

A group of people are gathered around a long table outdoors at night, celebrating. The table is covered with a patterned tablecloth and set with plates, glasses, and bottles. Several people are holding lit sparklers, and string lights are draped across the scene. The atmosphere is festive and social.

The Prophix Customer Summer Cookbook

A Red Carpet Exclusive



Prophix®

Appetizers

Frank's RedHot Buffalo Chicken Dip

Ingredients

- 2 cups shredded cooked chicken
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup FRANK'S RedHot® Original Cayenne Pepper Sauce or FRANK'S RedHot® Buffalo Wings Sauce
- 1/2 cup ranch dressing
- 1/2 cup blue cheese crumbles

Directions

1. PREHEAT oven to 350°F.
2. Mix all ingredients in a large bowl. Spoon into shallow 1-quart baking dish.
3. BAKE 20 minutes or until mixture is heated through; stir. Sprinkle with green onions, if desired, and serve with chips, crackers and/or veggies.



“I tried it at a BBQ and loved it. Now I bring it to events all the time and it’s always a hit.”

Erin Gahagan
Structural Group

Appetizers

Green Chile Sour Cream Dip

Ingredients

- 8 oz cream cheese, softened (optional)
- 1 cup sour cream
- 8 Hatch green chiles, roasted, skins and seeds removed, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt and pepper
- Tortilla chips, for serving

Directions

1. Place the cream cheese in a food processor and process until smooth. Add the sour cream and pulse to combine.
2. Roughly chop 6 of the chiles and add them to the processor along with the cumin, onion powder and garlic powder. Process until smooth. Transfer the dip to a bowl.
3. Chop the remaining 2 chiles. Stir into the dip. Taste, and add salt and pepper as needed.
4. Refrigerate the dip until ready to serve. Serve with tortilla chips.



“Grocery stores in New Mexico sell this dip pre-made but it’s not available in Washington. I make it for pot lucks but never add cream cheese. It goes great with potato chips!”

Gina Gallegos
All Star Directories

Salads

Vinegar Coleslaw

Ingredients

- 14 ounces coleslaw mix
- 1/3 cup red wine vinegar
- 3 tablespoon vegetable oil
- 1 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons sugar

Directions

1. In a small mixing bowl or measuring cup, whisk together red wine vinegar, vegetable oil, kosher salt, black pepper and sugar until sugar and salt dissolves. This step is important so that you don't get grainy bits of undissolved sugar or salt in your coleslaw.
2. Pour over coleslaw mix. Toss well. I find that using forks works best for coleslaw.
3. Cover and refrigerate for 1-24 hours. If you remember to toss it every few hours, great, if not, it will be fine.
4. Drain excess liquid before serving. The cabbage will lose its water, so you will have more liquid than you started with. This is normal.
5. If you've tried this recipe, come back and let us know how it was!



“I just love this light
and healthy side dish!”

Emily Anauo
Barber National Institute

Salads

Watermelon, Cucumber and Feta Salad

Ingredients

- ½ cup red-wine vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 5 cups cubed seedless watermelon
- 1 English cucumber, chopped
- 6 ounces feta cheese, cut into ¾-inch cubes
- ½ cup thinly sliced red onion
- 2 tablespoons chopped fresh mint

Directions

1. Whisk vinegar, honey, salt and pepper in a small bowl; gradually whisk in oil until completely incorporated.
2. Combine watermelon, cucumber, feta and onion in a large bowl. Gently stir in ½ cup of the vinaigrette. Refrigerate for at least 20 minutes or up to 2 hours.
3. Just before serving, gently stir in mint; drizzle with the remaining vinaigrette.



“I am always looking for new ways to prepare watermelon, as it is a summer favorite. I would have never thought to put these ingredients together, but it is absolutely amazing and very refreshing.”

Karen Lawhead
Alterman, Inc.

Salads

Tuna Noodle

Ingredients

- 1 pound elbow or small pasta
- 4 hard peeled hard boiled eggs, finely chopped
- 2 (2.26 ounces each) albacore tuna fish in water
- 1/2 cup finely diced red onion
- 1/2 cup finely diced celery (about 2 to 3 stalks)
- 1/2 cup sweet pickle relish
- 1 to 2 cups mayonnaise
- 1/2 teaspoon kosher salt, more or less to taste
- 1/4 teaspoon freshly ground black pepper, more or less to taste

Directions

1. Bring a large pot of salted water to a boil. Add in the pasta and cook according to package directions. Once cooked, drain and rinse with cold water. Drain the pasta well a second time before adding to a large mixing bowl.
2. To the bowl with the pasta, add in flaked tuna, finely chopped hard boiled egg, red onion, celery and relish. Mix to combine.
3. Add in enough mayo to coat and season with kosher salt and black pepper to taste.
4. Chill until ready to serve.



“My mom and her mom used to make this in the summer and it is still a family favorite!”

Lisa Lowen
Central Iowa Power Cooperative

Salads

Grilled Sweet Corn and Tomato Salad

Ingredients

- 12 mini corn cobs
- 1/4 cup(s) canola oil
- 1 Pt cherry tomatoes, halved
- 1 bunch basil, cut into fine strips
- 1 large Hass avocado, cubed
- 1/2 cup(s) Marcona almonds
- 1/4 cup(s) Queso Fresco, crumbled
- 1/4 Tsp kosher salt
- 1/4 Tsp black pepper

Directions

1. Heat grill on medium; brush corn with oil, and grill on each side to mark; when cool, cut kernels from cobs.
2. In a large bowl, combine corn, tomatoes, basil, avocado and almonds; drizzle with remaining oil, salt and pepper.
3. Garnish with queso fresco, and chill until ready to serve.



