

SUMMER RECIPES

BY SUPER TASTY RECIPES





STREET CORN CHICKEN BOWL

Ingredients:

For the Street Corn Salad:

- 2 cups corn kernels (fresh, canned, or thawed frozen)
- 1 tbsp mayo (optional, for that street corn flavor)
- 1 tbsp lime juice
- 1/4 cup crumbled feta cheese
- Pinch of chili powder

For the Sauce:

- 1 ripe avocado
- 1/2 cup plain
- Greek yogurt (or more for extra tang)
- Juice of 1 large lime
- 1/2 cup fresh cilantro, packed
- 1 small garlic clove
- 1–2 tbsp olive oil or water (for blending)
- ½ tsp. Salt

For the Chicken:

- 1.5–2 lbs boneless, skinless chicken breasts or thighs, cubed
- 2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1 tsp. Salt
- ¼ tsp. pepper

Optional Base & Toppings:

- Cooked rice (white, brown, or cilantro-lime)
- Diced avocado
- Chopped cilantro
- Extra feta cheese
- Lime wedges

Instructions:

1. Make the Corn Salad:

In a bowl, stir together corn, mayo (if using), lime juice, feta, and chili powder. Set aside.

2. Blend the Sauce:

In a blender or food processor, combine avocado, Greek yogurt, lime juice, cilantro, garlic, and olive oil or water. Blend until smooth and creamy. Season with salt to taste.

3. Cook the Chicken:

Toss chicken with olive oil, lime juice, and spices. Let it marinate for at least 15 minutes. Cook in a skillet over medium-high heat until browned and cooked through, about 8–10 minutes.

4. Assemble Your Bowls:

Layer chicken and corn salad into bowls with or without rice. Add diced avocado, chopped cilantro, a drizzle of the sauce, and a sprinkle of extra feta. Serve with lime wedges on the side.

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MARRY ME CHICKEN PASTA

Ingredients:

- 2 large chicken breasts, cut into bite-sized pieces
- Salt & pepper, to taste
- 1 tsp paprika
- 1 tbsp olive oil
- 3-4 cloves garlic, minced
- 1 tsp Italian seasoning
- $\frac{1}{2}$ tsp crushed red pepper flakes (optional)
- $\frac{1}{2}$ cup chicken broth
- $\frac{3}{4}$ cup heavy cream
- 4 oz cream cheese, softened
- $\frac{1}{2}$ cup grated parmesan
- $\frac{1}{2}$ cup sun-dried tomatoes (in oil), chopped
- 8 oz Penne pasta
- Fresh basil or parsley for garnish

Instructions:

1. Cook Pasta:

Boil salted water and cook pasta until al dente. Reserve $\frac{1}{2}$ cup pasta water and drain the rest.

2. Sear Chicken:

Season chicken with salt, pepper, and paprika. In a large skillet, heat olive oil over medium heat. Add chicken and cook until browned and fully cooked. Remove and set aside.

3. Make Sauce:

In the same pan, sauté garlic for 30 seconds. Add Italian seasoning and red pepper flakes. Stir in sun-dried tomatoes.

4. Creamy Base:

Pour in chicken broth and heavy cream. Stir in cream cheese and parmesan until melted and smooth.

5. Combine:

Return chicken to the sauce. Let it simmer for 2-3 minutes. Add cooked pasta and toss to coat. Use reserved pasta water to loosen the sauce if needed.

6. Finish & Serve:

Garnish with chopped basil or parsley and more parmesan if desired.



HARVEST PEAR SALAD

Ingredients:

- 5 cups mixed greens
- 2 ripe pears, sliced
- $\frac{1}{2}$ cup feta cheese
- $\frac{1}{3}$ cup candied pecans
- $\frac{3}{4}$ cup cranberries
- $\frac{1}{4}$ cup pumpkin seeds

Dressing:

- 3 tbsp olive oil
- $1\frac{1}{2}$ tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 3 tsp honey
- 1/4 tsp. Salt

Instructions:

1. In a large bowl, combine mixed greens, sliced pears, feta, candied pecans, cranberries, and pumpkin seeds.
2. In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine.
4. Serve immediately.



CHICKEN SALAD

Ingredients:

- 2 cups cooked canned chicken, shredded or chopped
- 1 large ripe avocado, or two small ones, mashed
- 1/2 cup cherry tomatoes, halved (optional)
- 1/4 cup chopped fresh cilantro or parsley
- 3 tablespoons plain Greek yogurt
- Juice of 1 lime
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika or chili powder
- 1/4 teaspoon cumin (optional for warmth)
- Salt and black pepper, to taste
- **Optional:** diced cucumber or jalapeño for crunch or heat

Instructions:

1. In a large bowl, mix the chicken, avocado, tomatoes, and herbs.
2. In a small bowl, stir together the Greek yogurt, lime juice, and all the seasonings.
3. Add the yogurt mixture to the salad and gently fold everything together.
4. Adjust seasoning to taste and serve however you like — over greens, in a wrap, or on toast.



SHEET PAN STEAK FAJITAS

Ingredients:

- 1 pound sirloin (sliced)
- 1 red bell pepper (sliced)
- 1 green bell pepper (sliced)
- 1 orange bell pepper (sliced)
- 1 yellow onion (sliced)
- 1 1 oz taco seasoning packet
- 2 tbsp vegetable oil Juice of 1 lime

Instructions:

1. Preheat the oven to 400° and line a large baking sheet with parchment paper. In a large bowl add the sliced steak, bell peppers, onion, taco seasoning, oil and lime juice. Stir until completely coated.
2. Pour on the sheet pan and spread out. Place in the oven and bake for 20 minutes. Serve on tortillas and enjoy!

