



Simple Summer Recipes to Make All Year Long

• For the last five years, The Girlfriend has published many dozens of recipes, everything from mocktails and cocktails to appetizers and holiday cookies. And now, to mark our special anniversary, we're offering you a free downloadable collection of our favorite summer recipes. Whether it's salmon poke, or an easy pot roast, or Air Fryer peaches, or key lime pie, or scrumptious drinks — and so much more — we've got you covered. These are the recipes everyone needs in their back pocket to get the most out of the summer season. So, savor all the flavors and enjoy!



Creamy Mushroom Chicken

INGREDIENTS

- 4 skinless/boneless chicken breasts
- 2 cans cream of mushroom soup
- 1 8 ounce container of sour cream

INSTRUCTIONS

Place chicken breasts in a 9-by-13-inch greased baking dish. Mix the soup and sour cream. Pour it on the chicken. Bake at 350°F for 30 minutes (or until chicken is thoroughly cooked). Serve with rice and peas.



Easy Pot Roast

INGREDIENTS

- Pot roast
- Bagged mini carrots
- 2 yellow onions
- 5 potatoes
- 2 cans green beans
- 1 can beef broth

INSTRUCTIONS

Spray your slow cooker and throw in the roast. Add cut up onions and potatoes, along with the carrots and green beans. Shake a little salt, pepper, garlic powder and minced onion over everything. Cook on low for 8 hours.

Photographs by Emily Hawkes (Food Stylist: Caitlin Hought Brown; Prop Stylist: Andrea Greco)

Air Fryer Chili-Glazed Salmon Poke

SERVES 2

INGREDIENTS

- 1 pound salmon filet, cut in 4 pieces
- 1 cup sushi rice
- 1 tablespoon sweet cooking rice wine
- 2 tablespoons honey
- 2 tablespoons sesame seeds
- 2 Persian cucumbers, thinly sliced
- 3 scallions, thinly sliced
- 1 jalapeño, thinly sliced

Marinade

- ¼ cup of soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons Sriracha sauce
- 1 teaspoon onion powder
- ½ teaspoon salt

Quick Pickled Red Onions

- ½ cup apple juice
- ½ cup rice wine vinegar
- ½ thinly sliced red onion
- Sea salt

Spicy Mayo Sauce

- 2 tablespoons mayo or vegan alternative
- 2 tablespoons Sriracha sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon honey
- Pinch of salt

INSTRUCTIONS

• In a large bowl, whisk together the marinade. Submerge salmon skin side up/flesh side down in the bowl and let it sit for 15 minutes, or covered in the refrigerator up to 4 hours. When ready to cook, preheat air fryer to 400°F.

Make sushi rice according to package instructions.

Once cooked, use a fork to lightly fluff the grains. Turn off heat, cover and let it sit for an additional 10 minutes. Add a splash of sweet cooking rice wine and toss to combine.

Spray air fryer basket with olive oil. Remove salmon from marinade and place 2 salmon filets skin side down into the hot sizzling air fryer basket for 8 minutes.

Meanwhile, in a small pot or pan, add apple juice, rice wine vinegar, onion and salt and bring to a boil, then turn off heat, cover and let stand until ready to use.

After initial 8 minutes, brush each salmon filet with ½ tablespoon of honey and sprinkle with sesame seeds. Put salmon back in the air fryer for 1 minute. Repeat this cooking process with remaining 2 salmon filets.

In a small bowl, whisk together spicy mayo ingredients and set aside.

On a plate, arrange rice and salmon with a slick of spicy mayo alongside. Then scatter pickled red onions, cucumbers, scallions and jalapeño over the top and serve.

Jennifer Causey (Food Stylist: Torie Cox; Prop Stylist: Claire Spollen)



Air Fryer Peaches with Candied Pecans

SERVES 2

INGREDIENTS

- 2 yellow peaches, pit removed and quartered
- ¼ cup coconut oil or butter, softened
- ½ cup pecans or walnuts, finely chopped
- ¼ cup coconut sugar or brown sugar
- Whipped cream to garnish, optional

INSTRUCTIONS

- Line the tray of your air fryer with parchment paper.

Melt 2 tablespoons of the coconut oil in the microwave in 15-second intervals, then use to lightly brush each peach. Arrange wedges on parchment paper skin side up, and air fry at 350°F for 5 minutes.

Meanwhile, use your fingers to mix together the pecans, coconut sugar and remaining softened coconut oil.

Flip peaches skin side down and spoon a little of the pecan mixture over the top of each peach wedge and return to air fryer for another 5 minutes until slightly soft and melting.

