

Arugula & Watermelon Salad

Author: [Cookie and Kate](#) Prep Time: 15 mins Total Time: 15 minutes

Yield: 4 side salads

★★★★★ 4.9 from 14 reviews

Delicious watermelon salad recipe with fresh arugula, feta, olives and sherry vinaigrette. This surprising, sweet and savory salad is perfect for summer! Recipe yields 2 large salads (as shown) or 4 side salads.



Ingredients

Salad

- 5 ounces arugula (about 5 cups, packed)
- 2 cups cubed (about 1") pieces of seedless watermelon (from 1/2 of a mini watermelon, or about 1/4 of a medium watermelon)
- 1/3 cup crumbled feta cheese
- 1/3 cup halved and pitted Kalamata olives

Vinaigrette

- 1/4 cup extra-virgin olive oil
- 1 small shallot, chopped (about 2 tablespoons)
- 2 tablespoons sherry vinegar or red wine vinegar
- Hefty pinch of salt
- Freshly ground black pepper, to taste

Instructions

1. To assemble the salad: In a medium serving bowl, combine the arugula, cubed watermelon, feta and olives.
2. To prepare the vinaigrette: In a small liquid measuring cup or bowl, combine all of the vinaigrette ingredients and whisk until blended. Taste, and add more salt and pepper if necessary, keeping in mind that the salad contains some salty ingredients.
3. Wait until you're ready to serve to dress the salad, since the arugula will start wilting once it comes into contact with the vinaigrette. Whisk the vinaigrette one more time, then drizzle about half of the vinaigrette over the salad. Gently toss to combine. Add more vinaigrette if necessary to lightly coat the arugula (I only needed about half of mine and saved the rest for a future salad). Serve immediately.

Notes

Recipe inspired by [Blvd Tavern](#) in Kansas City.

Make it dairy free/vegan: You could probably replace the feta with additional olives.

Find it online: <https://cookieandkate.com/arugula-watermelon-salad-recipe/>

Yield: 2 **Author:** Dontmissmyplate



Pork Chops, Purple Peppers, and Peaches with Wine Sauce

Pork chops are inherently sweet and go quite well with peaches, which offer both a subtle sweetness and tartness. The white wine for poaching at the final stage and the resultant sauce to drizzle over your chops will complete the meal.

PREP TIME: 15 MIN | COOK TIME: 30 MIN | TOTAL TIME: 45 MIN

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INGREDIENTS

- 2 large pork chops
- 2 peaches, sliced into segments
- 1 tablespoon steak and chops seasoning (I used Roberston's)
- 1/3 cup white wine (real wine preferred)
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 bell peppers, sliced into strips (I used purple, you can also use green)
- Rosemary sprigs
- 4 garlic cloves

Wine sauce:

- 2 tablespoons butter
- 1 tablespoon shallots, finely chopped (optional)

- 2 tablespoons mirin
- 1 teaspoon red wine vinegar
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste

INSTRUCTIONS

1. Pat the pork chops dry. Make small lengthwise slices in the fat to prevent shrinkage—season. Lay them in a cast iron pan once the olive oil and 1 tablespoon of butter are heated. Sear on each side for about 4 minutes until golden brown and crispy. Once flipped to the other side, add the garlic, rosemary and remaining butter.
2. Pour in the wine, then cover with a lid on low heat and poach until the thickest parts are 165F. Remove the pork chops from the pan and allow to rest for 10 minutes.
3. While the sauce is simmering, saute the peach segments and bell pepper slices, season to taste for about 3 minutes until slightly softened.
4. Pour the sauce into a serving cup, return all the ingredients to the skillet, and serve with sides of your choice.

To make the wine sauce:

1. Remove the rosemary and garlic.
2. Transfer the liquid to a small saucepot, and bring the liquid to a boil.
3. Add the butter, mirin, vinegar, and Worcestershire—adjust and season to taste.
4. Lower the heat to simmer and reduce the liquid until thickened, and stir occasionally.
5. You can also add some shallots with the butter first for additional flavour, but don't burn it to avoid bitter taste.



Fresh Corn and Black Bean Salad With Corn Chips

cooking.nytimes.com

MAKES: 4 servings

PREP TIME: 15 mins

COOK TIME: 5 mins

This superquick corn and black bean salad is enlivened with crackly corn chips, in the spirit of salads like fattoush, panzanella and crispy noodle salad. When corn is at its peak, its subtly sweet raw kernels are plump and juicy, and the perfect addition to salads. Corn pairs beautifully with earthy black beans and this sprightly cumin-lime vinaigrette. The corn, black beans, cilantro and vinaigrette can mingle up to 4 hours ahead, so this make-ahead dish is perfect for a picnic, potluck, cookout, or simply dinner. For best results, toss in the corn chips and avocado just before serving.

