



SPICE UP THE SUMMER Cookbook





Summer is all about adventure, so why stick to the same old routine and recipes? It's time to add some fresh excitement to your plate with bold flavors, effortless prep, and delicious dishes that make every bite feel like a celebration.

Here are eight of our favorite simple and flavorful summer meals that fit any taste—whether you're firing up the grill, tossing together a quick weeknight meal, or hosting a get-together with family and friends.

From zesty sides to sizzling stir-fries, these dishes are full of fresh flavor and are sure to make it into your summer recipe rotation.

Plus, with Spice World Easy Onion, Fresh Diced Garlic, Peeled Ginger, and Garlic & Ginger Fusion, you can save some stress, cut down on prep time, and get straight to the tasty part.

Let's get cooking and Spice Up the Summer!



CONVERSIONS

Chopped Easy Onion:

$\frac{1}{2}$ cup of Easy Onion (1 medium onion) = **24 tsp**

$\frac{1}{4}$ cup of Easy Onion ($\frac{1}{2}$ medium onion) = **12 tsp**

Minced Garlic:

1 tsp = approximately **1 clove** of garlic

Squeezable Minced Garlic:

1 tsp = approximately **1 clove** of garlic

Peeled Ginger:

$\frac{1}{2}$ inch = approximately **1 tsp** of minced ginger

Squeezable Minced Ginger:

1 tsp = approximately $\frac{1}{2}$ inch piece of ginger



Garlic

- Spice World Garlic adds high-quality, bold flavor to any dish simply and easily!
- Garlic is a heart-healthy, low-calorie food high in health benefits like decreasing the frequency of colds and reducing blood pressure.



Ginger

- Spice World Ginger adds zesty ginger flavor without the hassle of peeling, mincing, or chopping fresh ginger.
- Ginger has great antibacterial power and is loaded with antioxidants, helps soothe sore muscles, and fights chronic disease.



Easy Onion

- Spice World Easy Onion makes it simple and convenient to add the flavor of fresh onions—with no peeling, no chopping, and no tears!
- Onions are a great source of vitamin C, help regulate immune health, and are full of antioxidants that help fight inflammation.

Find us in the **produce aisle** or visit **SpiceWorldInc.com** to learn more!



Summer Pasta Salad

Fresh, tangy, and packed with bold flavor, this easy pasta salad is a must-try this summer. It's perfect for picnics, backyard barbecues, or even your weekly meal prep. Plus, with Spice World Easy Onion, it comes together in a flash!

INGREDIENTS

- 16 oz rotini pasta
- 1 pint cherry tomatoes, halved
- 1 cucumber, sliced
- 8 oz black olives, sliced
- 8 oz mozzarella, cubed
- ½ cup Spice World Easy Onion
- 16 oz Italian dressing
- Salt and pepper to taste

INSTRUCTIONS

1. Fill a large pot with cold water. Season the water with salt to taste. Boil the water and cook the pasta according to package instructions. When pasta is al dente, drain and cool.
2. Once the pasta is cool, layer in tomatoes, cucumber, olives, and mozzarella.
3. Combine the Spice World Easy Onion and dressing in a small bowl; mix them well.
4. Add dressing mixture to cooled pasta, and toss well to coat.
5. Add salt and pepper to taste.
6. Refrigerate for one hour or more before serving, and enjoy!





Garlic & Rosemary Chicken Thighs

These chicken thighs are juicy, herby, and the ultimate summer dinner—they're sure to become a staple. Serve them along with your favorite summer sides and dig in!

INGREDIENTS

- 8 bone-in, skin-on chicken thighs
- 1 Tbsp salt
- 1 tsp pepper
- 1 tsp olive oil
- 1 Tbsp Spice World Easy Onion
- 1 Tbsp Spice World Minced Garlic **OR**
1 Tbsp Spice World Fresh Diced Garlic
- $\frac{3}{4}$ cup Italian vinaigrette
- 1 Tbsp honey
- 1 tsp dried rosemary
- Fresh rosemary (for garnish)
- Shaved Parmesan (for garnish)



