



Hello and Welcome!

I'm so glad you're here! In this collection of "Summer Sides", you will find recipes that are delicious, easy, and also healthy!

When I think of summer gatherings, images of potato salad and pasta salad come to mind.

Let's think outside of that carb-filled box and learn to make sides that are fresh, filled with veggies, colorful, and highlight the produce and flavors of the season.

To me, this sounds like side dishes that highlight zucchini, cucumbers, tomatoes, cabbage, broccoli, sweet potatoes and flavors like feta cheese, onions, basil, cilantro, parsley, dill, dijon mustard, vinegar, and fresh lemon and lime juice.

These 6 recipes are ones that I have made for years and find super simple, delicious and please any crowd. I hope you enjoy these recipes and wow your friends and family!

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Broccoli And Bacon Salad

Ingredients:

- 2 medium heads of broccoli, cut into very bite size pieces.
- 1 large carrot, grated
- 1 apple (Granny Smith), cored and finely chopped
- 8 slices bacon, cooked crisp and crumbled.
- 1/4 cup red onion, finely chopped
- 1/2 cup walnuts or pecans, coarsely chopped
- 1/4 cup dried cranberries, raisins, or (no sugar added) cherries
- sea salt and freshly ground black pepper to taste

Ingredients for the dressing

- 1 cup avocado oil-based mayonnaise
- 2 tbsp lemon juice
- 1 garlic clove, minced (or 1/8 tsp garlic powder)
- 1 tsp raw honey (optional)
- sea salt and freshly ground black pepper to taste

Directions:

1. In a large bowl mix together the broccoli, carrots, apple, bacon, onion, nuts, dried fruit and salt and pepper.
2. In a separate small bowl mix the ingredients for the dressing and combine well. Taste test dressing and adjust flavors as needed.
3. Toss salad with the dressing and serve!

Notes: I love this dressing as a dip for veggie sticks!



Summer Coleslaw

Lucy Hutchings RD, LDN

If you're looking for a non-mayo coleslaw check this out! Super flavorful and delicious, you will love bringing this to your next cookout!

Ingredients:

- 2 Tbs olive oil
- 2 Tbs apple cider vinegar
- 1 tsp ground mustard seed
- 1/4 tsp whole cumin seed
- 1 tsp celery seed
- 1/4 tsp poppy seed
- 1/2 tsp freshly ground black pepper
- 1/4 tsp sea salt (optional)
- 1 tsp raw honey (optional)
- 1 head of cabbage shredded (about 12 cups)
- 1 pound shredded carrots

Directions:

1. In a small bowl, whisk together dressing and add to cabbage and carrots; mix thoroughly.
2. Serve immediately, or store in the refrigerator overnight for more flavor.



Zucchini, Tomato, And Onion Casserole

Lucy Hutchings RD, LDN

Ingredients:

- 1 zucchini, thinly sliced
- 1 large tomato, thinly sliced
- 1 onion, thinly sliced
- 1/2 cup unsalted butter
- 1/4 cup red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 teaspoon dry mustard

Directions:

1. Preheat oven to 350 degrees F.
2. Grease a 2-quart baking dish.
3. Arrange the zucchini slices, tomato slices, and onion slices in alternating layers in the prepared baking dish.
4. Melt the butter in a saucepan over medium-low heat; stir the vinegar, garlic powder, basil, and mustard into the melted butter. Pour the butter mixture over the vegetables.
5. Bake in the preheated oven until thoroughly heated, about 30 minutes.

Recipe from: <https://www.allrecipes.com/recipe/139110/zucchini-tomato-and-onion-casserole/>



Cucumber Quinoa Salad

Recipe by www.gimmesomeoven.com

This Cucumber Quinoa Salad is made with lots of fresh basil and feta, tossed with a simple lemony vinaigrette, and it's SO fresh and delicious!

Ingredients:

- 1 English cucumber, diced
- 2 cups chilled cooked quinoa (follow package directions)
- 1/2 cup diced red onion
- 1/2 cup crumbled feta cheese
- 1/3 cup julienned or roughly-chopped fresh basil leaves

Dressing:

1. 1/4 cup olive oil
2. 2 tablespoons apple cider vinegar or red wine vinegar
3. 1 tablespoon fresh lemon juice
4. 1/2 teaspoon Italian seasoning,
5. pinch of salt and black pepper

Directions:

- Toss all salad ingredients together until combined.
- Whisk all dressing ingredients together in a small bowl until combined.
- Drizzle dressing over quinoa salad and toss to combine. Serve immediately.

<https://www.gimmesomeoven.com/cucumber-quinoa-salad-recipe/>



Special Sweet Potato Salad

This recipe is sooooo good and a great alternative to regular potato salad when heading out to a BBQ, Cookout, or picnic! The bacon, apple and homemade lemony dijon mustard dressing makes this salad super special!

Ingredients for the salad:

- 3 medium sized sweet potatoes, cubed
- 3 hard-boiled eggs, chopped
- 1 green apple, chopped with skin still on
- 5 strips of bacon, roughly chopped

Ingredients for the dressing:

- 1/4 cup olive oil
- 1 tbsp chives, chopped
- 4 tbsp mayo (avocado oil-based!)
- 2 tbsp fresh lemon juice
- 1 tbsp dijon dijon or homemade mustard
- sea salt and freshly ground black pepper to taste

Directions:

1. Preheat oven to 400 degrees farenheight and spread cubed sweet potatoes in 1 layer on a baking sheet. Roast potatoes for about 30 minutes until tender and soft but not mushy.
2. Spread uncooked bacon on a separate baking sheet and bake at 400 degrees farenheight for 12 minutes. Remove from oven and place bacon on paper towel to cool. (Pro tip: always save your bacon fat!)
3. In a small bowl, combine the dressing ingredients and whisk.
4. In a large bowl, combine the cooled sweet potatoes, chopped eggs, apples and bacon. Top with dressing.
5. Enjoy!

Recipe modified from: paleoleap.com



The Best Cucumber Salad Ever

Lucy Hutchings RD, LDN

Yum, yum, yum! That's all I have to say!

Ingredients

- 2 pounds cucumber
- 2 spring onion, sliced
- 1 garlic clove, minced
- 4 tbsp apple cider vinegar
- 1 tsp raw honey
- 2 tsp dried dill or 2 tbsp chopped fresh dill
- 1/2 tbsp sea salt
- 1/4 tsp organic black pepper

Instructions

1. Peel and slice cucumber thinly.
2. In a large bowl mix cucumber and green onion.
3. In a small glass mix vinegar, honey, garlic, salt, black pepper and dill.
4. Pour vinegar mixture over cucumber, toss to coat.

Recipe from: <http://paleogrubs.com/cucumber-salad>



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