

*Quick* and *easy*  
no-cook recipes



## Quick and Easy Weeknight No-Cook Recipes

It's time for your oven to take a vacation. These easy no-cook meals come together in a flash so they're perfect for busy weeknights as well as lazy weekends. Extend your oven's time off with these [award-winning no-cook recipes](#).

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# Turkey, Corn, and Sun-Dried Tomato Wraps

4 servings, 20 minutes.



Fresh corn kernels, tomatoes, and lettuce fill these hearty turkey wraps.



Sweet corn.

Nutritional Information	
Calories	321
Total Fat	12g
Saturated Fat	1g
Cholesterol	35mg
Sodium	682mg
Total Carbohydrate	35g
Dietary Fiber	4g
Sugars	—
Protein	19g
Calcium	—

## Ingredients

- 1 cup of corn kernels, fresh or frozen
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes
- 2 tablespoons of canola oil
- 1 tablespoon of red-wine vinegar or cider vinegar
- 8 thin slices of low-sodium deli turkey
- 4 whole-wheat tortillas
- 2 cup of chopped romaine lettuce

## Directions

1. Combine corn, tomato, sun-dried tomatoes, oil, and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

# Crab Roll

4 servings, 20 minutes.



This take on lobster roll uses crab because it's usually easier to buy.



Freshly grated lemon zest.

Nutritional Information	
Calories	238
Total Fat	5g
Saturated Fat	1g
Cholesterol	102mg
Sodium	716mg
Total Carbohydrate	29g
Dietary Fiber	4g
Sugars	—
Protein	21g
Calcium	—

## Ingredients

- 1/4 cups low-fat mayonnaise
- 1 tablespoon freshly grated lemon zest
- 3 tablespoons lemon juice
- 10 dashes of hot sauce, such as Tabasco
- 1/2 teaspoon of freshly ground pepper
- 1/8 teaspoon of salt
- 1/4 cup of finely chopped shallot
- 1/4 cup of finely chopped celery
- 1/4 cup of thinly sliced fresh chives, divided
- 12 ounces of cooked crabmeat, any shells or cartilage removed
- 8 pieces of red or green leaf lettuce
- 4 whole-wheat hot dog buns, toasted if desired

## Directions

1. Whisk mayonnaise, lemon zest, lemon juice, hot sauce, pepper, and salt in a medium bowl. Thoroughly mix in shallot, celery, and 3 tablespoons chives. Mix in crab very gently so it doesn't break up too much.
2. Line each bun with lettuce and divide the crab filling among the buns. Garnish with the remaining 1 tablespoon chives.

# Smoked Trout Spread

4 servings, 30 minutes.



Creamy smoked trout spread on thin whole-grain crackers.



Thinly sliced cucumber.

Nutritional Information	
Calories	365
Total Fat	9g
Saturated Fat	4g
Cholesterol	23mg
Sodium	599mg
Total Carbohydrate	59g
Dietary Fiber	12g
Sugars	—
Protein	16g
Calcium	—

## Ingredients

- 1/2 small red onion, divided
- 1/2 cup canned or cooked white beans
- 4 ounce of smoked trout, skinned, boned, and flaked
- 3 ounce of reduced-fat cream cheese
- 3 tablespoons of lemon juice
- 1 tablespoon of prepared horseradish, or to taste
- 1 tablespoon of finely chopped fresh parsley
- Freshly ground pepper to taste
- 20 thin whole-grain crackers
- 2 medium tomatoes, halved and sliced
- 1 English cucumber, thinly sliced

## Directions

1. Finely chop half the onion (about 2 tablespoons); thinly slice the rest. Mash beans in a medium bowl with a fork until they are mostly broken down. Add the chopped onion, trout, cream cheese, lemon juice, horseradish, parsley, and pepper; stir well to combine with the beans. Serve the trout spread with a platter of crackers, sliced tomatoes, cucumber, and the sliced onion.

# Chicken Waldorf Salad

4 servings, 15 minutes.



Leftover chicken makes this chicken Waldorf salad a snap to assemble.



Chopped walnuts.

