

MAY 2019

relish

Spaghetti Salad?
Yes, Please!
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Martha Stewart's
Grilled Chicken
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Banana
Pudding
Dip
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Say Cheese

Celebrate the end of school
and start of summer with easy
(and fun) family fare

Meatball
Grilled Cheese,
page 10

THAT
CUISINE
WON'T PAY
FOR ITSELF

GEICO



Super Summer KICKOFF

Savor the long Memorial Day weekend
with this crowd-pleasing menu



Chicken with Cucumber, Radish & Cherry Tomato Relish

Grilled chicken is far from boring when topped with a colorful, tangy relish like this one from Martha Stewart's *Grilling*, the latest in the lifestyle expert's cookbook lineup. It can be made up to a day ahead.

TO MAKE THE RELISH, bring $\frac{1}{4}$ cup white-wine vinegar, $\frac{1}{4}$ cup water, 1 tsp sugar, 2 smashed garlic cloves, 1 small jalapeño, seeded and quartered, and $\frac{3}{4}$ tsp salt to a boil in a small saucepan. Remove from heat and let stand 15 minutes. Strain; discard solids. Let cool completely. Combine 1 cucumber, peeled and cut into $\frac{1}{4}$ -inch pieces; 5 radishes, thinly sliced; 8 oz cherry tomatoes, halved and 1 small red onion, finely chopped in a medium bowl. Pour vinegar mixture over; toss to coat. Let stand at least 10 minutes and up to 1 day.

TO MAKE THE CHICKEN, heat grill to medium-high. Season 6 boneless, skinless chicken breast halves (about 2 lb) with salt and pepper. Lightly oil grates. Working in batches, grill chicken until cooked through, 6 to 7 minutes per side. Transfer to a platter and let rest 10 minutes. Meanwhile, stir 1 cup torn fresh mint into relish. Season relish with salt and pepper. Spoon over chicken and serve topped with mint leaves. **Serves 6**



Per serving: 211 cal, 4g fat, 110mg chol, 35g prot, 6g carbs, 3g sugar, 2g fiber, 597mg sodium

Reprinted from Martha Stewart's *Grilling: 125+ Recipes for Gatherings Large and Small*. Copyright © 2019 by Martha Stewart Living Omnimedia, Inc. Published by Clarkson Potter, an imprint of Penguin Random House, LLC.

9-Layer Salad

Making a salad in a baking dish instead of a bowl helps avoid spills and is more easily transported to your cookout.

- 8 oz fresh baby spinach
- 1 yellow bell pepper, chopped
- 2 stalks celery, chopped
- 1 cup cherry tomatoes, halved
- 1 cup frozen peas, thawed
- $\frac{1}{3}$ cup finely chopped red onion
- 1 cup shredded colby jack cheese
- 6 slices low-sodium bacon, cooked crisp and crumbled
- 1 cup reduced-fat buttermilk ranch dressing



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My Granddaughter, You Are My Sunshine

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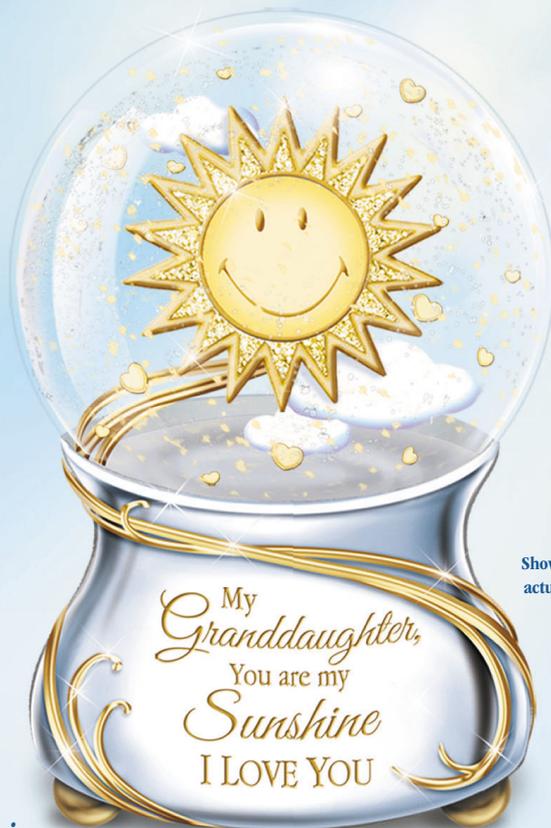
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9-Layer Salad

In a 13 × 9-inch baking dish, layer half of the spinach, bell pepper, celery, tomatoes, peas, onion, cheese, bacon and dressing. Repeat layers. Serve immediately or chill. **Serves 10**

Per serving: 153 cal, 10g fat, 19mg chol, 7g prot, 8g carbs, 4g sugar, 2g fiber, 429mg sodium

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Banana Pudding Dip

Fans of the classic Southern dessert won't be able to resist digging into this sweet dip from Melissa Sperka, blogger at melissassouthernstylekitchen.com.



Using a stand or hand mixer, beat together 1 (3.4-oz) pkg **instant banana pudding**, 1 (3.4-oz) pkg **instant vanilla pudding**, 3 cups **half-and-half** and 1 tsp **vanilla extract** until thickened but still pourable. Add 1 (8-oz) pkg **softened cream cheese** and beat until completely smooth. Stir in 4 medium **bananas**, peeled and sliced; 3 cups **mini marshmallows**; 2/3 of 1 (8-oz) tub **frozen whipped topping**, thawed and 1/2 cup crushed **vanilla wafers** (reserve 1 Tbsp wafers to sprinkle on top). Pour into a serving dish and top with the remaining whipped topping. Sprinkle with reserved wafer crumbs. Refrigerate covered for 2 to 4 hours. Serve with whole vanilla wafers for dipping. **Serves 12**

Per serving: 440 cal, 20g fat, 43mg chol, 5g prot, 59g carbs, 42g sugar, 2g fiber, 425mg sodium