Summer Vegetable Gazpacho

Wonderfully fresh, chunky cold soup derived from the classic Spanish dish. This recipe uses summer vegetables in a tomato base to help fight our dessert heat. Easy to prepare without the use of a stove top or oven. The batch will last up to a week.

Ingredients:

1 each  Carrot, peeled  
1 each  Cucumber, English preferred  
1 bag  Shredded cabbage  
2 stalks  Celery  
1 each  Zucchini  
1 each  Yellow squash  
1 can  Tomato juice, may use Snappy Tom Spicy  
To taste  Lime juice  
To taste  Hot sauce, optional

Method:

Using a sharp kitchen knife, dice the carrot, cucumber, celery, zucchini and yellow squash and place in large bowl. Add the shredded cabbage. Pour in the tomato juice and season with lime juice and hot sauce to your liking. Transfer to a container with a snap-on lid. Refrigerate for at least one hour before enjoying.
Grilled Asparagus

Using another beautiful summer vegetable, this dish is simple, tasty and easily prepared.

Ingredients:

1 pound Fresh asparagus
To taste Extra virgin olive oil
To taste Kosher salt
To taste Black pepper
To taste Granulated garlic

Method:

Preheat your grill. Asparagus can have a woody stem end. To eliminate this fibrous end, simply bend the end until the stalk snaps. It will break at the transition from the tough end to the tender portion of the asparagus. Repeat this for each stalk. Once completed, arrange the spears on a cookie sheet and drizzle the olive oil over them, using enough to coat them lightly. You can shake the pan to help in the coating process. Sprinkle on the seasonings to your taste. Using tongs, lay the spears across your grill grate at a 90° angle to the rails. Let the asparagus cook for 2-3 minutes then roll them to the other side for at least another 2 minutes. The spears should be tender without being mushy. Times can vary with the size of the spears. Enjoy them right off the grill or chill them for a later meal. Feel free to cut into bite sized pieces and add to your favorite salad.
Watermelon Salad  

With Mediterranean roots, this dish traditionally uses crumbled feta cheese and fresh mint leaves. Living in Las Cruces, this salad uses cotija crumbles and fresh cilantro to give it a Southwestern twist.

3 cups Watermelon, cubed  
1 ½ cups English cucumber, diced  
2 tbsp. Fresh cilantro, coarsely chopped  
1/3 cup Cotija cheese, crumbled  
1/4 cup Pepitas  
3 tbsp. Olive oil  
1 tbsp. Lime juice  
To taste Kosher salt and white pepper

Method:

Place melon, cucumber, cilantro, cotija and pepitas in a large bowl. Gently toss until ingredients are uniformly distributed. Drizzle in olive oil and lime juice. Add salt and pepper. Gently toss once more. Serve chilled as a side or enjoy this salad as a refreshing snack.
Grilled Shrimp Poke Bowl

With origins in Hawaii, Poke Bowls are a refreshing summer meal with very little preparation at the stove. Usually presented with ahi tuna chunks, poached shrimp, teriyaki chicken or tofu, this recipe uses a Southwestern twist with grilled chile shrimp as the protein. Toppings are varied to the diner’s taste so some favorites are listed here.

Ingredients:

1 pound Grilled chile shrimp (recipe listed below)
2 cups Steamed white rice

Toppings:

- Avocado, cubed
- Carrots, shredded
- Cucumber, diced
- Mandarin oranges
- Pineapple chunks
- Edamame, shelled
- Mango, cubed
- Fresh cilantro, coarsely chopped
- Poke sauce (teriyaki may be substituted)
- Boom Boom sauce

Method:

Place one cup of cooked rice in a serving bowl. Add your choice of toppings, using as much or little to your liking. Add ½ pound of grilled chile shrimp and finish with a drizzle of the sauces. Enjoy chilled.
Grilled Chile Shrimp

This versatile dish can be served warm fresh from the grill or chilled and enjoyed later by themselves or part of another dish such as the Poke Bowl listed above.

Ingredients:

1 pound Peeled and deveined shrimp (16-20 size recommended)
1 teaspoon Paprika
1/2 teaspoon NM Red chile powder (green chile powder may be substituted)
3 tbsp. Lime juice
½ tbsp. Chopped garlic
To taste Kosher salt and pepper
1 tbsp. Honey

Method:

Combine all ingredients in a bowl and ensure the shrimp become well coated. Refrigerate for 15 minutes. Pre heat grill to high heat. Grill the shrimp for 2-3 minutes on each side. Once the shrimp turn opaque, they are cooked. Enjoy warm from the grill or chill to serve later.
Grilled Flank Steak

Flank steak is a versatile cut of meat. Typically used in fajitas or London Broil, consider using chilled strips of flank on a salad during these hot summer evenings.

Ingredients:

1 each Flank steak
2 ounces Olive oil
To taste Seasoning of choice. Recommended blends are: Montreal steak seasoning, Cajun dry rub, citrus chile rub or a home crafted seasoning. The seasoning blend used has granulated sugar added to assist in creating a delicate crust.

Method:

Generously rub the flank with olive oil then coat both sides with seasoning blend. This may be done up to one day in advance. When ready to grill, allow the flank to rest to room temperature before cooking, this will let the steak cook uniformly and more efficiently. Pre heat grill to high heat. Place the flank on the grill at a 45° angle to the grate. Let cook for about 4-5 minutes then turn 90°, still grilling the first side for an additional 3-4 minutes. Flip over repeating the 45° angle for 3-4 minutes before turning 90°. Let cook for another 3-4 minutes. Remove from heat and let the flank rest for at least 15 minutes before slicing. This will allow the juices to redistribute within the steak. Enjoy!