Nutritional Information	
Calories	356
Total Fat	16g
Saturated Fat	2g
Cholesterol	78mg
Sodium	408mg
Total Carbohydrate	23g
Dietary Fiber	3g
Sugars	—
Protein	31g
Calcium	—

## Ingredients

- 1/3 cup of low-fat mayonnaise
- 1/3 cup of nonfat or low-fat plain yogurt
- 2 teaspoons of lemon juice
- 1/4 teaspoon of salt
- 3 cups of chopped cooked chicken breast
- 1 medium red apple, diced
- 1 cup of halved red or green grapes
- 1 cup of sliced celery
- 1/2 cup of chopped walnuts

## Directions

1. Whisk mayonnaise, yogurt, lemon juice, and salt in a large bowl. Add chicken, apple, grapes, celery, and 1/4 cup walnuts. Stir to coat well. Serve topped with the remaining 1/4 cup walnuts.

# Composed Salad with Pickled Beets and Smoked Tofu

4 servings, 30 minutes.



Composed salad drizzled with a cool, creamy dill dressing.



Freshly cut tomatoes.

Nutritional Information	
Calories	268
Total Fat	12g
Saturated Fat	4g
Cholesterol	198mg
Sodium	403mg
Total Carbohydrate	22g
Dietary Fiber	5g
Sugars	—
Protein	19g
Calcium	—

## Ingredients

- 1/2 cup of reduced-fat sour cream
- 1/4 cup of chopped fresh dill
- 2 tablespoons of lemon juice
- 1/4 teaspoon of salt
- 1/4 teaspoon of freshly ground pepper
- 6 cup of torn Boston or Bibb lettuce
- 2 cup of torn radicchio
- 4 hard-boiled eggs, peeled and quartered
- 2 medium tomatoes, cut into wedges
- 8 ounce of baked smoked tofu, diced
- 1 cup of diced pickled beets
- 2 cups of sugar snap peas, trimmed and halved

## Directions

1. Combine sour cream, dill, lemon juice, salt, and pepper in a small bowl.
2. Combine lettuce and radicchio in a large bowl; serve in 4 large plates, add hard-boiled egg, tomato wedges, tofu, beets, and snap peas. Drizzle about 2 tablespoons of dressing over each salad.

# Tuna Wrap

4 servings, 25 minutes.



These tuna wraps were inspired by spicy tuna sushi rolls.



Carrot cut into matchsticks.

Nutritional Information	
Calories	515
Total Fat	17g
Saturated Fat	4g
Cholesterol	17mg
Sodium	869mg
Total Carbohydrate	71g
Dietary Fiber	9g
Sugars	—
Protein	21g
Calcium	—

## Ingredients

2 cans of chunk light tuna, drained  
1/3 cup of low-fat mayonnaise  
1 tablespoons of hot sauce  
1 scallion, chopped  
2 cups of cooked brown rice, cooled  
2 tablespoons of rice vinegar  
4 (10-inch) whole-grain wraps  
3 cup watercress leaves  
1 ripe avocado, cut into 16 slices  
1 small carrot, cut into matchsticks  
Reduced-sodium soy sauce, for dipping

## Directions

1. Combine tuna, mayonnaise, hot sauce, and scallion in a medium bowl. Combine rice and vinegar in a small bowl.
2. Spread one-fourth of the tuna mixture over a wrap. Top with 1/2 cup rice, 3/4 cup watercress, 4 avocado slices, and one-fourth of the carrot matchsticks. Roll up and cut the wrap in quarters or in half. Repeat with the remaining filling and wraps. Serve with soy sauce for dipping, if desired.



# Salmon Salad Sandwich

4 sandwiches, 15 minutes.



Salmon salad served on tangy pumpernickel bread.



Extra-virgin olive oil.

Nutritional Information	
Calories	286
Total Fat	9g
Saturated Fat	3g
Cholesterol	34mg
Sodium	645mg
Total Carbohydrate	—
Dietary Fiber	4g
Sugars	—
Protein	22g
Calcium	—

## Ingredients

- 2 cans boneless, skinless wild Alaskan salmon, drained
- 1/4 cups minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoons freshly ground pepper
- 4 tablespoons reduced-fat cream cheese
- 8 slices pumpernickel bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half

## Directions

1. Combine salmon, onion, lemon juice, oil, and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread 1/2 cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce, and another slice of bread.

# Chopped Greek Salad with Chicken

4 servings, 25 minutes.



Chicken turns this Greek-inspired salad into a substantial main course.



Chopped romaine lettuce.

Nutritional Information	
Calories	343
Total Fat	18g
Saturated Fat	5g
Cholesterol	89mg
Sodium	618mg
Total Carbohydrate	11g
Dietary Fiber	3g
Sugars	—
Protein	31g
Calcium	—

## Ingredients

- 1/3 cups red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoons chopped fresh dill or oregano or 1 teaspoon dried
- 1 teaspoons garlic powder
- 1/4 teaspoons salt
- 1/4 teaspoons freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded, and chopped
- 1/2 cups finely chopped red onion
- 1/2 cups sliced ripe black olives
- 1/2 cups crumbled feta cheese

## Directions

1. Whisk vinegar, oil, dill (or oregano), garlic powder, salt, and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives, and feta; toss to coat.

