

Mom's Moment: Three Summery Recipes for the 4th

Written by Nadine Bubeck

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I'm not a cook. My husband actually prefers the kitchen, and for that, I consider myself lucky... I've just never had a knack for prepping food.

That's why I'll take any help I can get, considering it's nice to at least try- once in a while- to be a Betty Crocker.

I recently took my first trip to [Smart & Final](#). I'm a big budget shopper and didn't realize their pricing is 25% less than regular supermarkets. Plus, they sell a bunch of bulk items, without requiring a membership to shop. I tracked down some summery-recipes, finding all the ingredients easily at the grocer. And then... I took to my kitchen.

With the 4th around the corner, I thought it would be fun to play around with some yummy alternatives to the cliché BBQ, courtesy of Smart & Final chef partners. And so, I'm spreading the love, sharing some newfound dishes I hope you'll find delish.

EASY BBQ PULLED CHICKEN SANDWICHES (4 servings)

Ingredients:

4 cups [First Street Oven Roasted Chicken](#), shredded

1 1/2 cups First Street Barbecue Sauce

4 sandwich buns, cut in half

2 tablespoons First Street salted butter

2 cups shredded red cabbage

Bread and Butter Pickle Chips

Pickled Red Onions (recipe follows)

Directions:

Combine the shredded chicken and 1 cup of the barbecue sauce in a saucepan and place over medium-low heat. Stir often until heated through.

Preheat the oven to 350°. Place the sandwich buns cut-side up on a sheet pan. Lightly butter each bun and toast until golden brown.

Spread barbecue sauce on the bottom buns and top with a spoonful of the BBQ pulled chicken. Top with shredded red cabbage, pickles and pickled red onion and finish with the top buns.

EASY PICKLED RED ONIONS

Ingredients:

1 red onion

1 to 2 tablespoons granulated sugar (to your liking)

1/2 teaspoon salt

1/2 cup red wine vinegar

Peppercorns

Fennel seed

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Red pepper flakes

Mustard seeds

Fresh rosemary or thyme

Directions:

Slice the onions into 1/4-inch half-moons. Bring a small pot of water to a boil. Place the sliced onions in a strainer and place the strainer in the sink.

Once the water is boiling, pour the water over the onions. Place the vinegar, sugar and salt, and any aromatics you choose, in a small Mason jar. Shake to dissolve. Add the onions to the jar and shake well. To eat right away, leave the onions at room temperature for 30 minutes, then dig in. Or store in the fridge for up to 3 weeks.

SUPER GRAINS SALMON BURGER (serves 5)

Ingredients for salmon patties:

1 pound First Street* frozen salmon (or 14.75 oz. canned salmon)

1 cup cooked Sun Harvest Organic Super Grains* (mix of quinoa, millet, and buckwheat)

2 tablespoons Sun Harvest Organic Tomato Paste

1 tablespoon lemon zest plus juice of ½ lemon

½ teaspoon garlic powder

¼ teaspoon sea salt

¼ teaspoon ground black pepper

2 large eggs

½ cup fresh chopped herbs (or 1 tablespoon dried herbs), such as chives and dill

1 tablespoon olive oil (for pan frying)

To assemble:

5 whole wheat hamburger buns

1 medium tomato, thinly sliced

½ red onion, thinly sliced

1 medium cucumber, thinly sliced lengthwise into ribbons

1 cup fresh greens

Your favorite condiments, such as [Sun Harvest](#) Organic Ketchup or Sun Harvest Organic Mustard

Directions:

If using frozen salmon, preheat the oven to 350°F and line a baking sheet with parchment paper. (If using canned salmon, disregard this step).

Season the salmon with salt and pepper and set on the parchment lined baking pan skin side down. Bake for 15 to 20 minutes until cooked through. Let salmon cool 10 minutes.

Place the baked or canned salmon into a large mixing bowl. Add the cooked super grains, tomato paste, lemon zest, lemon juice, garlic powder, and season with salt and freshly ground black pepper. Mix until well combined. Add the eggs and fold in the herbs until well distributed.

Form the salmon mixture into 5 patties about 1-inch thick. Heat a large skillet over medium-high heat. Add the oil to the skillet and cook for 3 to 4 minutes per side, until golden brown on the edges.

To serve, toast the burger buns and spread the bottom bun with mayonnaise or preferred condiments, place salmon patties on the bottom buns, and pile high with tomato, red onion, cucumber, and greens. Top with other desired condiments such as ketchup and mustard. Close with top bun and serve.

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Note: Patties can be formed in advance and will keep well for up to 2 days in the refrigerator or one month in the freezer.

STRAWBERRY GRANOLA PARFAITS (4 servings)

Strawberry Sauce Ingredients:

1 pint strawberries, hulled and cut in half

1/2 cup First Street granulated sugar

1 teaspoon freshly grated lemon zest

Juice of 1/2 lemon

1/2 teaspoon First Street pure vanilla extract

For the Parfaits

1 cup First Street Greek yogurt

1 cup Sun Harvest Strawberry Vanilla Granola

1 cup mixed fresh berries – sliced strawberries, raspberries, blueberries

Agave Nectar

Fresh mint, for garnish

Directions:

To make the Strawberry Sauce, combine the strawberries, sugar, lemon zest, lemon juice and vanilla in a saucepot. Cook over medium heat for 10 minutes, stirring often. Transfer the mixture to a blender and blend until smooth. Cool before using.

To make the Parfaits, layer yogurt, then granola, then berries and 2 tablespoons of the Strawberry Sauce in parfait glasses. Repeat to make two layers. Drizzle with agave nectar and garnish with fresh mint to serve.

Note: Make the parfaits in Mason jars, with lids, for an on-the-go meal or snack! The parfaits will hold in the fridge, well-sealed, for 2 days.