



Direct
Energy®

Direct
Your Dining
COOKBOOK

SUMMER EDITION

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INTRODUCTION

Summer is the time for outdoor barbecues, picnics, and pool parties. But it's also the time for hot weather and high electricity bills. Here at Direct Energy, we believe that you don't have to settle for a high bill and a hot house just to host a summer party or cook your favorite summer meals. We believe in delivering the tools and technology necessary to help you incorporate energy savings into your everyday lives. That's why we're excited to introduce our very first Direct Your Dining, Summer Edition Cookbook!

Featuring some of our favorite recipes from our [Direct Your Dining blog series](#), this cookbook is great for those looking for some energy efficient, delicious, and easy to make summer-inspired recipes. Whether you're the host or attending a summer potluck, these recipes are sure to be a hit with the guests and your energy bill!

Happy summer cooking from Direct Energy!

CRAWFISH AND BACON STUFFED PEPPERS

DIRECTIONS

1. Wash the peppers in hot water, cut them in half and remove the ribs and seeds.
2. Soak the pepper halves in very hot water for 10 minutes.
3. Measure out and combine the celery salt, paprika, and onion powder into a small bowl.
4. Place the defrosted crawfish tails into a medium-sized mixing bowl. Pour the seasoning mixture over them and stir until they are coated.
5. Add the softened cream cheese, sour cream, bacon, green onions, parsley, garlic, and hot sauce to a large mixing bowl. Fold everything together.
6. Add the seasoned crawfish tails to the cream cheese mixture and combine.
7. Peppers:
 - a. Jalapeños - spoon 2 tablespoons of filling into each pepper half and place on a lined baking sheet. Top each stuffed pepper with a sprinkle of shredded Monterrey jack cheese.
 - b. Colored bell peppers - place a layer on the bottom of a round baking pan, top them with the filling, and sprinkle the cheese on top.
8. Bake at 375°F for 15 minutes for either preparation. Broil on high for 1-2 minutes at the end to brown the cheese.

INGREDIENTS

- 12 oz. Crawfish tails, defrosted
- 16 oz. Cream cheese, softened
- 8 oz. Monterrey jack cheese, shredded
- 4 oz. Sour cream
- 2/3 c. Bacon pieces
- 1/3 c. Green onion slices
- ¼ c. Fresh chopped parsley
- 1 tbsp. Green hot sauce
- ½ tbsp. Minced garlic
- ½ tsp. Celery salt
- ½ tsp. Paprika
- ½ tsp. Onion powder
- 1 lb. Peppers (jalapeños or mini colored bell peppers)



ENERGY TIP: By soaking the cut peppers in very hot water, you soften them faster and reduce the cooking time.





BARBECUE RANCH BAKED POTATO SALAD

DIRECTIONS

1. Rinse and scrub the potatoes under hot water for one minute use a paper towel to clean any dirt off of them.
2. Poke 20 fork holes in every potato and wrap each in two very damp paper towels.
3. Microwave each potato individually for eight minutes.
4. Remove the paper towels and cut each potato into quarters.
5. Rub a little bit of the butter on the hot potato quarters and let them cool for a few minutes.
6. When each potato is cool enough to touch, cut them into even small- to medium-sized chunks. Whether you remove the skin or not, is completely up to you.
7. Combine the sour cream, mayonnaise, fresh dill, BBQ spice rub, parsley flakes, garlic powder, and sea salt in a small mixing bowl. Mix together until smooth to create the dressing.
8. Combine the potato chunks, shredded sharp cheddar cheese, real bacon bits, and sliced green onions to a big mixing bowl. Pour the dressing over the ingredients and mix until everything is thoroughly coated.
9. Serve immediately or refrigerate and serve cold.

INGREDIENTS

- 3 Large Russet baking potatoes
- 1 c. Sharp cheddar cheese, shredded
- 2/3 c. Real bacon bits
- 2/3 c. Sliced green onions
- 2 tbsp. Butter
- 3/4 c. Sour cream
- 1/4 c. Mayonnaise
- 1 tbsp. Fresh dill, chopped
- 1/2 tbsp. BBQ spice rub
- 1/4 tsp. Parsley flakes
- 1/4 tsp. Garlic powder
- 1/4 tsp. Sea salt



ENERGY TIP: By cooking each potato in the microwave instead of the stove or oven, you're not only cutting your time by over 30 minutes but you're also keeping your home cooler.