# Watermelon Gazpacho

6 servings, 20 minutes.



Cucumber and watermelon go hand in hand to create a sweet-and chilled soup.



Diced seedless watermelon.

Nutritional Information	
Calories	116
Total Fat	5g
Saturated Fat	1g
Cholesterol	0
Sodium	296mg
Total Carbohydrate	18g
Dietary Fiber	—
Sugars	—
Protein	2g
Calcium	0

## Ingredients

- 8 cups finely diced seedless watermelon
- 1 medium cucumber, peeled, seeded and finely diced
- 1/2 red bell pepper, finely diced
- 1/4 cups chopped fresh basil
- 1/4 cups chopped flat-leaf parsley
- 3 tablespoons red-wine vinegar
- 2 tablespoons minced shallot
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoons salt

## Directions

1. Mix watermelon, cucumber, bell pepper, basil, parsley, vinegar, shallot, oil and salt in a large bowl. Puree 3 cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl. Puree another 3 cups and add to the bowl. Stir in the remaining diced mixture. Serve at room temperature or chilled.

# Cucumber and Black-Eyed Pea Salad

6 servings, 20 minutes.



An easy salad to serve with grilled chicken or steak for supper.



Black-eyed peas.

Nutritional Information	
Calories	160
Total Fat	10g
Saturated Fat	3g
Cholesterol	11mg
Sodium	270mg
Total Carbohydrate	12g
Dietary Fiber	—
Sugars	—
Protein	5g
Calcium	0

## Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano, or 1 teaspoon dried
- Freshly ground pepper, to taste
- 4 cups peeled and diced cucumbers
- 1 14-ounce can black-eyed peas, rinsed
- 2/3 cups diced red bell pepper
- 1/2 cups crumbled feta cheese
- 1/4 cups slivered red onion
- 2 tablespoons chopped black olives

## Directions

1. Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

# Shrimp Caesar

4 servings, 20 minutes.



This shrimp lemony caesar salad lets the taste of the shrimp shine through.



Peeled cooked shrimp.

Nutritional Information	
Calories	312
Total Fat	16g
Saturated Fat	4g
Cholesterol	235mg
Sodium	669mg
Total Carbohydrate	13g
Dietary Fiber	—
Sugars	—
Protein	31g
Calcium	0

## Ingredients

- 3 tablespoons lemon juice, plus 4 lemon wedges for garnish
- 2 teaspoons Dijon mustard
- 3 anchovies, coarsely chopped, or 1 teaspoon anchovy paste
- 1 clove garlic, coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1/2 cups grated Asiago cheese, divided
- 1/2 teaspoons freshly ground pepper
- 8 cups chopped hearts of romaine
- 1 pounds peeled cooked shrimp
- 1 cups croutons, preferably whole-grain

## Directions

1. Place lemon juice, mustard, anchovies (or anchovy paste) and garlic in a food processor; process until smooth. With the motor running, gradually add oil; process until creamy. Add 1/4 cup Asiago cheese and pepper; pulse until combined.
2. Combine romaine, shrimp and croutons in a large bowl. Add the dressing and toss to coat. Divide among 4 plates, top with the remaining 1/4 cup Asiago cheese and garnish with a lemon wedge.

# Greek Salad with Sardines

4 servings, 20 minutes.



The fresh, tangy elements of a Greek salad pair well with rich-tasting sardines.



Garlic cloves.

## Nutritional Information

Calories	320
Total Fat	19g
Saturated Fat	4g
Cholesterol	67mg
Sodium	686mg
Total Carbohydrate	25g
Dietary Fiber	7g
Sugars	—
Protein	18g
Calcium	—

## Ingredients

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 cloves garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoons freshly ground pepper
- 3 medium tomatoes, cut into large chunks
- 1 large English cucumber, cut into large chunks
- 1 can chickpeas, rinsed
- 1/3 cups crumbled feta cheese
- 1/4 cups thinly sliced red onion
- 2 tablespoons sliced Kalamata olives
- 2 cans sardines with bones, packed in olive oil or water, drained

## Directions

1. Whisk lemon juice, oil, garlic, oregano, and pepper in a large bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion, and olives; gently toss to combine. Divide the salad among 4 plates and top with sardines.