Tips and Tricks

- Store in an airtight container in the fridge for 2-3 days.
- The amount of time the steak is in the oven makes it come out to a medium rare. Cook it longer or shorter depending on your liking.
- You can top with cheese, cilantro, hot sauce etc!



CRANBERRY PECAN CHICKEN SALAD

Ingredients:

- 3 cups shredded chicken
- 1/3 cup celery, chopped
- ¼ cup red onion, chopped
- 1/3 cup chopped toasted pecans
- 1/3 cup dried cranberries
- 2/3 cup sour cream
- 2/3 cups mayonnaise
- 1 tablespoon sugar
- 1 tablespoon vinegar
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic salt
- 1/8 teaspoon celery seed
- Half a lemon, juiced

Instructions:

1. In a large bowl combine the chicken, celery, onion, pecans and cranberries.
2. In a small bowl whisk together the sour cream, mayonnaise, sugar, vinegar, black pepper, garlic salt, celery seed and lemon juice.
3. Pour the dressing over the chicken mixture and toss to combine.
4. Chill in refrigerator for 1 hour at least.
5. Serve!

Tips and Tricks

- Store leftovers in an airtight container in refrigerator for up to 3 days.
- You can add a bit of red pepper flake for kick.
- You can substitute the nuts if you prefer, almonds or walnuts would also work!



MEXICAN STREET CORN PASTA SALAD

Ingredients:

- 8 oz rotini noodles
- 2 - 15.25 oz cans corn, well drained
- 1/2 cup cotija cheese, crumbled
- 1/2 cup sliced green onions
- 1/4 cup chopped parsley
- 1 large jalapeno, diced
- 1 cup mayonnaise
- 1 tablespoon fresh lime juice
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1/2 teaspoon chili powder

Instructions:

1. Boil the noodles according to package directions, until they are tender, then drain the water and run them under cold water to chill faster.
2. While the noodles are cooking, cut your green onions, parsley, and jalapeno.
3. Add the cooked noodles, corn, cotija cheese, green onions, parsley, and jalapeno to a large bowl and toss to combine.
4. Mix the mayonnaise, lime juice and seasonings in a small bowl, then pour over the pasta mixture and toss to combine.
5. Refrigerate for 1 hour, or until ready to serve. Stir before serving.



GREEK PASTA SALAD

Ingredients:

- 16 ounces rotini, boiled and drained
- 1 cucumber, diced
- Half of a small red onion, sliced
- 1 pint cherry tomatoes, halved
- 1 red bell pepper, diced
- 1/4 cup diced black or kalamata olives
- 1/4 cup sliced black or kalamata olives
- 1 cup crumbled feta cheese

Dressing:

- 1/3 cup lemon juice
- 1 tablespoon lemon zest
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1/2 cup olive oil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions:

1. In a large bowl add your cooked, drained pasta, cucumber, onion, tomatoes, bell pepper, olives and feta cheese.
2. In a small bowl whisk together the lemon juice, lemon zest. Garlic, parsley, olive oil, oregano, salt and pepper.
3. Gently toss the dressing into the bowl with the pasta and veggies.
4. Chill for 1 hour and serve!



MIXED BERRY SMOOTHIE BOWL

Ingredients:

Smoothie Base:

- 3 ½ cups frozen mixed berries (blueberries, strawberries, raspberries)
- 1 cup whole milk (adjust for desired thickness)
- 2 tablespoons chia seeds
- ½ cup Greek yogurt or plant-based yogurt (optional for creaminess)
- 1 tsp. maple syrup (optional, to taste)

Toppings (mix and match):

- Fresh blueberries and
- Sliced strawberries
- Sliced banana
- Coconut flakes
- Chia seeds
- Pumpkin seeds
- (Any toppings you like)

Instructions:

1. Blend:

In a high-powered blender, blend the berries, whole milk, chia seeds, and yogurt (if using) until smooth and thick. Add more milk if needed to blend, but keep it thick enough to eat with a spoon.

2. Pour:

Divide the smoothie into 3–4 bowls.

3. Top:

Add your favorite toppings.

4. Serve immediately.



STRAWBERRY LEMONADE POPSICLES

Ingredients:

Pink Strawberry Lemonade Layer:

- 2½ cups strawberries (fresh or frozen)
- 5 tbsp honey or maple syrup (adjust to taste)
- 1 tsp. lemon juice
- Zest of 1 lemon (optional)
- 1 cup Greek yogurt (just enough to cream it up while keeping it fruity)

White Yogurt Layer:

- 2 cups Greek yogurt (plain or vanilla)
- 3 tbsp honey or maple syrup (adjust to taste)
- 2 tsp lemon juice

Instructions:

1. Blend the pink layer:

Blend strawberries, lemon juice, zest, honey, and Greek yogurt until smooth and creamy. Taste and sweeten more if needed.

2. Mix the white layer:

Stir together Greek yogurt, lemon juice, and honey in a separate bowl until smooth.

3. Layer and swirl:

In each mold, alternate spoonfuls of the pink and white mixtures. Swirl gently with a skewer or thin knife.

4. Freeze:

Insert sticks and freeze at least 6 hours or until solid.

5. Unmold & serve:

Run the molds under warm water to release.