, and ground pepper together. Drizzle the combination over the salad, and serve immediately. For a sweeter option, use your favorite poppyseed dressing instead of balsamic and EVOO.



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Summer at our house means sunburns, bathing suits all day, and snack bar nachos. Nothing makes my girls more excited than packing a picnic and meeting Dad at the pool for dinner and an after dinner swim. A favorite, easy to transport dinner is always the way to go, especially when you've had too much nacho cheese and red vines. In an attempt to "dress up" our latest hot dog picnic, I opted for grilled chicken apple sausages and added a fresh peach salsa. I think I may have even talked my kids out of Oscar Meyer and ketchup for a while.



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## Chicken Sausages or Hot Dogs with Peach Salsa

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DIFFICULTY: 2/5 | PREP TIME: 20 minutes | COOK TIME: 20 minutes  
SERVES: 6-8 | PELLETS: Oak, Apple, Hickory

INGREDIENTS:  
8 Chicken Apple Sausages or Hot Dogs

PEACH SALSA:  
4 Peaches

1 bunch Green Onions

3 Jalapeño Peppers, cut in half  
lengthwise and seeded

Zest and Juice from 1 Lime

½ cup Cilantro, chopped

Salt and Pepper to taste

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4 to 5 minutes). Set temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- Cut peaches in half and grill open face down on the Traeger—long enough to get grill marks, a couple minutes each side. Cool and dice.
- Place green onions on the Traeger for 1 minute, turn and grill 1 more minute. Cool & slice diagonally.
- Place the seeded jalapeño halves on Traeger for 5 minutes, turn and grill for 5 more minutes. Cool and julienne.
- Cut the sausages or hot dogs in half lengthwise and place them on the Traeger, cook to desired doneness, turning halfway through.
- Mix all salsa ingredients together and refrigerate until sausages or hot dogs are ready.
- Top hot sausages with chilled salsa and serve.



I lived in Corona Del Mar, CA for a number of years and frequented an amazing restaurant called Banderas. My girlfriends and I would order a bunch of dishes to share and always started our meal with their amazing cornbread, as we dished on all the latest happenings in our lives. Every time I make this cornbread I can smell the ocean air and hear the sounds of the Pacific Coast Highway in the distance. Food is more than food, it's memories, and thoughts, and nourishment.

*Kristin*

## Grilled Cornbread with Blackberry Sauce

DIFFICULTY: 3/5 | PREP TIME: 25 minutes | COOK TIME: 30-45 minutes  
SERVES: 6-8 | PELLETS: Oak, Apple, Hickory

### INGREDIENTS:

- 1 cup All-Purpose Flour
- 1 cup Yellow Cornmeal
- ¼ tsp. Salt
- 4 tsp. Baking Powder
- 1 - 15 oz. can Creamed Corn
- 2 oz. Roasted Green Chili Peppers (1/2 small can)
- 1 cup Butter
- 1 cup Sugar
- ½ cup Cheddar Cheese, shredded
- ½ cup Monterey Jack Cheese, shredded
- 4 Eggs

### BLACKBERRY SAUCE:

- 2 cartons of Blackberries
- Zest of 1 Lemon
- Juice of 1 Lemon
- 2/3 cup Honey

### CORNBREAD:

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to 300°F, put the skillet on the grill and preheat, lid closed (10-15 minutes).

- Mix the flour, cornmeal, salt, and baking powder; set it aside.

- Melt the butter and combine with the sugar, creamed corn, and chili peppers. Mix.

- Add the eggs, one-by-one, to the corn mixture and mix until it is well blended. Add the cheese and stir.

- Fold in the flour mixture until mixed well; clumps are okay.

- Carefully remove the cast iron skillet from the Traeger and evenly coat the bottom and sides with canola or vegetable oil. Pour in the cornbread batter, and place the skillet back in the Traeger.

- Bake for 30-45 minutes, or until the top is golden brown and a toothpick inserted in the center comes out clean.