# Mediterranean Tuna Antipasto Salad

4 servings, 25 minutes.



Packed with protein and fiber, this tuna and bean salad is ready in a flash.



Fresh Chopped parsley.

Nutritional Information	
Calories	326
Total Fat	17g
Saturated Fat	2g
Cholesterol	17mg
Sodium	652mg
Total Carbohydrate	28g
Dietary Fiber	10g
Sugars	—
Protein	22g
Calcium	—

## Ingredients

- 1 cans beans, such as chickpeas, black-eyed peas, or kidney beans, rinsed
- 2 cans water-packed chunk light tuna, drained and flaked
- 1 large red bell pepper, finely diced
- 1/2 cups finely chopped red onion
- 1/2 cups chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1 1/2 teaspoons finely chopped fresh rosemary
- 1/2 cups lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper to taste
- 1/4 teaspoons salt
- 8 cups mixed salad greens

## Directions

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice, and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil, and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

# Green Goddess Salad

4 servings, 30 minutes.



This salad combines fresh shrimp, cucumber, artichoke hearts, and cherry tomatoes with homemade green goddess dressing.



Chopped celery.

## Nutritional Information

Calories	292
Total Fat	7g
Saturated Fat	1g
Cholesterol	134mg
Sodium	790mg
Total Carbohydrate	31g
Dietary Fiber	9g
Sugars	—
Protein	28g
Calcium	—

## Ingredients

- 1/2 avocado, peeled and pitted
- 3/4 cups nonfat buttermilk
- 2 tablespoons chopped fresh herbs, such as tarragon, sorrel, and/or chives
- 2 teaspoons tarragon vinegar or white-wine vinegar
- 1 teaspoon anchovy paste or minced anchovy fillet
- 8 cups bite-size pieces green leaf lettuce
- 12 ounces peeled and deveined cooked shrimp
- 1/2 cucumber, sliced
- 1 cups cherry or grape tomatoes
- 1 cups canned chickpeas, rinsed
- 1 cups rinsed and chopped canned artichoke hearts
- 1/2 cups chopped celery

## Directions

1. Puree avocado, buttermilk, herbs, vinegar, and anchovy in a blender until smooth.
2. Divide lettuce among 4 plates. Top with shrimp, cucumber, tomatoes, chickpeas, artichoke hearts, and celery. Drizzle the dressing over the salads.



# Smoky Ham and Corn Salad

4 servings, 15 minutes.



Fresh corn, diced deli ham, and crunchy croutons are tossed with a smoky, creamy tomato dressing in this light summer salad.



Fresh corn kernels.

Nutritional Information	
Calories	182
Total Fat	7g
Saturated Fat	2g
Cholesterol	23mg
Sodium	679mg
Total Carbohydrate	20g
Dietary Fiber	6g
Sugars	—
Protein	13g
Calcium	—

## Ingredients

- 1/3 cups reduced-fat sour cream
- 2 tablespoons distilled white vinegar
- 1 teaspoons paprika, preferably smoked
- 1/4 teaspoons salt
- 8 cups trimmed frisée, or 8 cups mixed salad greens
- 1 medium tomato, diced
- 1 cups fresh corn kernels
- 1 cups croutons, preferably whole-grain
- 3/4 cups diced ham

## Directions

1. Whisk sour cream, vinegar, paprika, and salt in a large bowl. Add frisée (or salad greens), tomato, corn, croutons, and ham; toss to coat.

# Curried Tofu Salad

6 servings, 20 minutes.



This salad is perfect for spreading on toasted whole-wheat bread or scooping onto a pile of crispy salad greens for lunch.



Freshly ground pepper.

Nutritional Information	
Calories	140
Total Fat	8g
Saturated Fat	1g
Cholesterol	2mg
Sodium	241mg
Total Carbohydrate	13g
Dietary Fiber	—
Sugars	—
Protein	7g
Calcium	0

## Ingredients

- 3 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons prepared mango chutney
- 2 teaspoons hot curry powder, preferably Madras
- 1/4 teaspoons salt
- Freshly ground pepper, to taste
- 1 packages extra-firm water-packed tofu, drained, rinsed and finely crumbled
- 2 stalks celery, diced
- 1 cups red grapes, sliced in half
- 1/2 cups sliced scallions
- 1/4 cups chopped walnuts

## Directions

1. Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

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Beat the clock in the kitchen! These recipes are quick, easy, and delicious when the last thing you want to do is turn on the stove.

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