INSTRUCTIONS

1. Place the chicken thighs on a rimmed roasting pan, skin side up. Dry well, and season with salt and pepper. Cover and refrigerate.
2. Heat a large skillet over medium heat and drizzle with olive oil.
3. Add Spice World Easy Onion and Spice World Garlic, mixing well and sautéing until fragrant. Set aside to cool.
4. Once cooled, add Italian dressing, honey, and dried rosemary. Stir well.
5. Preheat oven to 400°F. While oven is heating, pour the sauce over the chicken thighs, cover with aluminum foil, and allow to marinate.
6. Roast the chicken on a center rack for 30 minutes covered, then remove the foil for the last 10 minutes to brown and crisp the skin.
7. Chicken is done when the internal temperature reaches 165°F and the juices run clear.
8. Serve them along with your favorite summer sides and dig in!



Ginger Shrimp Stir-Fry

A sizzling skillet, zesty ginger, and savory soy sauce bring out restaurant-worthy flavor in this health-forward stir-fry. Serve it over rice or noodles for a quick, satisfying meal, made even simpler when you use Spice World Peeled Ginger.

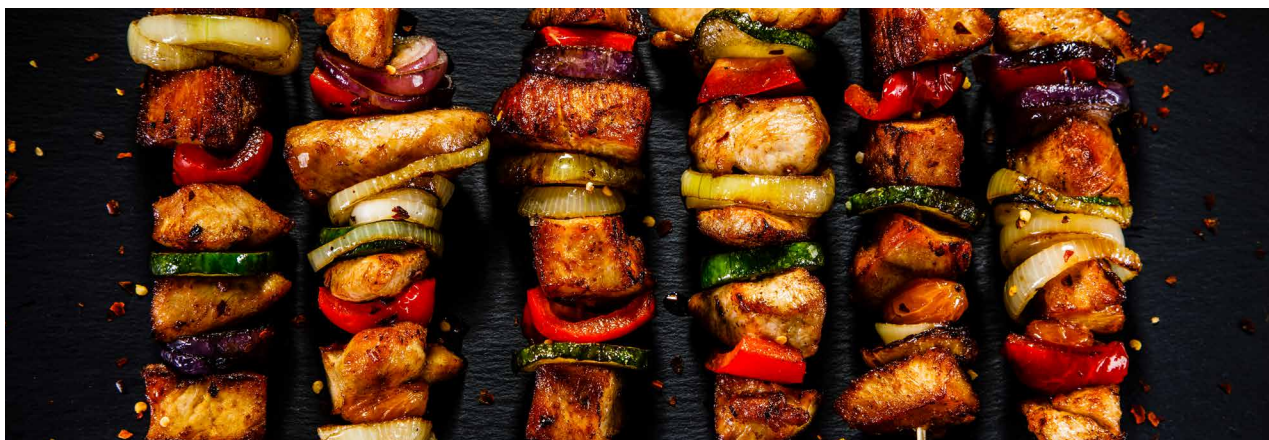
INGREDIENTS

- 3 inches of Spice World Peeled Ginger, minced **OR** 3 tsp of Spice World Minced Ginger
- 2 Tbsp Spice World Minced Garlic **OR** 2 Tbsp Spice World Fresh Diced Garlic
- ¼ cup soy sauce
- ¼ cup water
- ½ lb shrimp, peeled and deveined
- 2 tsp salt, or to taste
- Pepper to taste
- 2 Tbsp olive oil
- 2 lbs frozen pre-cut stir-fry vegetables

INSTRUCTIONS

1. In a small bowl, mix Spice World Ginger, Spice World Garlic, soy sauce, and two tablespoons of water.
2. In a medium-sized bowl, toss the shrimp with salt and pepper.
3. Place a large skillet or wok on medium-high heat and coat it with one tablespoon of olive oil. Add the frozen vegetables and stir to coat them with the oil. Continue to stir periodically for five minutes.
4. Add two more tablespoons of water, cover, and cook for three minutes or until the vegetables are fully cooked.
5. Transfer the vegetables to a heat-resistant bowl and return the empty skillet or wok to the stovetop. Add the remaining tablespoon of olive oil to the skillet and add in the shrimp. Cook for three minutes, turning the shrimp periodically.
6. Add the sauce from step one and toss the shrimp to coat. Add the vegetables back to the skillet and gently stir for a few minutes. Serve hot and enjoy!