### BLACKBERRY SAUCE:

- Combine the blackberries, lemon juice, lemon zest, and honey in a saucepan, and sauté until cooked through.

- Pour over the warm cornbread and serve. For a savory take, top cornbread with rotisserie chicken or leftover meat. Then top cornbread with coleslaw and drizzle sriracha or hot sauce on top.



## Grilled Asparagus with Prosciutto Parmesan and Soft Boiled Egg

I'm always trying to come up with fun and new ways to get my family to eat their veggies. I often say that if you're not happy with your food, stack things on top of it until it appeals to you. I love to cook with ingredients I already have around the house. This asparagus dish came to life because the rest of the meal was pretty plain (and I liked it even better as leftovers for lunch the next day). I have to admit, I probably cook more veggies on my Traeger than meat. Adding a little EVOO, salt, and pepper to your vegetables with your grill on high will make a veggie lover out of the biggest skeptic (or your kids).



DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 20 minutes  
SERVES: 6-8 | PELLETS: Oak, Mesquite, Hickory

INGREDIENTS:  
1 bunch Asparagus  
8 oz. Prosciutto  
1 cup Parmesan, shaved  
4 Eggs, soft boiled

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- In the meantime, soft boil the eggs by putting cold eggs in a pot of cold water on the stovetop, then heat to high. When the water begins to boil, reduce the heat and boil the eggs for 6-7 minutes. Remove the pot from heat and put it in cold water to stop the eggs from cooking further. Let the eggs cool, then peel and slice. (Soft-boiled eggs are creamy and delicious, and you'll never go back to hard-boiled eggs!)
- Coat asparagus with the EVOO (Extra Virgin Olive Oil) and seasoned salt. Grill the asparagus on the Traeger for 10-12 minutes.
- Remove the asparagus from the grill and arrange them on a serving dish. Top with the prosciutto, shaved parmesan, sliced eggs, and salt and pepper to taste. You may add arugula to make a salad out of this side dish. Add burrata or mozzarella cheese rather than Parmesan or use both! Enjoy!



The sights, sounds, and energy around an outdoor summer table is one of my favorite moments of the year.

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Eating healthy is a way of life and very important to our family. We start our day with hot lemon water and try to continue making healthy choices throughout the day. We love healthy salads, filled with lean proteins and vegetables for dinner and adding a simple, homemade salad dressing makes it that much better. Salad dressings are so easy to make, and once you start making your own, you'll never go back!

*Kristin*

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## Grilled Lemon Vinaigrette

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DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 18-24 minutes  
SERVES: 6-8 | PELLETS: Oak, Alder, Hickory

### INGREDIENTS:

- 1 cup EVOO (Extra Virgin Olive Oil)
- 1 cup Lemon Juice
- 3 cloves Garlic, minced
- 1 tsp. Sugar
- ½ tsp. Salt
- ½ tsp. Ground Pepper

- When ready to cook, start your Traeger grill on Smoke with the lid open until the fire is established (4-5 minutes). Leave temperature set to Smoke, and pre-heat, lid closed (10-15 minutes).
- Cut the lemons in half and brush them with EVOO, sprinkle with the salt and pepper. Smoke the lemons, rind side down on the Traeger for 15-20 minutes. Turn the grill up to high, and grill the lemons, cut side down for 3-4 minutes or until golden brown.
- Remove the lemons from the grill and juice. Combine the juice and all the other ingredients in a blender and mix thoroughly.
- Chill and serve. The perfect salad for this dressing is arugula with lots of Parmesan and slivered almonds. Store in the refrigerator.



