

“Labor-Less Labor Day” ~ Make Ahead Meals for Day Off Celebration

News 8 CBS/CW

San Diego

August 30th, 2017

It's all wrapped up early... For the grill or your oven. Making foil packets ahead of time.

Full Menu:

Salmon Packets with Fresh Garden Herbs and Lemons

Summers End Vegetable Packets

Roasted Curry Coleslaw with Peanuts

Fudge Brownie Sandwiches with Ice Cream

Salmon Packets with Fresh Garden Herbs and Lemons

Fresh, fast, easy and so good! Grilled salmon so flavorful. All the flavor traps in the foil packet.

Preheat oven to 400°F or a medium heat grill

Serves 4

2 tbsp	unsalted butter
4-7oz	Salmon pieces, skin removed
sprigs of	fresh herbs (such as tarragon, thyme, dill etc)
4 thin	slices of lemons

1. Place a piece of foil about 8-inch square on the counter. Brush with butter. Place salmon in the center of the foil. Top salmon with herbs and then the slices of lemons. Fold foil to seal the sides completely.
2. Place into preheated oven, center rack for 18 minutes. No need to turn or move the packet.
3. Serve hot.

Summers End Vegetable Packets

Labor Day marks the end of the summer season. And the produce starts to look different with the fall harvest around the corner. Try using the last of the vegetables of the season.

Preheat oven to 400°F or a medium heat grill

Serves 4

4 tbsp unsalted butter
1 lb assorted fresh summer vegetables (such as zucchini, yellow squash, corn cobs etc.), sliced to about the same size and thickness.
sprigs of fresh herbs (such as tarragon, thyme, dill etc).

1. Place a piece of foil about 8-inch square on the counter. Place about 4 oz of vegetables into the center. Top with 1 tbsp. of butter and some herbs. Fold foil to seal the sides completely.
2. Place into preheated oven, center rack for 18 minutes. No need to turn or move the packet.
3. Serve hot.

Roasted Curry Coleslaw with Peanuts

A little bite with the flavors. Curry powder brings out the flavors of the Orient.

Serves 4 to 6

1/2 head white cabbage, shredded
1/4 head red cabbage, shredded
3 large carrots, peeled, cleaned and shredded
1 stalk green onions, chopped fine
1 cup mayonnaise
2 tsp prepared mustard
1 tsp freshly squeezed lemon juice
1/2 tsp curry powder
 sea salt
 freshly ground white pepper
1/2 cup roasted peanuts

1. In a large bowl, combine cabbages, carrots and onions. Set aside.
2. In a medium bowl, whisk mayonnaise, mustard, lemon juice, curry powder, salt and pepper. Toss into the cabbage mixture. Top with nuts. Serve.

Fudge Brownie Sandwiches with Ice Cream

Serves 12

13-inch by 9-inch baking pan lined with parchment paper and sprayed with a non-stick spray.

9-inch square baking pan lined with parchment
preheat oven to 350°F

1-1/4 cups	granulated sugar
3/4 cup	unsalted butter, room temperature
1/2 cup	un-sweetened cocoa powder
2 large	eggs, room temperature
1 tsp	pure vanilla extract
1-1/2 cups	all-purpose flour
1 tsp	baking powder
1/4 tsp	baking soda
1 cup	whole milk
1 qt.	vanilla ice cream, soften

1. In a 2-quart saucepan, heat sugar, butter, and cocoa powder until butter melts completely, stirring constantly. Remove from heat. Whisk in eggs and vanilla. Beat lightly until just combined. Set aside.
2. In a bowl, whisk flour, baking powder and soda. Add dry ingredients alternately with milk to the chocolate mixture. Beat after each addition. Pour into the larger prepared baking pan.
3. Bake at 350°F from about 20 minutes or until tester comes out with small crumbs. Cool in pan on wire rack. After completely cooled, freeze for 2 hours. Cut in half to create two 9-inch square pieces. Place one of the pieces into the smaller prepared pan. Smooth the softened ice cream over the brownie layer. Top with the second brownie layer. Freeze for 1 hour until completely firm.
4. Cut into 12 equal pieces. Wrap each piece in plastic wrap.