Garlic & Ginger Chicken Kebabs

Tender chicken meets the bold flavor of garlic and ginger in these perfectly marinated kebabs—a simple recipe for your next backyard barbecue! Enjoy them with a fresh summer salad or a side of grilled veggies for a light meal that can be made in no time.

INGREDIENTS

- 1 Tbsp olive oil
- ¼ cup pineapple pieces
- 3 Tbsp Spice World Garlic & Ginger Fusion **OR** 2 Tbsp of Spice World Minced Garlic and 1 Tbsp of Spice World Minced Ginger
- 2 Tbsp white vinegar
- 1 lb boneless skinless chicken breast, cut into 24 pieces
- 1 bell pepper, cut into large pieces
- ¼ of a yellow onion, cut into large pieces
- Salt and pepper to taste

INSTRUCTIONS

1. If using wooden skewers, soak them in water for at least 30 minutes before beginning. You can skip this step if you use metal skewers.
2. In a food processor, puree the olive oil, pineapple, Spice World Garlic & Ginger Fusion (or the Spice World Minced Garlic and Minced Ginger), vinegar, salt, and pepper until smooth. Pour the mixture over the raw chicken in a large bowl, cover, and refrigerate for 30 minutes.
3. Thread the chicken, bell pepper, and onion pieces evenly onto skewers.
4. Cook on a preheated grill or on the top rack of a 450°F oven on a foil-lined baking sheet for 20-30 minutes, flipping halfway through. Serve and enjoy!





Summer Tacos

These summer tacos bring the flavor with fresh and convenient ingredients. They are quick to make, simple to customize with your favorite toppings, and even easier to eat. One bite and your taste buds will be dancing the salsa all summer!

INGREDIENTS

For the Meat:

- 4 boneless, skinless chicken breasts
- 3 Tbsp Spice World Easy Onion
- 1 jar salsa
- 1 packet of taco seasoning
- 2 limes, juiced

For the Tacos:

- Tortillas
- Shredded cheese
- Diced tomatoes
- Cilantro
- Spice World Easy Onion

INSTRUCTIONS

1. In a slow cooker, add Spice World Easy Onion, salsa, taco seasoning, and lime juice. Stir until mixed.
2. Add chicken breasts, stirring to coat the chicken in the salsa mixture.
3. Cook, covered, on high for 3-4 hours or on low for 6-7 hours.
4. Once cooked, remove the chicken from slow cooker and shred it with two forks, mixing well.
5. Place the chicken back in the slow cooker and allow it to absorb the rest of the sauce for about 5 minutes.
6. Serve on tortillas with your favorite taco toppings. Enjoy!





Summer Salad With Garlic Lemon Vinaigrette

Crisp, refreshing, and bursting with bright summer flavor, this salad pairs just right with this homemade garlic lemon vinaigrette. It's a great dish to cool down on a hot summer day, and Spice World makes it simple to add fresh flavor!

INGREDIENTS

For the Vinaigrette:

- 1 cup extra-virgin olive oil
- 1 Spice World Shallot, peeled and finely minced
- 1 Tbsp Spice World Minced Garlic **OR** 1 Tbsp Spice World Fresh Diced Garlic
- 2 Tbsp fresh lemon juice
- 2 Tbsp red wine vinegar
- 1 Tbsp Dijon mustard
- ½ tsp dried oregano
- 1 tsp honey
- Sea salt and freshly ground black pepper

For the Salad:

- 1 head romaine lettuce, chopped
- ½ red onion, thinly sliced
- 2 cups cherry tomatoes
- ½ cup freshly grated Parmesan cheese
- ⅓ cup sliced pepperoncini peppers
- ½ cup black olives, sliced
- Pepper to taste
- 2 cups croutons

INSTRUCTIONS

1. Combine olive oil, Spice World Shallot, and Spice World Garlic in a jar with a lid.
2. Allow it to sit for 15 minutes so the oil infuses with the flavor of the shallot and garlic.
3. Add the remaining dressing ingredients to the jar and whisk until combined.
4. In a large bowl, combine all the salad ingredients except croutons, then toss with the dressing.
5. Top with croutons and enjoy!





Ginger Teriyaki Chicken Pineapple Bowl

The perfect mix of sweet and savory—this tropical-inspired dish brings the vacation straight to your dinner table. Pineapple goes well with the bold flavors of ginger and garlic, plus it's a fun and fresh way to mix up your summer menu.