## Grilled Peaches with Mascarpone

**Thomas Keller of The French Laundry in Napa Valley is known to tell his cooks and protégés to make a recipe once according to the instructions. The second time, he encourages them to rewrite the recipe in their own terms, adjusting for their own taste, cutting out or adding steps according to what makes sense to them. The third time, Keller says to make it without any recipe at all, just by memory and tastes and hands. And at that point, he says, “The recipe is yours.”**

**Thanks to Giada, this recipe has become my own through trial and error, tastes and hands.**

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DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 6 minutes  
SERVES: 6-8 | PELLETS: Oak, Apple, Hickory

- INGREDIENTS:
- 8 Peaches, halved
  - 6 Tbsp. Honey
  - 3 Tbsp. Butter
  - 1 carton Mascarpone Cheese
  - 1 Tbsp. Vanilla Bean Paste
  - 1 loaf Pound Cake
- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
  - Combine 3 Tbsp. of honey with the butter and coat the peach halves. Set the leftover butter mixture aside for later. For a lighter option, you can skip the honey butter and put your peaches directly on the grill.
  - Grill the peaches on the Traeger until you see grill marks, flip them over and repeat, a couple minutes on each side.
  - Mix one container of mascarpone cheese with the 3 remaining Tbsp. honey and the vanilla bean paste. For a quicker peach dessert, use vanilla ice cream and drizzle with caramel sauce.
  - Slice the pound cake and grill slices on high for one minute on each side. Remove the cake slices from the grill.
  - Place the grilled peach on top of a slice of pound cake and top with the mascarpone cheese and honey mixture. Drizzle the leftover honey butter mixture on top.



## Blue Cheese Chips

Whether it's baseball, football, or basketball, my family loves watching the big game. My husband is a sports fanatic and tensions run high when our team is playing. Serving casual, but delicious food as we gather around the TV to cheer on our team is a must with hungry fans. I love to sit and chat with friends looking at the TV in the distance while the kids run wild and the guys are glued to the game. There is camaraderie and energy in the air and these chips with blue cheese will score you a big W!



DIFFICULTY: 1/5 | PREP TIME: 10 minutes | COOK TIME: 6-8 minutes  
SERVES: 2-4 | PELLETS: Oak

### INGREDIENTS:

Kettle chips or your favorite hearty chip  
Blue Cheese  
Green Onions, sliced  
Bacon, crumbled (I picked up a scoop from our grocery store salad bar)  
A dash of Ground Pepper  
Balsamic Glaze

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- In an oven safe dish, arrange the chips and sprinkle with blue cheese, green onions, bacon, and pepper. Drizzle with balsamic glaze.
- Place the dish on the Traeger and grill until bubbling and you can't wait one more minute.



## Grilled Corn Salad with Avocado and Goat Cheese

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DIFFICULTY: 2/5 | PREP TIME: 25 minutes | COOK TIME: 15 minutes  
SERVES: 6-8 | PELLETS: Oak, Mesquite, Hickory

### INGREDIENTS:

- 5 ears Corn
- 3 Avocados, diced
- ½ Purple Onion, grilled and diced
- 1 Cucumber, chopped or diced
- 1 carton Grape Tomatoes, halved lengthwise
- ¾ cup Cilantro, chopped
- 8 oz. Goat Cheese, crumbled

### CUMIN LIME VINAIGRETTE:

- Zest from 2 Limes
- ½ cup Lime Juice
- 1 ½ tsp. Cumin
- 2 Tbsp. Cilantro, chopped
- 2 Garlic Cloves, minced
- ¾ cup EVOO (Extra Virgin Olive Oil)
- Salt and Pepper to taste

- Shuck the corn and remove all of the silk.
- When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Leave temperature set to Smoke, and pre-heat, lid closed (10-15 minutes).
- Combine all of the salad ingredients in a large bowl and refrigerate.
- Grill the corn, on the cob, on the Traeger for 12–14 minutes; turn the cobs frequently until the kernels are golden brown.
- Remove the corn from the grill and allow them to cool. Cut the kernels off of the cob to prepare the salad.
- Combine and whisk all of the ingredients for the lime vinaigrette dressing. Drizzle the dressing over the salad.
- Toss and serve. Turn this salad into a salsa by leaving out the goat cheese and serving with tortilla chips. Serve the corn salad over greens with a grilled chicken breast for a main entrée.