INGREDIENTS

2 tablespoons fresh lime juice

1 garlic clove, grated

1 1/2 teaspoons ground cumin

1 teaspoon sugar

1/2 teaspoon crushed red pepper

3 tablespoons extra virgin olive oil

Salt and pepper

4 cups fresh corn kernels

2 (15-ounce) cans black beans, rinsed

A big handful of cilantro leaves, chopped

4 cups/4 ounces corn tortilla chips, lightly crushed

1 to 2 ripe avocados, halved, pitted and roughly diced

Hot sauce, for serving

DIRECTIONS

1. Prepare the dressing: To a large bowl, add the lime juice, garlic, cumin, sugar, crushed red pepper and olive oil. Season with about 1 teaspoon of salt and a pinch of pepper and whisk to combine. Taste and check seasonings, adding more salt and pepper if needed.

2. To the dressing, add the corn, black beans and cilantro. Toss to combine, taste and season with salt and pepper.

3. When ready to eat, add the corn chips and avocados, and toss to combine. Dot with hot sauce, if using.

Note: I used Trader Joe's Frozen Roasted Corn rather than fresh. I also added some chopped up grilled chicken.

Chilled Raw Corn Soup



Recipe courtesy of Jessica D'Ambrosio for Food Network Kitchen
From: Food Network Magazine



Chilled soup is the perfect meal or snack for a warm day. In this recipe, all you need to do is blend some raw ingredients, including corn, peppers and tomatoes, to create a refreshing sweet and savory puree that you'll want to sip on all day.

Level: Easy

Total: 15 min

Active: 15 min

Yield: 4 servings

Ingredients:

- 2 cups fresh corn kernels, plus more for topping (from about 3 large ears)
- 1 orange or yellow bell pepper, chopped
- 1 jalapeño pepper, seeded and chopped
- 1/4 sweet onion, chopped
- 1/2 cup orange or yellow cherry tomatoes
- 1 clove garlic
- 1/3 cup extra-virgin olive oil, plus more for drizzling
- 2 tablespoons white wine vinegar
- 1/4 teaspoon ground cumin
- Kosher salt



Cook Mode (Keep screen awake)

NEW: You can now switch to **Cook** X

Mode to keep your screen awake.

Directions:

- 1** Combine the corn, bell pepper, jalapeño, onion, tomatoes and garlic in a blender. Add the olive oil, vinegar, cumin and 1/2 teaspoon salt and puree on high speed until very smooth. Strain the soup through a fine-mesh sieve into a bowl, using a rubber spatula to push it through. Season with salt.
- 2** Refrigerate the soup until cold, 1 to 2 hours. Pour into bowls and top with more corn and a drizzle of olive oil.



Photograph by Kate Sears

Taste of Home



Detroit Greek Salad

🕒 Total Time Prep: 20 Min.

Yield 8 Servings



👍 Test Kitchen Approved

A Detroit Greek salad includes all your favorite Greek salad components, plus a few unexpected ingredients that pack in even more flavor.

Ingredients

- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/8 teaspoon pepper
- **SALAD:**
- 8 cups chopped iceberg lettuce
- 1 cup sliced English cucumber
- 1 cup grape tomatoes, halved
- 1/2 cup thinly sliced red onion
- 1 can (15-1/2 ounces) no-salt-added garbanzo beans, rinsed and drained
- 1 cup whole pitted Kalamata olives

- 1 cup crumbled feta cheese
- 1/2 cup pickled sliced beets
- 8 whole pepperoncini

Directions

- 1 In a small bowl, whisk together olive oil, vinegar, salt, oregano and pepper; set aside.
- 2 Place chopped lettuce, cucumber, tomatoes and onion in a large bowl. Add chickpeas and olives; toss to combine. Drizzle dressing over salad; toss to coat. Top with crumbled feta, sliced beets and pepperoncini. Serve immediately.

Nutrition Facts

1 serving: 224 calories, 14g fat (3g saturated fat), 8mg cholesterol, 658mg sodium, 17g carbohydrate (3g sugars, 4g fiber), 7g protein.

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Sweet and tangy sliced beets are the unexpected (but tasty!) key ingredient in an iconic Detroit Greek salad. —Susan Bronson, Rhinelander, Wisconsin

RECIPE CREATOR

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Quick Pickled Beets

★★★★★

Skip the tedious work of pickling and learn how to quick pickle beets. This quick pickled beets recipe starts with canned beets or cooked beets. Simple steps, great flavor. The best pickled beets recipe out there.