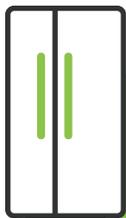
MANGO AVOCADO SLAW WITH HONEY-LIME DRESSING

DIRECTIONS

1. Peel the fresh mangos, remove the fruit from the middle seed, and cut into chunks.
2. Remove the avocado from its shell, remove the pit and cut it into chunks.
3. Chop the cilantro, and be sure to prepare extra to season at the end.
4. Add the sour cream and mayonnaise to a bowl. Whisk until smooth. Add in the seasonings, vinegar, lime juice, and honey. Whisk until combined.
5. Add the cabbages, chopped carrots, mangos, and cilantro to a big mixing bowl. Pour in the dressing and toss to coat.
6. Add the avocado and lightly mix to prevent it from getting squished.
7. Place into the refrigerator to chill until ready to serve.

INGREDIENTS

- 6 c. Shredded green and red cabbage
- 3 c. Julienned carrots
- 3 c. Fresh mango chunks
- ½ c. Cilantro, chopped
- 2 c. Avocado chunks
- ½ c. Sour cream
- ¼ c. Mayonnaise
- 3 tbsp. Apple Cider Vinegar
- 2 tbsp. Fresh lime juice
- 2 tbsp. Local honey
- ¼ tsp. Ground black peppercorns
- ¼ tsp. Cumin
- ¼ tsp. Coriander
- ¼ tsp. Garlic powder
- ¼ tsp. Sea salt
- 1/8 tsp. Ground ginger



ENERGY TIP: Our lowest energy use recipe! The only energy required to make this recipe is using your fridge to keep the slaw cool.





SUMMER CORN AND TOMATO PASTA SALAD

DIRECTIONS

1. Shuck the corn from the husk and wash with hot water while removing and fibers.
2. Prepare pasta as directed on packaging. Add corn to boil with pasta for the last 3 minutes of cooking time.
3. Drain the pasta and corn cobs. Let them cool to room temperature on the counter or place in the refrigerator to cool quickly while prepping the other ingredients.
4. Slice the cherry tomatoes in half. Chop the cilantro and parsley. Finely dice the red onion. Add everything to a large mixing bowl for later.
5. In a small mixing bowl, combine the mayonnaise, sour cream, lime's juice, and milk to create the dressing. Add in the hot sauce and paprika, garlic powder, salt, pepper, and coriander. Whisk until smooth.
6. Cut the corn off the cob. Add it to the big bowl with the tomatoes, onions, and herbs. Toss these ingredients together.
7. Add the pasta and dressing to the vegetables. Toss until the pasta and vegetables are completely coated.
8. Top with crumbled queso fresco and serve.

INGREDIENTS

- 12 oz. Bowtie pasta box/package, prepared
- 3 Corn cobs
- 1 Cherry tomatoes pint/container
- ½ c. Chopped cilantro
- ¼ c. Chopped parsley
- ¼ c. Red onions, finely diced
- ½ Lime's juice
- ¼ tsp. Coriander
- ½ tsp. Sea salt
- ¼ tsp. Paprika
- ¼ tsp. Black pepper
- ½ tsp. Garlic powder
- ½ c. Mayonnaise
- ¼ c. Sour cream
- ¼ c. Milk
- 1-2 tbsp. Green pepper hot sauce
- 4 oz. Queso fresco



ENERGY TIP: Use the hottest water possible from the sink for boiling the pasta. This reduces the time it takes for the water to boil and reduces your energy use.

