



**BONUS
RECIPE
SECTION**

How to...

Make refreshing summer dishes

These delicious recipes for breakfast, lunch, snacks, and drinks use the best of the season's fruits and vegetables.

CRUNCHY RAINBOW BROCCOLI SALAD

Ingredients

FOR THE SALAD:

- 2 small crowns (about 5 cups) broccoli florets and stems, chopped into bite-size pieces
- 1 small red bell pepper, sliced
- 2 cups shredded red cabbage
- 1 large carrot, peeled and grated
- Fresh cilantro, for garnish (optional)
- Chopped peanuts, for garnish (optional)

FOR THE DRESSING:

- ½ cup natural peanut butter
- 4 teaspoons soy sauce
- 1 clove garlic, grated
- 1-inch knob fresh ginger, grated
- 3 tablespoons lime juice
- 1 tablespoon dark brown sugar
- 1 teaspoon sesame oil
- 1 tablespoon rice vinegar



WARNING!
Ask an adult's permission before using a knife, stove, oven, blender, or food processor for any recipes on these pages.

Instructions

1. Bring a small pot of water to a boil. Add the broccoli and cook until bright green and crisp-tender, about 1 minute. Drain broccoli, then rinse it with cool water to stop the cooking.
2. Pat the broccoli dry, then place it in a large bowl. Add the remaining salad ingredients.
3. In a medium bowl, combine all the ingredients for the dressing with ¼ cup water and whisk until smooth.
4. Drizzle the vegetables with half the dressing. Toss just before serving, and if you like, sprinkle with cilantro and peanuts. Serve with additional dressing on the side. Makes 8 servings.

DID YOU KNOW?

A single coconut palm tree can produce between 50 and 100 coconuts a year.



CREAMY COCONUT LIME SLUSHIE

Ingredients

- 4 limes, halved
- ¼ teaspoon lime zest
- 6 tablespoons cream of coconut (such as Coco Lopez)

Instructions

1. Slice one of the lime halves into thin rounds and set aside.
2. Juice the remaining limes and pour the juice into blender. Discard the peels. Add the zest, cream of coconut, and 3 cups of ice to the blender and blend until smooth.
3. Serve immediately and garnish each glass with a lime slice. Makes 3 servings.



SMOKY CAPRESE FRENCH BREAD PIZZA

Ingredients

- 1 (18-inch) baguette
- ¾ cup pizza sauce
- 1½ cups shredded smoked mozzarella
- 1 large tomato, thinly sliced into half moons
- Handful of fresh basil leaves, chopped
- Balsamic glaze, for drizzling (optional)

Instructions

1. Heat oven to 400° F. Halve the baguette crosswise, then halve each piece lengthwise to form four equal pieces. Arrange them cut-side up on a baking sheet lined with aluminum foil.
2. Spoon and evenly spread 3 tablespoons of pizza sauce onto each baguette. Then top each baguette with ¼ cup of cheese, followed by a layer of tomato slices.
3. Bake until the bread is golden around the edges and the cheese is melted, about 10 minutes.
4. Let cool slightly, then sprinkle with basil and, if using, balsamic glaze. Slice and serve immediately. Makes 4 pizzas.

SLICE OF HISTORY

The word "pizza" was first mentioned in a manuscript found in southern Italy from the year 997.



ROASTED CORN QUESADILLAS

Ingredients

- 4 (8-inch) flour tortillas
- ½ cup tomatillo salsa, plus more for serving
- 1½ cups frozen fire roasted corn, thawed
- 1 cup shredded Mexican blend cheese
- ¼ cup fresh cilantro, leaves and tender stems
- Vegetable oil

Instructions

1. Use the back of a spoon to evenly spread 2 tablespoons of salsa onto a tortilla.
2. Scatter half of the tortilla with ½ cup of corn and add ¼ cup of cheese on top, followed by ¼ of the cilantro.
3. Fold the other half of the tortilla over the filling to form a half circle. Repeat with the other tortillas and ingredients.
4. Brush a nonstick skillet lightly with vegetable oil. Place skillet on stovetop over medium-low heat. Add a quesadilla and cook until golden and toasted on the underside, about 4 minutes. Use a spatula to flip it and toast the other side, about 2 minutes. Slide the quesadilla onto a plate and repeat steps with the other quesadillas.
5. Slice each into 3 wedges and serve immediately with more salsa. Makes 4 servings.





How to...

SUPER-SIMPLE MANGO SORBET

Ingredients

- 4 cups frozen mango
- 1 cup frozen pineapple
- 2 to 3 tablespoons agave syrup (optional)

Instructions

1. Place all the ingredients in the bowl of a food processor and pulse until the mixture has the texture of coarse crumbles.
2. Turn on the processor and continue to blend, stopping to scrape down the sides as needed, until the mixture is smooth and creamy like soft serve. (This process may take several minutes.)
3. Serve the sorbet immediately, or keep frozen until ready to scoop. Makes 4 servings.



FUN FACT
Mangos are one of the most popular fruits in the world and were first grown in India more than 5,000 years ago.



WATERMELON PIZZA WEDGES

Ingredients

- 1 round slice watermelon, cut 1½ inch thick
- ½ cup vanilla Greek yogurt
- ¼ cup cherries, pitted and halved
- ¼ cup trimmed and sliced strawberries
- ¾ cup mixed blueberries, blackberries, and raspberries

Instructions

1. Cut the watermelon slice into 6 even wedges.
2. Top each watermelon slice with a heaping tablespoon of the yogurt, then decorate with the fruit. Serve immediately. Makes 6 servings.



WRITE TO US!

Did you try any of these recipes? We'd love to hear from you! Ask an adult to email a photo and a quote to hello@theweekjunior.com.



NO-CHURN PEACH COBBLER ICE CREAM

Ingredients

- 1 (14-ounce) can condensed milk
- 1½ teaspoons vanilla extract
- ¼ teaspoon cinnamon
- 1¾ cups heavy cream
- 4 graham crackers, broken into pieces
- 6 tablespoons peach preserves
- ½ fresh peach, roughly chopped
- 3 tablespoons pecans, roughly chopped

Instructions

1. In a large bowl, whisk together the condensed milk, vanilla, and cinnamon.
2. In another bowl, use a hand mixer set on medium speed to whip the heavy cream until stiff peaks form, about 2 minutes. Gently fold the whipped cream into the condensed milk mixture.
3. Fold the graham crackers into the ice cream base, then pour the mixture into a loaf pan. Dot peach preserves on the surface of the mixture, then use a spoon to gently swirl it in. Smooth the top, then add the chopped peaches and pecans.
4. Freeze the ice cream until solid, about 6 hours. Makes about 8 servings.

STRAWBERRY SHORTCAKE SHAKE

Ingredients

- 2 cups fresh strawberries, quartered, plus more sliced and set aside for serving
- 2 teaspoons brown sugar
- 2 cups vanilla ice cream
- 1½ cups prepared pound cake, cubed, plus more for serving
- ½ cup of your favorite type of milk
- Festive paper straws (optional)

Instructions

1. Combine the strawberries and sugar in a medium bowl and stir until the berries become glossy. Use a fork or potato masher to mash the berries into slightly smaller pieces. They will become more juicy.
2. Set aside ½ cup of the berries, then place the remaining berries in a blender along with the ice cream, pound cake, and milk. Blend until smooth.
3. To serve, spoon 2 tablespoons of the reserved strawberries into a tall glass. Pour milkshake on top and garnish with berry slices and pound cake cubes as you wish. Serve immediately. Makes 4 servings.