Course

Side Dish

Cuisine

American

Keyword

canned beets, pickled beets, quick pickled beets

Prep Time

5 minutes

Cook Time

10 minutes

Total Time

15 minutes

Servings

4 servings

Calories

67kcal

Author

Courtney

Ingredients

- 2 cups cooked beets or canned beets, see notes
- 2 cups water
- 1 cup apple cider vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- ¼ teaspoon whole mustard seeds
- ¼ teaspoon whole black peppercorns about 3

Instructions

1. Slice or chop the cooked beets to your desired size. Add them to an airtight food safe jar or container and set them aside while you make the brine.
2. Combine the water, vinegar, sugar, salt, mustard seeds, and peppercorns in a small saucepan set over medium heat.
3. Bring the brine mixture to a boil and cook until the sugar and salt have fully dissolved.
4. Allow the brine to cool and then pour the brine over the beets, making sure to cover them completely.
5. Seal the container and place it in the fridge to chill. Wait at least 12 hours before enjoying.
6. Store the beets in an airtight container in the fridge for up to two weeks.

Notes

This recipe works well with boiled, steamed, or roasted beets. Roasting the beets will give them even more flavor.

To roast, the beets wash them and remove their greens. Cover the beets with olive oil and wrap them up in foil. Bake them on a baking sheet in a 400 degree F oven for 45 minutes or they can easily be pierced with a fork. Allow them to sit for 5 minutes before peeling the skin away from the beets and cutting.

To boil the beets bring a large pot with salted water to a boil. Wash and trim the beets removing the greens. Cook the beets in the water for 30 minutes and then remove them from the water. Place into an ice bath to stop the cooking process and then you can remove the skin and cut as desired.



Nutrition

Serving: 1g | Calories: 67kcal | Carbohydrates: 13g | Protein: 1g | Fat: 0.2g | Saturated Fat: 0.03g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.1g | Sodium: 1225mg | Potassium: 270mg | Fiber: 2g | Sugar: 11g | Vitamin A: 24IU | Vitamin C: 3mg | Calcium: 21mg | Iron: 1mg

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Peach Cobbler with Cornmeal Biscuits



G-F TESTING LAB

FLOUR SUBSTITUTION

King Arthur Gluten-Free Multi-Purpose Flour
4½ ounces = ½ cup plus ⅓ cup

Bob's Red Mill GF All-Purpose Baking Flour
4½ ounces = ¾ cup plus 2 tablespoons

Note that biscuits made with King Arthur will be a bit pasty, and biscuits made with Bob's Red Mill will be darker in color and more crumbly, will not rise as well, and will have a slight bean flavor.

CORNMEAL

The test kitchen's favorite cornmeal for baking is finely ground Whole-Grain Arrowhead Mills Cornmeal. This brand has been processed in a gluten-free facility, but not all brands are. Make sure to read the label. See page 149 for more details on cornmeal.



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✓ WHY THIS RECIPE WORKS

Our first attempts at trying to marry our gluten-free biscuits with peach cobbler filling proved right away that a sturdier biscuit would be in order. Our gluten-free biscuits softened dramatically when paired with the hot filling. Clearly a biscuit that was not made with all flour blend would be a better bet, and the less time it spent atop a hot filling, the better. For this reason, we decided to take another route for our cobbler topping: cornmeal biscuits. Cornmeal paired with an equal amount of our flour blend would make a sturdier biscuit, and we thought the corn flavor would pair well with the peach filling. We started with an old yet beloved cornmeal biscuit recipe, which had very little sugar and baking powder. Increasing both and adding a little baking soda gave us the lift and sturdiness needed for this recipe, while the extra sugar tilted the biscuit to the sweet rather than the savory side—perfect for our cobbler. The baking powder gave us the lift that we needed to form traditional-looking biscuits. We parbaked these biscuits as well as the filling, so they needed to spend only about 5 minutes together in the oven for the perfect cobbler.

Peach Cobbler with Cornmeal Biscuits

SERVES 8

- 5 ounces (1 cup) cornmeal
- 4½ ounces (1 cup) ATK Gluten-Free Flour Blend (page 13)
- 2½ ounces (½ cup) plus 3 tablespoons sugar, plus extra as needed
- 2 teaspoons baking powder (see page 20)
- ¼ teaspoon baking soda
- Salt
- 8 tablespoons unsalted butter, cut into ¼-inch pieces and chilled
- ¾ cup buttermilk, chilled
- 4 pounds ripe but firm peaches, peeled, halved, pitted, and cut into ½-inch wedges

- ¼ teaspoon ground ginger
- ⅛ teaspoon ground cinnamon
- 5 teaspoons lemon juice
- 1½ teaspoons cornstarch

1. Adjust oven rack to middle position and heat oven to 375 degrees. Line baking sheet with parchment paper. Pulse cornmeal, flour blend, 2 tablespoons sugar, baking powder, baking soda, and ½ teaspoon salt together in food processor until combined, about 5 pulses. Scatter butter pieces over top and pulse until mixture resembles coarse cornmeal with few slightly larger butter lumps, about 10 pulses.

