

# Cool Meals for Hot Days

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**As the temperature soars, your desire to turn on the stove likely wanes. Keep cool and stay healthy with these delicious, no-cook dinner ideas.**

**Rely on fresh produce:** In the summer, vegetables and fruit are plentiful and at their flavorful peak. Use vegetables for salads, appetizers, side dishes and dessert. Try pre-washed greens as a quick salad base, and turn it into a meal by adding no-cook, protein-rich options such as canned tuna or salmon, chickpeas, cubed cheese, nuts, seeds or last night's leftover chicken. Top off your meal with fresh fruit for dessert.

**Quick vegetable-based dishes include:**

- Tomato and mozzarella salad with basil.
- Gazpacho.
- Greek salad.
- Southwestern corn, avocado and cilantro salad.
- Peach salsa with corn tortillas.
- Eggplant dip (baba ghanoush) with whole-grain pita.
- Lentil and sweet pepper salad.

**Make a sandwich:** You can also cool off at dinner with a well-stacked sandwich. Start with whole-grain bread and load it with vegetables and high-protein fillers such as chicken or turkey breast, canned fish or crab meat, sliced leftover steak, hummus and cheese. Go easy on condiments such as pickles, mustard and mayo — they add a lot of sodium.

**Try a cold soup:** Minestrone or hearty chowder may warm you up in the winter, but don't ignore soup as a dinner staple in hot weather. Simple blends such as gazpacho (see recipe below) are a refreshing change, and are easy to make with no heat required. Fruit soups (cherry, watermelon, etc.) with a dollop of Greek yogurt are another summer staple worth trying. Don't forget fragrant fresh herbs!

