



“no-cook” lunch & dinner recipes

When it comes to food, I love to keep things simple, clean, and delicious; and with all of the many yummy flavors that summer brings, it's easy to do!



Here are a few of my favorite “no-cook” recipes, ideal for warm summer months. They are quick and healthy and oh, so flavorful that you’ll find yourself wanting to eat them long after summer ends!

*Enjoy!
- Coach D.*



greek salad

Serves: 4

Prep Time: 15 min Total Time: 15 min



INGREDIENTS

- ❑ 1 pt. grape or cherry tomatoes, halved
- ❑ 1 cucumber, thinly sliced into half moons
- ❑ 1 c. halved kalamata olives
- ❑ 1/2 red onion, thinly sliced
- ❑ 3/4 c. crumbled feta
- ❑ **FOR THE DRESSING**
- ❑ 2 tbsp. red wine vinegar
- ❑ Juice of 1/2 a lemon
- ❑ 1 tsp. dried oregano
- ❑ kosher salt
- ❑ Freshly ground black pepper
- ❑ 1/4 c. extra-virgin olive oil
- ❑ Add tuna or rotisserie chicken for protein

DIRECTIONS

- In a large bowl, stir together tomatoes, cucumber, olives, and red onion.
- Gently fold in feta.
- In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.
- Drizzle dressing over salad.



caprese zoodles

Serves: 4

Prep Time: 10 min

Total Time: 25 min



INGREDIENTS

- ❑ 4 large zucchini
- ❑ 2 tbsp. extra-virgin olive oil
- ❑ kosher salt
- ❑ Freshly ground black pepper
- ❑ 2 c. cherry tomatoes, halved
- ❑ 1 c. mozzarella balls, quartered if large
- ❑ 1/4 c. fresh basil leaves
- ❑ 2 tbsp. balsamic vinegar

DIRECTIONS

- Using a spiralizer, create zoodles out of zucchini.
- Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
- Add tomatoes, mozzarella and basil to zoodles and toss until combined.
- Drizzle with balsamic and serve.



spinach salad

Serves: 2-4

Prep Time: 5 min

Total Time: 10 min



INGREDIENTS

- ❑ 5 oz fresh spinach
- ❑ 1 apple, sliced
- ❑ 1/3 cup feta, crumbled
- ❑ 1/4 red onion thinly slices
- ❑ 1/4 cup sliced almonds, toasted if desired
- ❑ For the Dressing:
 - ❑ 1/3 cup olive oil
 - ❑ 3 TBS red wine vinegar
 - ❑ 1 clove garlic, minced
 - ❑ 2 tsp dijon mustard
 - ❑ Kosher salt
 - ❑ Fresh ground black pepper
- ❑ You can add tuna or rotisserie chicken for protein

DIRECTIONS

- In a medium bowl, whisk together all dressing ingredients until completely incorporated. Season with salt and pepper.
- Combine all salad ingredients in a large bowl. Add dressing, toss to combine, and serve immediately.



chicken salad wraps + grapes + pecans

Serves: 4

Prep Time: 15 min

Total Time: 15 min



INGREDIENTS

- ❑ 1/2 c. Greek yogurt
- ❑ 1 tsp. lemon zest
- ❑ juice of 1 1/2 lemons
- ❑ 1 tsp. Dijon mustard
- ❑ 2 tbsp. chopped dill, plus more for garnish
- ❑ kosher salt
- ❑ Freshly ground black pepper
- ❑ 1 rotisserie chicken, skin removed and shredded (about 3 cups)
- ❑ 1 c. red grapes, quartered
- ❑ 1/2 c. toasted and chopped pecans
- ❑ 4 green onions, white and green parts only, sliced
- ❑ 1 head Boston Bibb lettuce, leaves removed

DIRECTIONS

- In a large bowl, mix together Greek yogurt, lemon zest and juice, mustard, and dill, and season with salt and pepper.
- Stir in chicken, grapes, pecans, and green onions and season with salt and pepper.
- Spoon chicken salad into lettuce leaves, garnish with dill, and serve.



mediterranean tuna lettuce wraps

Serves: 8

Prep Time: 10 min

Total Time: 10 min



INGREDIENTS

- ☐ 2 (5 oz.) packages of Bumble Bee® Premium Albacore Tuna in Water Pouch
- ☐ ½ cup kalamata olives
- ☐ ½ cup feta cheese
- ☐ 2 small bell peppers
- ☐ ½ red onion, chopped
- ☐ 1 can (15.5 oz) chickpeas, rinsed and drained
- ☐ Zest and juice of one lemon
- ☐ 1 tbsp. dijon mustard
- ☐ 1 tbsp. extra virgin olive oil
- ☐ 2 tsp. fresh mint, chopped
- ☐ 1 tsp. sea salt
- ☐ 1 pint grape tomatoes, halved
- ☐ Bib lettuce, Iceberg lettuce

DIRECTIONS

- In a large mixing bowl add Albacore Tuna, kalamata olives, feta cheese, bell peppers, red onion, chickpeas, zest and juice of one lemon, dijon mustard, olive oil and sea salt.
- Stir well to combine.
- Add tomatoes and gently fold into the mixture.
- Place a scoop of the tuna mixture in a large piece of lettuce and wrap up.
- Enjoy!!



shrimp avocado salad

Serves: 6

Prep Time: 10 min

Total Time: 10 min



INGREDIENTS

- ❑ 2 pounds boiled or steamed shrimp peeled and deveined
- ❑ 2 avocados cut into large pieces
- ❑ 2 tablespoons diced red onion
- ❑ For the Dressing
- ❑ 1/4 cup extra virgin olive oil
- ❑ 1/4 cup red wine vinegar
- ❑ 1/2 tsp garlic powder
- ❑ 1 tsp parsley chopped
- ❑ 1 tsp dijon mustard
- ❑ Salt and pepper to taste

DIRECTIONS

- Add shrimp, avocado, and onion to a large bowl.
- In a 2-cup measuring cup, mix together ingredients for the dressing. Whisk until well-combined.
- Add dressing to shrimp avocado salad until it has the amount you desire. Serve additional dressing on the side.