Use a spoon to scoop peach wedges on a plate and top with whipped cream if desired, being sure to scoop up any topping that may have fallen onto the parchment paper during the cooking process — don't waste the good stuff!

If you can't find peaches, try this with cored apples! You may just need to cook a little longer to soften, but the result will be equally delicious.

Jennifer Causey (Food Stylist Torie Cox, Prop Stylist Claire Spollen)

Fig & Goat Cheese Bites with Pistachios

INGREDIENTS

Joan of Arc® Goat Cheese log - 1 4 oz. packet
Mini Frozen Phyllo Shells - 15
Fig Preserves - 1/2 cup
Pistachios - 8-10 roughly crushed/ chopped

INSTRUCTIONS

- Preheat oven to 425°F. Remove and discard the chicken giblets. Pat the outside dry. Liberally salt and pepper the inside of the chicken. Cut the lemons in quarters, place 2 of the quarters in the chicken along with the garlic and reserve the rest of the lemons.

Preheat oven at 350 degrees. Thaw your mini frozen phyllo cups for about 10 minutes. Fill the phyllo shells with about a tbsp of Goat cheese in each cup.

Place it in the oven for 10 minutes or until the goat cheese slightly melts.

Remove from oven and top each cup with a tsp of Fig preserves.

Finish the dish by adding crushed pistachios (optional step)

NOTES

Since the Fig preserves that were already pretty sweet, there is other sweetener like honey.

You can even use fresh figs in this recipe but if you do, you may need to drizzle a little bit of honey on it to give it an added sweetness.

Mackenzie Smith Kelley (Food Stylist: Maitte Alzpurua; Prop Stylist: Taylor Cumble)





Key Lime Pie

INGREDIENTS

1 banana
 ¾ cup plain Greek yogurt
 ½ cup cream cheese
 ¼ cup fresh lime juice
 (2 limes, key lime or regular)
 ¼ cup honey
 2 Tbsp finely grated lime zest (2 limes)
 ½ tsp vanilla extract
 Optional topping: ½ cup graham cracker crumbs

INSTRUCTIONS

- Combine all ingredients in a blender until smooth.

Pour into molds, leaving a little space at the top for them to expand. Insert sticks and freeze until hard (at least 4 hours).

Run the mold under warm water for a few seconds to loosen them up, then remove from the mold.

Sprinkle with graham cracker crumbs. Tip: They stick best once the pops are a little soft.

Bloody Mary

INGREDIENTS

1 ½ cup tomato juice
 ½ cup vodka
 1 Tbsp lime juice (½ of a lime)
 1 tsp Worcestershire sauce
 ½ to 1 tsp Tabasco sauce, to taste
 1 clove garlic, minced
 ¼ tsp salt
 ¼ tsp smoked paprika
 Pinch of ground black pepper

INSTRUCTIONS

- Whisk together all ingredients, adding more or less Tabasco sauce.

Pour into molds, leaving a little space at the top for them to expand. Insert sticks and freeze until hard (at least 8 hours). If mixture is too liquid for sticks to stand straight up, let freeze for about 1 hour, then insert sticks.

Run them under warm water for a few seconds to loosen them up, then remove from the mold.



Leslie Grow (Food Stylist: Ali Chippinelli, Prop Stylist: Amy Taylor)

Playa Abou Cocktail

INGREDIENTS

1 oz. Senior Blue
Curaçao
1/5 oz. Tanqueray Ten
1 oz. coconut cream
1 oz. lime juice

INSTRUCTIONS

• Combine drink ingredients into a large shaker with ice. Shake thoroughly. Pour into your glass of choice and garnish with mint leaves and an orange slice.



Salty Ocean Bomb

INGREDIENTS

2 oz. UV Blue Vodka
1 oz. white tequila
1 oz. blueberry syrup
1 oz. freshly squeezed
lime juice
1 drop Angostura Bitters
4 to 6 ice cubes for
shaker

INSTRUCTIONS

• Combine all ingredients in cocktail shaker.

Shake for 2 to 3 minutes and strain into a goblet.

Garnish the goblet's rim with salt & paprika and a dehydrated lime zest; drop two watermelon wedges into the cocktail.



Hypnotiq Paradise

INGREDIENTS

1/2 lime
10 mint leaves
1 tsp. sugar
1 oz. Hypnotiq
1 oz. white Caribbean
rum
2 oz. soda water

INSTRUCTIONS

• Muddle the lime and mint. Pour the remaining ingredients into a glass over ice with the muddled lime and mint.