SOUTHWESTERN CHICKEN SALAD STUFFED AVOCADOS

DIRECTIONS

1. Prepare the dressing by whisking together the mayonnaise and lime juice. Add in the garlic powder, cumin, coriander, sea salt, and black pepper, and whisk again. Set aside to let flavors combine while prepping other ingredients.
2. Open the cans of black bean, corn, and green chili, and drain each of them.
3. Pat the beans and corn dry with a paper towel. Measure out correct amounts, and add them to a large mixing bowl.
4. Dice the red onion, Roma tomatoes, and cilantro, and add them to the mixing bowl.
5. Remove the skin from the rotisserie chicken. Pull the breast, thigh, and drumstick meat off the bone and dice the chicken into small chunks.
6. Add 3 cups of the meat to the mixing bowl with the rest of the ingredients.
7. Pour prepared dressing over the ingredients in the mixing bowl and fold everything together.
8. Cut avocados in half and remove the pits.
9. Scoop out about $\frac{1}{2}$ the avocado meat out and set it to the side.
10. Stuff the avocado halves with the prepared chicken salad and top with a little bit of crumbled queso fresco. Garnish with extra fresh cilantro and lime wedges.

DRESSING INGREDIENTS

- $\frac{1}{2}$ c. light mayonnaise (or Greek yogurt)
- 3 tbsp. Fresh squeezed lime juice
- $\frac{1}{2}$ tsp. Garlic powder
- $\frac{1}{2}$ tsp. Cumin
- $\frac{1}{4}$ tsp. Coriander
- $\frac{1}{4}$ tsp. Sea salt

CHICKEN SALAD INGREDIENTS:

- 3 c. Pulled rotisserie chicken meat
- $\frac{1}{2}$ c. Black beans
- $\frac{1}{2}$ c. Roma tomatoes, diced
- 1 c. Sweet yellow corn
- $\frac{1}{2}$ c. Red onion, finely diced
- 3 tbsp. Mild green chilies
- 3 tbsp. Fresh cilantro, chopped
- Queso fresco, crumbled for topping
- Extra cilantro for garnish
- 3 Large avocados



ENERGY TIP: By purchasing a rotisserie chicken instead of a whole raw chicken, you save time and energy.



SPRING MELON SALAD WITH SWEET BASIL LIME DRESSING

DIRECTIONS

1. Add all of the sweet basil and lime dressing ingredients to a food processor or blender and process until smooth.
2. Move the dressing to a container and let it cool in the refrigerator while preparing the cashews.
3. Heat the butter over medium heat in a nonstick pan. Once the butter has melted, add the cashews and pinches of the seasoning.
4. Let the cashews toast up with the seasoning for 2-3 minutes until they turn golden brown. Remove from heat.
5. Prep the produce from the salad ingredients as directed.
6. Place a handful of the baby arugula in a mixing bowl. Add a small amount each of the grapes, melons, avocado, fresh chopped mint, and toasted cashews on top of the arugula. Toss these ingredients together with a drizzle of as much dressing as preferred.
7. Move this to a serving bowl and top with a sprinkle of crumbled feta cheese and a few extra toasted cashew pieces.

CASHEWS INGREDIENTS:

- 1/2 c. Cashews
- 1/2 tbsp. Butter
- Pinch of cayenne pepper
- Pinch of chili flakes
- Pinch of sea salt
- Pinch of cumin
- Pinch of sugar

DRESSING INGREDIENTS:

- 1/4 c. Fresh sliced basil
- 1/4 c. Fresh lime juice
- 1/4 c. Avocado oil
- 1/2 c. Olive oil
- 1/4 c. Local honey
- 2 tbsp. White wine vinegar
- 1/2 tsp. Sea Salt
- 1/4 tsp. Cumin

OTHER SALAD INGREDIENTS:

- 1 Baby arugula container
- 1/4 c. Fresh mint, finely chopped
- 1 c. Red seedless grapes, sliced
- 1 c. Cantaloupe melon, diced
- 1 c. Honeydew Melon, diced
- 1 c. Watermelon, diced
- 1 Large avocado, diced
- 1/2 c. Feta cheese crumbles



ENERGY TIP: The only energy this recipe requires is whipping up the dressing and toasting the cashews.