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One of my best friends always hosts a BBQ at the end of the school year to kick off summer. Excitement fills the air. The kids are finishing school and the sites and smells of summer approach. This salad is a variation of a corn salad that she often serves at that BBQ. It is fresh and delicious and just screams summer. I love the different textures and pops of flavor. The dressing has such a great depth that brings it all together. The best part about this salad is that you can add and subtract anything you like. Once you try this salad, it may just become your “welcome summer” salad too!

*Kristin Andrus*

S • GROCERIES • FRUITS • VEGETABLES

Cooking is love made visible ♡  
x





## Grilled, Stuffed Donuts

DIFFICULTY: 2/5 | PREP TIME: 15 minutes | COOK TIME: 6 minutes  
SERVES: 6-8 | PELLETS: Oak, Pecan, Cherry

INGREDIENTS:  
6 Glazed Donuts or Apple Fritters  
1-2 cups of your favorite Berries,  
Bananas, or Strawberries

CINNAMON WHIPPED CREAM:  
1 Qt. Whipping Cream  
1 ½ tsp. Cinnamon  
2 tsp. Vanilla extract  
¼ cup Powdered Sugar

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- Whip the cream until soft peaks form; slowly add the cinnamon, vanilla, and powdered sugar. Continue to whip until stiff peaks form. If using Apple Fritters, add a little more cinnamon and nutmeg to the whipped cream.
- Cut the glazed donut in half, widthwise and grill for 2-3 minutes on each side.
- Fill the donut with the cinnamon whipped cream and your favorite berries. Feel free to use ice cream instead of whipped cream, and strawberries or bananas instead of berries.
- Serve and Enjoy!

Having family and friends over on warm, summer nights is one of my favorite things to do in the summer. Because we have four little girls, we often have gaggles of hungry kids running around the backyard, waiting for dinner, especially dessert, to be served. Donuts are often saved for the kids, but these disappear from everyone's plate. There is something so fun about taking a simple, well-known food and jazzing it up to a whole new level.

You'll never look at donuts the same again!

*Krishna*



## Grilled Salad Piadines

Home will always be in the Bay Area, outside of San Francisco, where I grew up. Flying over the Golden Gate Bridge brings back a rush of childhood memories and nostalgia. More often than not, Nana and Papa pick us up at the airport and we head straight to Tomatina's to catch up over Salad Piadines. I've served these for lunch meetings, ladies' lunches, and for the first cooking segment I ever did on TV. It feels like home wrapped up in a crunchy, chewy, grilled crust.



DIFFICULTY: 3/5 | PREP TIME: 30 minutes | COOK TIME: 10-15 minutes  
SERVES: 6-8 | PELLETS: Oak, Pecan, Alder

### INGREDIENTS:

Pizza Dough, homemade, or store bought (Whole Foods has a great dough or your local pizza place may sell dough balls as well.)

Pre-made Pesto

Romaine or Red Leaf Lettuce

1 bunch Green Onions, grilled and sliced

1 bunch Asparagus, grilled and cut into bite size pieces

3 ears Corn, grilled and kernels cut off

Tomatoes, chopped or diced

Parmesan, shaved

Steak, Chicken, or Salmon, grilled on Traeger

### RED WINE VINAIGRETTE:

1 cup Canola or Grape Seed Oil

½ - ¾ cup Red Wine Vinegar

2 ½ Tbsp. Sugar

1/3 cup Purple Onion, finely chopped

Salt and Pepper to taste

### RED WINE VINAIGRETTE:

- Whisk or blend all ingredients in a blender. (This can be done ahead of time and refrigerated until needed. Shake well before use.)

### PIZZA:

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).

