LEALOU COOKS

Summer Supper Series Week 1

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Welcome to the Summer Supper Series - Week 1!

In this recipe booklet you'll find six delicious recipes to enjoy with your friends and loved ones this summer.

Now, I don't want you to be in the kitchen the whole time your friends are over, so below you'll find some prep tips for making some of the recipes in advance.

Enjoy and please let me know if you have any questions!

Steph

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Prep Schedule

1-3 days before serving

Crispy Prosciutto-Wrapped Asparagus
This recipe is best enjoyed immediately, but can be refrigerated in an airtight container up to 3 days in advance of when you're eating it.

The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

Make the Pina Colada Ice Cream
Remove from the freezer about 30 minutes before you eat it to soften it up.

1 day before serving

Lightened up Caesar Salad
Make the dressing, bacon and roasted chickpeas. Store in the fridge separately until you're ready to put the salad together.

Crispy Smashed Potatoes
Pre-boil the potatoes according to the recipe and store in a container in the fridge. On the day of serving, continue with step 3 of the recipe.

Lemon Paprika Chicken Drumsticks
Prep the marinade and marinate the chicken in the fridge until you're read to serve. Remove from the fridge about 30 mins before you're ready to cook.

Beverage

Blueberry Orange Sparkling Water

Appetizer

Crispy Prosciutto-Wrapped Asparagus

Salad

Lightened Up Caesar Salad

Side Dish

Crispy Smashed Potatoes

Main

Lemon Paprika Chicken Drumsticks

Dessert

Pina Colada Ice Cream

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Fruits

- [ ] **3** Banana
- [ ] **1/2 cup** Blueberries
- [ ] **1** Clementines
- [ ] **2 3/4** Lemon
- [ ] **3 cups** Pineapple

Seeds, Nuts & Spices

- [ ] **1/8 tsp** Black Pepper
- [ ] **1 1/3 tbsps** Chili Powder
- [ ] **2 tsps** Italian Seasoning
- [ ] **2 tbsps** Paprika
- [ ] **1/2 tsp** Red Pepper Flakes
- [ ] **1 1/8 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper

Vegetables

- [ ] **4 1/2 cups** Asparagus
- [ ] **1 1/2 cups** Cherry Tomatoes
- [ ] **10 1/2** Garlic
- [ ] **6 cups** Mini Potatoes
- [ ] **18 leaves** Romaine
- [ ] **1 1/2 tbsps** Rosemary

Boxed & Canned

- [ ] **3/4 cup** Canned Coconut Milk
- [ ] **1 1/2 cups** Chickpeas

Bread, Fish, Meat & Cheese

- [ ] **9 slices** Bacon, Cooked
- [ ] **2 2/3 lbs** Chicken Drumsticks
- [ ] **7 1/2 ozs** Prosciutto

Condiments & Oils

- [ ] **3 tbsps** Apple Cider Vinegar
- [ ] **1 1/2 tsps** Dijon Mustard
- [ ] **3/4 cup** Extra Virgin Olive Oil
- [ ] **1 1/2 tbsps** Tamari

Cold

- [ ] **1/2 cup** Plain Greek Yogurt

Other

- [ ] **6** Ice Cubes
- [ ] **3 cups** Sparkling Water

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Blueberry Orange Sparkling Water

2 servings
5 minutes

Ingredients

1/2 cup Blueberries
1 Clementines (peeled and sectioned)
6 Ice Cubes
3 cups Sparkling Water

Directions

1. Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

Notes

No Sparkling Water: Use flat water instead.
Switch it Up: Swap out the bluerberries for blackberries, strawberries or raspberries.

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Crispy Prosciutto-Wrapped Asparagus

6 servings
15 minutes

Ingredients

4 1/2 cups Asparagus (woody ends trimmed)
7 1/2 ozs Prosciutto (thinly sliced strips)

Directions

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil.
2. Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
3. Divide onto plates and enjoy!

Notes

No Prosciutto: Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

Serving Size: One serving is equal to approximately 3 to 4 wrapped asparagus spears.

BBQ Lover: Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.

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Lightened Up Caesar Salad

6 servings
20 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1 1/2 Garlic (clove, minced)
3 tbsps Apple Cider Vinegar
1 1/2 tbsps Tamari
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Dijon Mustard
1/8 tsp Sea Salt
1/8 tsp Black Pepper
18 leaves Romaine (chopped)
9 slices Bacon, Cooked (chopped)
1 1/2 cups Chickpeas (roasted)
1 1/2 cups Cherry Tomatoes (sliced)
3/4 Lemon (sliced into wedges)

Directions

1. In a small mixing bowl whisk together the Greek yogurt, minced garlic, apple cider vinegar, tamari, olive oil, Dijon mustard, sea salt and black pepper until smooth and creamy. Set aside.
2. Add the chopped romaine and the dressing to a large mixing bowl and toss well. Top with the chopped bacon, roasted chickpeas, and sliced tomatoes. Divide between plates and serve with a lemon wedge. Enjoy!

Notes

No Bacon: Use turkey bacon or coconut bacon instead.
No Crispy Chickpeas: Use whole grain croutons instead.
Optional Toppings: Avocado, parmesan cheese or nutritional yeast.

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Crispy Smashed Potatoes

6 servings
20 minutes

Ingredients

6 cups Mini Potatoes (halved)
3 tbsps Extra Virgin Olive Oil
3 Garlic (cloves, minced)
1 1/2 tbsps Rosemary (chopped)
Sea Salt & Black Pepper (to taste)

Directions

1. Line a baking sheet with parchment paper.
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Preheat oven to broil.
4. Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
5. Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

Notes

No Potatoes: Use sweet potatoes or cauliflower instead.
More Toppings: Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.
Serve it With: Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.
Leftovers: Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

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Lemon Paprika Chicken Drumsticks

6 servings
1 hour 30 minutes

Ingredients

1/2 cup Extra Virgin Olive Oil
6 Garlic (clove, minced)
2 Lemon (juice and zest)
2 tbsps Paprika
1 1/3 tbsps Chili Powder
2 tsps Italian Seasoning
1 tsp Sea Salt
1/2 tsp Red Pepper Flakes
2 2/3 lbs Chicken Drumsticks

Directions

1. Combine the olive oil, garlic, lemon juice, lemon zest, paprika, chili powder, Italian seasoning, salt and red pepper flakes in a bowl. Mix well.
2. Add the drumsticks to a large zipper-lock bag followed by the marinade. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour or up to 24 hours.
3. Preheat the oven to 400°F (204°C).
4. Transfer the marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until the chicken is cooked through.
5. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 2 drumsticks.
More Flavor: For a spicier chicken add more red pepper flakes, cayenne pepper or hot sauce to the marinade.

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Pina Colada Ice Cream

6 servings
5 minutes

Ingredients

3 Banana (sliced and frozen)
3 cups Pineapple (cut into chunks and frozen)
3/4 cup Canned Coconut Milk

Directions

1. Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

It's 5 O'Clock Somewhere: Add rum.