

EASY NO-COOK RECIPES

Give your oven and stove a break and cool off with these healthy, no-cook recipes!

Asian Rotisserie Chicken Salad

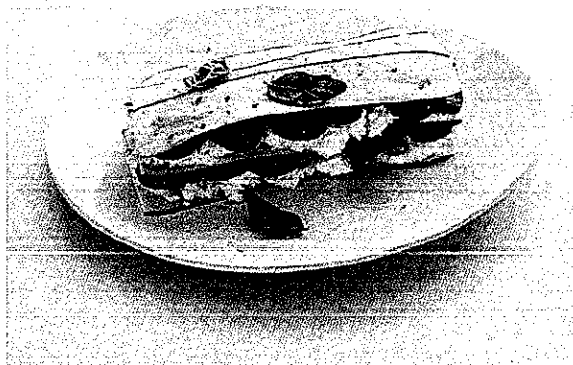
- ◆ 2 cups fresh cilantro leaves and soft stems
- ◆ 1/4 cup fresh lime juice (from 2 limes)
- ◆ 1/4 cup vegetable oil
- ◆ Coarse salt and ground pepper
- ◆ 1 rotisserie chicken (about 2 1/2 pounds), skin and bones removed, meat shredded (about 4 cups)
- ◆ 1/4 medium red cabbage (8 ounces), cored and thinly sliced crosswise
- ◆ 1 red bell pepper (ribs and seeds removed), thinly sliced
- ◆ 2 scallions, thinly sliced
- ◆ 1 large head romaine lettuce, torn into bite-size pieces



1. Make dressing: In a blender, combine cilantro, lime juice, and oil; season with salt and pepper. Blend until smooth.

2. In a large bowl, combine chicken, cabbage, bell pepper, and scallions; season with salt and pepper. In another large bowl, toss lettuce with 1/2 cup dressing. Divide among four bowls, and top with chicken mixture. Drizzle all with remaining dressing, and sprinkle with cashews.

Zucchini Lasagna with Farmer Cheese



- ◆ Farmer cheese
- ◆ Salt and pepper
- ◆ Olive oil
- ◆ Zucchini
- ◆ Tomatoes
- ◆ Basil

Season farmer cheese with salt, pepper, and olive oil. Layer 2 strips zucchini with cheese, sliced tomatoes, and basil. Repeat; top with zucchini. Drizzle with oil; sprinkle with salt, pepper, and basil.