- In a bowl, combine the lettuce, green onions, asparagus pieces, corn, and tomatoes. Refrigerate.

- Spread out the dough into individual pies and brush with EVOO (Extra Virgin Olive Oil) or grape seed oil.

- Grill the dough on the Traeger for 3-4 minutes on first side, and 1 minute on the second side.

- Remove the crust from the grill and brush with the pesto. Top pizza crust with the vegetable combination, meat, and dressing.

- Serve. You can make it a fruit pizza with grilled fruit, a drizzle of honey, and mint, or a dessert pizza with Nutella, bananas, and powdered sugar.



## Sweet Potato Waffle Chicken Sliders

The older I get, the more I enjoy playing with my food again. Dinner can often be a drag if you let it, but making exciting and inventive meals can be fun for the whole family. I saw these burgers with waffle fries as I surfed the web for new dinner ideas on a Wednesday afternoon. The kids helped make the burgers and then we all gathered around my husband as he put the waffle fries and sliders on the Traeger in anticipation of these fun and tasty little burgers. Switching up size, flavors, and food combinations can breathe new life into weekday meals. These sliders are cute enough for a crowd and will satisfy the pickiest of eaters.



DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 8-10 minutes  
SERVES: 6-8 | PELLETS: Oak, Mesquite, Pecan

### INGREDIENTS:

1 bag Sweet Potato Waffle Fries, frozen

Cheddar Cheese, shredded

### BURGERS:

1 ½ lb. Ground Chicken or Turkey

½ Onion, grated

¼ cup Parsley, chopped finely

Garlic Salt

Ground Pepper

Your Favorite Toppings

- Sort through the sweet potato fries to find whole slices and sizes you want to use.
- Mix all the ingredients for the chicken burgers until combined and shape them into small patties, a little larger than the waffle fries. Add some diced green chiles, chili powder, and cilantro instead of parsley to the burger to give it a southwestern flair.
- When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes). Set temperature to High (450°F), close the lid, and preheat for 10-15 minutes.
- Place the sweet potato fries and burgers on the Traeger. Cook the burgers and fries until the turkey is done, 8-10 minutes. Time cooked should be roughly equivalent for both.
- Remove from the Traeger, and top burgers with cheddar cheese.
- Using the waffle fries for the bun, place the chicken burgers between the waffle fries to make the sliders. Add pickles, relish or avocado and your favorite condiments.
- Serve immediately.



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I host a fun girls' night each summer where we eat, drink, and soak in friendship and laughter under the string lights in my backyard. Serving specialty drinks at parties has become one of my favorite ways to make my friends and guests feel special. I welcome friends to my home with a delicious drink as an introduction to what lies ahead for the rest of the evening. During Christmas, it's warm eggnog, and in the summer, it's a Grilled Pineapple and Mint spritzer. I dislike drinking my calories, as do most of my girlfriends, so we blend fresh mint, smoked, sweet pineapple and refreshing, cool, sparkling water. You can't be anything but happy as you raise a glass and say "cheers" to good friends, drinks, and the warmth of summer.

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## Grilled Pineapple and Mint Spritzer

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DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 10 minutes  
SERVES: 6-8 | PELLETS: Cherry, Alder, Apple

INGREDIENTS:  
1 fresh Pineapple  
1 cup Brown Sugar  
2 Limes, juiced

8-10 Mint or Thai Basil  
Sparkling Water or Sprite

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- Peel the pineapple and slice it into spears, cutting out the core.
- Roll the spears in brown sugar and grill on the Traeger for 5 minutes per side, then let them cool.
- Blend the pineapple, juice of limes and mint leaves (or Thai Basil for a more savory flavor) until pureed. Strain the mixture if you prefer a pulp-free beverage.
- Pour the mixture over cups of ice and top with sparkling water or sprite (for a sweeter drink). Serve and enjoy!