MIXED GREENS SALAD WITH GRILLED CHICKEN

DIRECTIONS

1. In a mixing bowl, combine all the vinaigrette ingredients except for the olive oil and whisk together.
2. Slowly pour in the olive oil and whisk until everything is combined. Store in the refrigerator until needed. Mix again before adding to salad.
3. Take leftover grilled chicken or any chicken and cut it into small chunks.
4. Cut the strawberries into small chunks.
5. Slice beets and apples into matchstick style slices.
6. Chop the mint into fine pieces.
7. In a large salad bowl, add the greens (arugula, spinach, red, and green baby romaine). Top them with the apples, strawberries, beet slices, and chicken chunks. Toss everything together.
8. Top the salad with the feta cheese and cashews.
9. Slowly pour the dressing over the salad and gently toss together to coat everything evenly.
10. Add the handful of chopped mint on top.

SALAD INGREDIENTS:

8-12 oz. Cooked chicken breasts
4 c. Baby red and green romaine lettuce
2 c. Baby arugula
2 c. Baby spinach
1 c. Granny smith apple, sliced
1 c. Strawberries, chopped or sliced
Handful of fresh mint, chopped
½ c. Salted, roasted cashews
½ c. Pickled beets, sliced
½ c. Feta cheese
Dressing (from below)

VINAIGRETTE INGREDIENTS:

3 tbsp. White balsamic vinegar
2 tbsp. Fresh lemon juice
½ tbsp. Dijon mustard
½ c. Olive oil
½ tsp. Minced flat leaf parsley
½ tsp. Fresh cracked black peppercorns
½ tsp. Sea salt



ENERGY TIP: By using leftover grilled chicken you reduce your energy use when making this recipe.

FARMERS MARKET FLATBREAD

DIRECTIONS

1. Hand tear the parsley and place it in a food processor.
2. Add all the other listed spread ingredients into the food processor and process for 30 – 40 seconds.
3. Add up to an extra tablespoon of oil to help the parsley process to a fine spread like texture if needed. Set aside to use on flatbreads.
4. Wash the golden beets, remove the greens and stems, peel them, and cut them into small pieces. Hold the beets with a paper towel to prevent your hands from yellowing.
5. Wash the purple asparagus and cut them into smaller pieces.
6. Toss the prepped beets and asparagus together with the avocado or olive oil, lemon juice, pepper, coriander, sea salt, and dried thyme leaves. Move the seasoned vegetables to a baking sheet and bake at 400°F for 10 minutes.
7. Lay out flatbreads and spread a thin layer of the parsley spread on them.
8. Top the flatbreads with pieces of the par roasted vegetables, red onion slivers, and crumbled feta cheese.
9. Place the prepped flatbreads back in the 400°F oven for 5 more minutes and then turn the broiler on high for 2 to 3 more minutes until golden and crispy.



ENERGY TIP: Purple asparagus is much more delicate and fiber free than the classic green ones making it quicker to cook and reducing your energy use.

PARSLEY SPREAD INGREDIENTS:

- ½ c. Flat leaf parsley
- 1 tbsp. Fresh squeezed lemon juice
- ¼ c. Avocado or olive oil
- 1 Garlic clove
- ¼ tsp. Sea salt
- ¼ tsp. Red chili pepper flakes
- 1/8 tsp. Onion powder
- ¼ tsp. Basil flakes

FLATBREAD INGREDIENTS:

- Individual serving flatbreads (4-5)
- Parsley spread (from above)
- 3 – 4 Golden beets
- 1 Purple asparagus bunch
- ¼ Red onion, thinly slivered
- ¼ c. Feta cheese crumbles
- 2 tbsp. Avocado or olive oil
- 1 tbsp. Fresh squeezed lemon juice
- ¼ tsp. Fresh ground black peppercorns
- ¼ tsp. Ground coriander
- ¼ tsp. Sea salt
- ¼ tsp. Dried thyme leaves