2. Transfer cornmeal mixture to medium bowl, add buttermilk, and stir with fork until dough gathers into moist clumps. Using greased ¼-cup dry measure, scoop out and drop 8 mounds of dough onto prepared baking sheet, spaced about 1 inch apart. Sprinkle 1 tablespoon sugar over top and bake until biscuits are puffed and lightly browned, 25 to 30 minutes. Let biscuits cool slightly on wire rack. (Cooled biscuits can be held at room temperature in sealed zipper-lock bag for up to 2 hours.)

3. Meanwhile, combine peaches, remaining ½ cup sugar, ginger, cinnamon, and pinch salt together in Dutch oven. Cover and cook over medium-low heat until peaches have softened and release their juices, 10 to 15 minutes.

4. Whisk lemon juice and cornstarch together in bowl, then stir into peaches and continue to cook, uncovered, until liquid has thickened, 2 to 5 minutes. Season with extra sugar to taste. Transfer to deep-dish pie plate or into 8 individual gratin dishes. (Fruit can be covered with plastic wrap and held at room temperature for up to 1½ hours.)

5. To serve, arrange biscuits on top of peach mixture and bake until heated through, 3 to 5 minutes. Serve immediately.

**THE AMERICA'S TEST KITCHEN
GLUTEN-FREE FLOUR BLEND**
MAKES 42 OUNCES (ABOUT 5½ CUPS)

Be sure to use potato starch, not potato flour. Tapioca starch is also sold as tapioca flour; they are interchangeable. See notes at right about shopping for rice flours and substituting soy milk powder.

- 24 ounces (4½ cups plus ½ cup) white rice flour**
- 7½ ounces (1½ cups) brown rice flour**
- 7 ounces (1½ cups) potato starch**
- 3 ounces (¾ cup) tapioca starch**
- ½ ounce (3 tablespoons) nonfat milk powder**

Whisk all ingredients together in large bowl until well combined. Transfer to airtight container and refrigerate for up to 3 months.

BUYING RICE FLOURS

We used rice flours made by Bob's Red Mill during our testing process. We found some rice flours (including those made by Arrowhead Mills, another widely available brand) to be a bit coarser, which can negatively impact the texture of baked goods. We strongly recommend that you buy Bob's Red Mill white and brown rice flours. See page 19 for more detail on our testing of rice flours.

USING MILK POWDER

If dairy is part of your diet, we strongly recommend adding the nonfat milk powder. (We use nonfat, rather than whole-milk powder because it is more readily available.) If you prefer, use an equal amount of soy milk powder. You can omit the milk powder altogether, however baked goods won't brown quite as well and they will taste a bit less rich, especially in recipes without a lot of fat.

structure, and potato starch was in the mix for tenderness and some binding power. But we were still having some structural problems in baked goods. We suspected our flour blend needed a protein boost. (All-purpose flour has a protein content of 10 to 12 percent and rice flours contain about half that.)

TESTING "SECRET" INGREDIENTS

We considered three ingredients that had potential to boost the protein level: calcium carbonate, powdered egg whites, and nonfat milk powder.

We'd seen calcium carbonate listed as an ingredient in one commercial flour blend, and calcium in various forms is also added to many gluten-free breads. In the everyday world, calcium carbonate is sold at drugstores as a calcium supplement and an antacid (it's the active ingredient in Tums). According to our science editor, calcium carbonate could unlock the proteins in rice flour and thus contribute a more tender crumb to baked goods. We located some calcium carbonate tablets, crushed them, and added them to our blend. In several applications, tasters did

in fact notice a tenderizing effect, but ultimately we decided the hassle factor outweighed the benefit.

Egg whites are mostly water with a decent protein content, but the powdered version is nearly all protein. As we hoped, powdered egg whites added a big boost in terms of structure, but no one in the test kitchen liked the meringuelike flavor they imparted.

The nonfat milk powder was the only "secret" ingredient to make the cut. It helped with structure and tenderness, added richness and buttery flavor, and contributed to browning. (Milk powder contains both sugars and proteins, the two building blocks necessary for the Maillard reaction, which creates browning and additional flavors.) The milk powder also seemed to temper the starchiness in baked goods.

After two months of testing we finally had a blend, which consisted of roughly 57 percent white rice flour, 18 percent brown rice flour, 17 percent potato starch, 7 percent tapioca starch, and 2 percent nonfat milk powder. It sounds so simple (and it is), but don't tell that to the team that tasted hundreds of baked goods to arrive at this formula.

Watermelon Banana Smoothie:

3 c watermelon

1 banana

1/2 c vanilla yogurt

1/2 c apple juice

Mint leaves

Blend together until smooth.