Summer is warm summer nights, the smell of smoke on the Traeger, and fresh cut grass. It's Cold drinks and dishes with fresh bursts of flavor, staying up too late, and kids caked in sugar and dirt.

Kristin Andrus



## Grilled Pork Tenderloin with Citrus Chimichurri

DIFFICULTY: 2/5 | PREP TIME: 15 minutes | INACTIVE TIME: 1-2 hours | COOK TIME: 1-2 hours  
SERVES: 6-8 | PELLETS: Oak, Pecan, Hickory

- INGREDIENTS:
- 2 Pork Tenderloin, 8-10 oz. each
- CITRUS CHIMICHURRI SAUCE:
- 1 cup EVOO (Extra Virgin Olive Oil)
  - ¾ cup Lime Juice
  - ¾ cup Orange Juice
  - ½ cup Cilantro, chopped
  - 8 Garlic Cloves, minced
  - 1 Tbsp. Orange Peel, grated
  - 1 Tbsp. dried Oregano
  - 2 ½ tsp. ground Cumin
  - 1 ½ tsp. Salt
  - 1 ½ tsp. ground Black Pepper
  - 2 cups Rice or Couscous, cooked
- The flavor of this sauce improves with time so, if possible, make it several hours, or even a day ahead of marinating the meat. Double the Chimichurri recipe to use on fish, chicken, or steak later in the week. You can also pour the sauce over pulled pork or use it as a dipping sauce or marinade for grilled shrimp or scallops.
  - Combine all the chimichurri sauce ingredients, and whisk. Put in a jar and keep it overnight to develop the best flavor.
  - Marinade the pork tenderloins in 1/3 of the sauce for an hour or two.
  - When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
  - grill the pork tenderloin to desired doneness, turning once during the cook (20-25 minutes).
  - Let the meat rest for 5 minutes, then cut into ½ inch slices. Serve on a bed of rice or couscous, ladling remaining sauce onto the pork.

When my husband and I had our first baby, a neighbor, who would become one of my closest friends, brought a variation of this pork with chimichurri to our home for dinner. Pork tenderloin is such a healthy and easy meal. You'll want to eat the citrus chimichurri by the spoonful. It has become a meal I love to bring to friends with new babies, illnesses, or whomever needs extra help and comfort. Food is my language of love and can connect us to each other in a way not much else can. You'll have a friend for life if you show up on a neighbor's porch with this delicious meal made with love.

KA



*“I’m a person of great appetites. I love to eat. I love to talk about food, think about food, play with food. The grocery store is my happy place, and the farmers market is my shrine. I’m never happier than when I’m planning a menu or passing bowls around my table, fragrant and full.”*

This quote from Shauna Niequist’s book, Bread and Wine, explains exactly how I feel about cooking and feeding those I love. I want health and happiness and connectedness with those around me. This grilled salad has healthy and fresh ingredients that feel like they’re taken right out of your own garden. Grill a steak and sprinkle sea salt and ground pepper over this salad, and you won’t want to leave the table for hours.



## Grilled Romaine Salad with Potato and Green Bean Topping



DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 6 minutes  
SERVES: 6-8 | PELLETS: Oak, Pecan, Hickory

**INGREDIENTS:**  
2 head Romaine Lettuce  
EVOO (Extra Virgin Olive Oil)  
Salt & Pepper to taste  
2 lb. Red Potatoes, baked and quartered  
1 Shallot, diced  
½ cup Parsley  
1 lb. Green Beans

**DRESSING:**  
½ cup Red Wine Vinegar  
¾ cup EVOO (Extra Virgin Olive Oil)  
1 Tbsp. Dijon Mustard  
Salt and Pepper to taste

- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High 350°F and preheat, lid closed (10-15 minutes).
- Meanwhile, coat the red potatoes in EVOO and salt. Place the potatoes on the grill and bake for 45 minutes. remove potatoes from the Traeger and let cool, then cut into quarters.
- Turn your Traeger temperature to High (450°F) and preheat, lid closed (10 minutes).
- Combine all the dressing ingredients and set aside. Add one additional tablespoon of mustard and half a cup of mayo to the dressing for a creamier potato salad.
- Cut the romaine heads lengthwise into quarters. Coat the cut lettuce sides with EVOO and salt and pepper. Grill the wedges on high, just long enough to get grill marks. You don’t have to put the lettuce on the grill if you are not serving right away.
- Toss the potatoes in a large bowl with the shallot, parsley, green beans and salad dressing.
- To serve, top the grilled romaine quarters with potato and green bean salad mixture and drizzle with the extra dressing. Add bacon and chopped hard boiled egg to the potato salad for some additional flavor.



## Salmon with Teriyaki and Orange Glaze

I'm always trying to come up with fun and new ways to get my family to eat their veggies. I often say While I was growing up, my home was always full of family and friends around our dining room and kitchen table. My mom is a hostess to her core and my love of cooking and entertaining stems from watching her share her talent and skills with others. Her food is delicious, but easy and she creates beautiful spaces and tables where others feel at home. Salmon was a staple in our home growing up. This simple recipe is still a favorite I love to share with my own kids. This tasty recipe has also turned some of my friends' children into salmon lovers who would otherwise never have touched it!.

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DIFFICULTY: 2/5 | PREP TIME: 10 minutes | COOK TIME: 10-15 minutes  
SERVES: 6-8 | PELLETS: Oak, Mesquite, Hickory

INGREDIENTS:  
2 lb. Salmon

- Mix the marmalade and soyaki or teriyaki. Marinade the salmon in ½ of the sauce.

GLAZE:

1 cup Soyaki or Teriyaki Sauce  
1 cup Orange Marmalade  
1 bunch Green Onion, sliced  
2 Oranges, sliced  
Orange Zest from 2 Oranges

- Remove the salmon from marinade and place on a slice of foil.
- Top with the green onions, orange zest, and orange slices.
- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
- Bake the salmon in the Traeger for 15-20 minutes or until cooked through. Don't overcook.
- Meanwhile, reduce remaining teriyaki and marmalade until halved. Set aside.
- Remove the salmon from the grill. Pour reduced marmalade and teriyaki sauce over the salmon, let it rest, then serve and enjoy.



## S'mores Dip

Lake Powell has become a favorite summer tradition for our family and friends. The waterskiing, tubing, and boat rides can make for a hungry bunch by the end of the day. If there is anything I love more than cooking, it's cooking alongside friends. The sounds of trading tips and tricks, helping where needed, and the rhythm of chopping and cooking together can't be beat. As mothers, wives, and friends we create a place for our families to rest and connect at the end of the day. S'mores dip is the ultimate summer dessert when a fire isn't an option. It's perfect on the Traeger, under the stars at Lake Powell, or in the microwave, cuddled up with your kids on the couch.



DIFFICULTY: 1/5 | PREP TIME: 5 minutes | COOK TIME: 10-15 minutes  
SERVES: 6-8 | PELLETS: Apple, Cherry, Hickory

- INGREDIENTS:
- 6 Hershey's Chocolate Bars
  - ¾ bag toffee bits/chips, (1 ½ cup)
  - 1 ½ bag Marshmallows
  - 1 box Honey Graham Crackers for dipping
- When ready to cook, start your Traeger on Smoke with the lid open until the fire is established (4-5 minutes). Set the temperature to High (450°F) and preheat, lid closed (10-15 minutes).
  - Meanwhile, spray the cast iron skillet with non-stick spray.
  - Layer the chocolate bars, toffee bits, and marshmallows into the pan.
  - Bake in the Traeger for 10-15 minutes or until the marshmallows turn golden brown.
  - Remove from the grill, serve hot, and dip with graham crackers. Add chunks of your favorite candy bar or peanut butter for even more awesomeness!

# Summer Table

by JUST A DASH

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