LEMON PEPPER CAPRESE TUNA SANDWICHES

DIRECTIONS

1. Make the dressing by whisking the mayonnaise, vinegar, lemon pepper seasoning, fresh lemon juice, and lemon zest together in a bowl.
2. Pour 2/3 of the dressing over the tuna. Mix together until creamy using a fork.
3. Save the last 1/3 of the dressing to drizzle and spread on top of the sandwiches.
4. Move finished tuna salad to the refrigerator to cool if needed.
5. Prepare bread by toasting until golden brown in a toaster.
6. Spoon the cold tuna salad onto the warm, toasted bread.
7. Top the tuna with a slice of mozzarella cheese, then 4-5 thin slices of Roma tomatoes, 4-5 baby basil leaves, and a handful of mixed spring greens.
8. Place the second piece of the bread on the sandwich.
9. Drizzle a very thin layer of the extra dressing on the top, cut the sandwich in half and serve.

TUNA SALAD INGREDIENTS:

- 1 Chunk light tuna in water packets (6 oz. size)
- 1 Albacore tuna in water packet (6 oz. size)
- 1/4 c. Mayonnaise
- 1 tbsp. White balsamic vinegar
- 1/2 tsp. Lemon pepper seasoning
- 1/4 tsp. Garlic powder (if not in lemon pepper seasoning)
- 1 tbsp. Fresh squeezed lemon juice
- 1/2 tsp. Lemon zest

SANDWICH INGREDIENTS:

- 2 Honey oat bread slices
- 4 – 5 Baby basil leaves per sandwich
- 1 Mozzarella cheese slice per sandwich
- 4 – 5 Thin Roma tomato slices per sandwich
- 1 Handful of mixed spring greens per sandwich



ENERGY TIP: The only energy required to make this recipe is toasting the bread in the oven but you can skip that step for a completely no-energy-use recipe.

TEQUILA TACO SHRIMP WITH MANGO MARGARITA

MARGARITA DIRECTIONS:

1. On a plate large enough to fit the glass's rim, pour equal parts margarita salt and chili lime seasoning. Mix the seasoning and salt together.
2. Rub a lime wedge on the rim of your margarita glass. Place the glass into the mixture and coat the rim.
3. Fill the cocktail shaker with ice. Pour the tequila, orange liqueur, freshly squeezed lime juice, mango juice, and agave nectar into the shaker.
4. Vigorously shake the ingredients together and then strain into the margarita glass with seasoned rim.
5. Garnish with a fresh lime wedge and thin mango slice.

SHRIMP DIRECTIONS:

1. In a large mixing bowl, add the deveined shrimp, garlic paste, taco seasoning, and fresh lime juice.
2. Evenly rub and coat the shrimp. Place the bowl to the side for 5 minutes to marinate the shrimp.
3. Add the safflower oil to a large nonstick skillet and set it on medium heat for 2 minutes. Then, add the marinated shrimp and cook them for 3 minutes on one side.
4. Flip the shrimp to the other side. After 2 minutes, pour in the tequila – but be sure to watch for any flame up from the alcohol! Squeeze in any extra lime juice.
5. Stir the shrimp around the skillet so they soak up the liquid. Sauté them for 1 more minute.
6. Turn the heat off and toss the finished shrimp around in the hot pan with the chopped fresh cilantro.



ENERGY TIP: Purchasing fresh shrimp reduces your energy use because it cooks quickly and requires limited prep work.

MARGARITA INGREDIENTS:

- 1 oz. Silver tequila
- ½ oz. Orange liqueur
- 1 oz. Freshly squeezed lime juice
- 3 oz. Mango juice
- ½ oz. Agave nectar
- ½ c. Ice
- Lime wedges
- Fresh mango slices
- Margarita salt and Chili lime seasoning

SHRIMP INGREDIENTS:

- 1 lb. Fresh gulf shrimp (deveined, shell on)
- ½ Large fresh lime's juice (approx. 2 tbsp.)
- 1 tbsp. Garlic paste
- 1 tbsp. Silver tequila
- 1 tbsp. Safflower oil
- 1 tbsp. Taco seasoning
- ¼ tsp. Margarita salt
- 2 tbsp. Fresh chopped cilantro
- 1 Fresh jalapeño, thinly sliced for garnish or pairing
- Salsa verde, fresh avocado, and chips to pair