INGREDIENTS

- 1 small pineapple
- ⅓ cup low-sodium soy sauce
- 3 Tbsp brown sugar
- 1 Tbsp pineapple juice
- 2 tsp Spice World Minced Garlic **OR** 2 tsp Spice World Fresh Diced Garlic
- 1 inch of Spice World Peeled Ginger, minced **OR** 1 tsp of Spice World Minced Ginger
- 1 tsp sesame oil
- 1 Tbsp vegetable oil
- ¾ lb boneless, skinless chicken breast, chopped
- Salt and pepper to taste
- 2 tsp cornstarch
- 2 tsp water
- Sesame seeds, for garnish (optional)
- Thinly sliced green onions, for garnish (optional)

INSTRUCTIONS

1. Slice the pineapple in half, leaving the stem intact.
2. Slice the pineapple around the perimeter, angling your knife toward the middle, then make cuts across the middle of the fruit.
3. Scoop the pineapple pieces out with a spoon and reserve 1 tablespoon of pineapple juice for sauce.
4. To make the sauce, whisk together soy sauce, brown sugar, pineapple juice, Spice World Garlic, Spice World Ginger, and sesame oil in a small bowl.
5. In a large skillet over medium-high heat, warm the vegetable oil.
6. Season the chicken on both sides with salt and pepper, then add chicken to the skillet in an even layer. Cook the chicken on both sides for 3-5 minutes per side.
7. Pour the sauce over the chicken and bring the mixture to a simmer.
8. In a separate bowl, whisk together cornstarch and water. Add cornstarch mixture and pineapple pieces to the skillet with the chicken and sauce, simmering for 8-10 minutes until the sauce is thickened and the chicken is cooked through.
9. Divide the chicken mixture between pineapple bowls and garnish with sesame seeds and green onions. Enjoy!



Ginger & Garlic Stir-Fry Brussels Sprouts

This healthy dish is as easy to make as it is to eat. Elevate your Brussels sprouts game with the bold flavors of ginger and garlic! Try them as a snack or side dish, or toss them into a grain bowl for a bomb of fresh flavor.

INGREDIENTS

- 1 serrano pepper
- 1 small red bell pepper
- 3 oz Spice World Shallots
- 1 lb Brussels sprouts
- 1 lime
- ½ cup shelled, roasted peanuts
- ¼ cup reduced-sodium soy sauce
- 2 Tbsp water
- ¼ cup sweet chili sauce
- 1 Tbsp rice wine vinegar
- 1 Tbsp fish sauce
- 2 Tbsp lemongrass paste
- 1 Tbsp Spice World Chili Onion Crunch
- 1 Tbsp cornstarch
- 2 Tbsp canola oil
- 5 Tbsp Spice World Garlic & Ginger Fusion
OR 4 Tbsp of Spice World Minced Garlic and 1 Tbsp of Spice World Minced Ginger
- 4 Tbsp Spice World Easy Onion
- ½ cup fresh basil leaves
- ½ cup fresh mint leaves

INSTRUCTIONS

1. Thinly slice the serrano pepper, bell pepper, and shallots. Trim the root ends and quarter the Brussels sprouts. Juice lime (2 tablespoons); crush peanuts. Whisk in a medium bowl: soy sauce, water, sweet chili sauce, vinegar, fish sauce, lemongrass, Spice World Chili Onion Crunch, and cornstarch.
2. Preheat a large sauté pan (or wok) on high heat. Add in a little canola oil to coat the pan. Add in the Spice World Garlic & Ginger Fusion (or the Spice World Minced Garlic and Minced Ginger), shallots, and serrano pepper. Cook 1-2 minutes, stirring constantly, until very fragrant; then stir in bell pepper and Brussels sprouts.
3. Cook 1-2 minutes, stirring constantly, until vegetables begin to soften. Stir in the soy sauce mixture and bring it to a rapid boil. Cook 2-3 minutes, stirring often, until the sauce thickens and the sprouts are crisp-tender. Stir in the lime juice, basil, and mint. Top with peanuts; serve and enjoy.



FLAVOR *WITHOUT*
BOUNDARIES

www.SpiceWorldInc.com