“It’s been a hit at every summer party I’ve taken it to.”

Sharon Hess
The Wilderness Society

Veggies

Sweet Corn Elote Casserole

Ingredients

- 32 oz frozen corn, thawed
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1.5 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp cayenne
- 5 oz queso fresco, grated or crumbled
- 1/4 cup fresh cilantro, chopped



Directions

1. Preheat the oven to 350°F.
2. Pour the corn into a large casserole dish. Mix in the mayo, sour cream, chili powder, garlic powder, salt, and half of the queso fresco until combined.
3. Bake for 30-40 minutes or until heated through and the sides begin to bubble.
4. Sprinkle the remaining queso fresco over the casserole and top with chopped cilantro. Enjoy!

“For me, Elote is the a homey comfort blend of sweet corn from my original home and cheese/spices/lime from my current home.”

CL Foster
Empereon Marketing, LLC

Veggies

Grilled Summer Squash with Blackening Seasoning

Ingredients

- 3 tablespoons smoked paprika
- 2 teaspoons onion powder
- 1 1/2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2-1 teaspoon cayenne pepper

Directions

1. Preheat grill on medium-high.
2. Measure and dump all the herbs and spices in a jar and stir to combine.
3. Toss yellow squash and zucchini in olive oil and coat with seasoning
4. Place squash and zucchini on grill. Cook, 3 minutes. Flip and continue cooking on high, 2 to 3 minutes more.
5. When squash and zucchini is tender, remove from heat



“This is a great
side dish for any
BBQ.”

Rianna Wilcox
Barber National Institute

Meats & Fish

Tandoori Chicken

Ingredients

- 3 Tbsp vegetable oil
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon cayenne
- 1 Tbsp garam masala
- 1 Tbsp sweet (not hot) paprika
- 1 cup plain yogurt (can sub buttermilk)
- 2 Tbsp lemon juice
- 4 minced garlic cloves
- 2 Tbsp minced fresh ginger
- 1 teaspoon salt
- 4 whole chicken legs

“One of my favorite items to BBQ.”

Bilal Surahyo
Sleep Country Canada



Directions

1. Heat the oil in a small pan over medium heat, then cook the coriander, cumin, turmeric, cayenne, garam masala and paprika, stirring often, until fragrant (approximately 2-3 minutes). Let cool completely.
2. Whisk the cooled spice-oil mixture into the yogurt, then mix in the lemon juice, garlic, salt and ginger.
3. Coat the chicken in the marinade, cover and chill for at least an hour (preferably 6 hours).
4. Prepare your grill so that one side is quite hot over direct heat, the other side cooler, not over direct heat. If using charcoal, leave one side of the grill without coals, so you have a hot side and a cooler side. If you are using a gas grill, just turn on one-half of the burners.
5. Put the chicken pieces on the hot side of the grill and cover. Cook 2-3 minutes before checking.
6. Turn the chicken so it is brown (even a little bit charred) on all sides.
7. Move chicken to the cool side of the grill. Cover and cook for at least 20 minutes, up to 40 minutes (or longer) depending on the size of the chicken and the temperature of the grill. The chicken is done when its juices run clear.
8. Let it rest for at least 5 minutes before serving.

Meats & Fish

Grilled Salmon

Ingredients

- 1-3 salmon fillets, depending on size
- ¼ cup brown sugar
- 2 tbsp lemon juice
- 1 tsp black pepper
- 2 tsp salt
- ¼ cup soy sauce
- ¼ cup olive oil
- ⅛ cup water
- 2-3 cloves minced garlic

Directions

1. Put the fish in a plastic bag with all the other ingredients and seal it with as much air pushed out as possible. Marinate for at least an hour, up to three.
2. Make a little dish out of aluminum foil with sides. Slide the fish on your 'dish' and add a little of the marinade on top. Put the fish skin side down. Then push the whole dish onto the grill. Close the lid and grill for about 20 minutes.
3. Flip the salmon over onto the grill to sear the top, then you can scrape off the skin (it should lift right off.) Grill for 1-2 minutes and then serve.



“Super
Savory
Salmon!”

A. Garing
Prince Rupert Port Authority

Meats & Fish

Bacon Burger

Ingredients

- 1 1/2 pounds ground beef
- 1/2 cup onion (finely chopped)
- 2 slices bacon (finely diced)
- 1 tablespoon Worcestershire sauce
- 1 1/4 cups breadcrumbs (fresh soft)
- 1 large egg
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- Optional: hamburger buns (toasted or not)
- Optional: toppings and condiments, as desired



Directions

1. Combine ground beef, onion, bacon, Worcestershire sauce, breadcrumbs, egg, salt, and pepper. Mix with hands until blended.
2. Shape the ground beef mixture into 4 to 6 burgers and dust them lightly with the flour.
3. Oil the grill grate and heat half of it to high heat or about 400 F to 450 F. The other half of the grill should be low heat.
4. Place the burgers on the high heat side and cook for about 2 minutes on each side, or until well browned. Move them to the low heat area and continue to cook for another 3 to 5 minutes, or until done as desired.

“I traveled to Minnesota to watch a baseball game and had an amazing burger made with 50/50 bacon/beef. I decided to give it a try at our first bbq for the summer. It was a crowd favorite!”

Teresa Tang
Dime Community Bank