

No-Cook Summer Dinner

Tap or click each recipe name or photo for the full recipe and instructions. Adjust serving sizes in each recipe card as needed.



Hearts of Palm Ceviche

What you'll need:

- canned hearts of palm
- lime juice
- red onion
- jalapeño peppers
- cherry tomatoes
- avocados



Smashed White Bean Salad

What you'll need:

- olive oil
- lemon juice
- Dijon mustard
- canned white beans
- red bell pepper
- Kalamata olives



Watermelon Blueberry Salad

What you'll need:

- watermelon
- blueberries
- lime (zest and juice)
- pure maple syrup
- fresh mint leaves