MANGO BARBECUE SLOW COOKER BRISKET

DIRECTIONS

1. Rub the brisket with the barbecue spice rub and let it sit while making the sauce.
2. Combine the sea salt, garlic powder, black pepper, cumin, chili powder, and red chili flakes into a small mixing bowl.
3. Add the brown sugar to a medium-sized mixing bowl and then whisk in the mango nectar to dissolve the sugar.
4. Add the seasoning mixture from Step 2, both vinegars, Worcestershire sauce, and tomato paste to the mixing bowl. Add the tomato puree last and whisk the completed sauce together until smooth.
5. Place the brisket in the slow cooker with the fat side up. Pour the mango barbecue sauce over the brisket.
6. Cook on low heat in the slow cooker for a minimum of 6 hours, or up to 10 hours, depending upon your preferred tenderness.

INGREDIENTS

- 3 – 4 lb. Trimmed cut of brisket
- 1 tbsp. Barbecue spice rub
- 1 c. Tomato puree
- 2/3 c. Mango nectar
- 2 tbsp. Light brown sugar
- 1 tbsp. Tomato paste
- 1/2 tsp. Worcestershire sauce
- 2 tbsp. Apple cider vinegar
- 1 tbsp. White vinegar
- 1/2 tsp. Sea salt
- 1/2 tsp. Garlic powder
- 1/4 tsp. Black pepper
- 1/4 tsp. Cumin
- 1/4 tsp. Chili Powder
- 1/4 tsp. Red chili flakes



ENERGY TIP: Save up to 50% on your energy by using a slow cooker instead of a conventional electric oven.

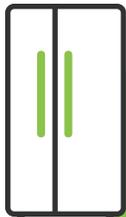
NO-BAKE COOKIE PIE CRUMBLE

DIRECTIONS

1. Melt butter in the microwave.
2. Add packaged cookies to a food processor and crush them into fine crumbs.
3. Measure out 2 cups from the cookie crumbs and mix them together with the melted butter.
4. Press cookie crumb/butter mixture onto the bottom of the pie dish and place it in the freezer to harden for a few minutes.
5. Prepare chocolate pudding as directed on the box. This usually means whisking the pudding box ingredients with 2 cups of cold milk and then letting it set for 5 minutes until ready. [Optional Step: Whisk in 1 tablespoon of Kahlua with the pudding.]
6. Put the mixture in the refrigerator while preparing the whipped cream.
7. Add the heavy whipping cream, $\frac{1}{2}$ tablespoon of Kahlua (optional), vanilla extract, and powdered sugar to a mixing bowl. Use a stand mixer or hand mixer to whip together.
8. Remove the crust from the freezer. Add a layer of banana slices on top of the cookie crust. Sprinkle a little bit of the toasted coconut flakes over the bananas. Pour the chocolate pudding layer over the bananas. Top the pudding layer with the rest of the Kahlua whipped cream and spread out with a spatula.
9. Top the finished cream pie crumble with a sprinkle of more toasted coconut flakes.
10. Keep the pie in the refrigerator to set together and serve cold using a big spoon.

INGREDIENTS:

- 2 c. Shortbread and/or vanilla wafer cookie crumbs
- 3 tbsp. Melted butter
- 2 Bananas, sliced
- $\frac{1}{4}$ c. Toasted coconut flakes
- 1 Large instant chocolate pudding box
- 3 c. Milk
- 1 c. Heavy whipping cream
- 1 tbsp. Powdered sugar
- 1 tsp. Pure vanilla extract
- 1 $\frac{1}{2}$ tbsp. Kahlua liquor



ENERGY TIP: The only energy required to make this no-bake cream pie is when you place it in the fridge to set.





ABOUT THE AUTHOR

Stacie Morgan is a Texas A&M graduate using her animal science education and passion for food to get creative in the kitchen. She previously worked in business before becoming a mom to a special little boy. She's excited to share recipes her family enjoys at home - and they may even help you save energy and be more green in the kitchen.

