



Too Hot to Cook? These Meals Keep It Chill

When the kitchen feels like a sauna, cooking moves down the priority list. That doesn't mean nutrition has to go with it. With the right mix of fresh produce and pantry shortcuts, you can eat well and stay cool while still moving closer to your goals.

Fresh fruits and vegetables are key here. They're rich in fiber and water, which help with fullness, hydration, and digestion. Pair them with something hearty like beans, tofu, whole grains, or eggs, and you've got a balanced meal that doesn't rely on heat.

Cold meals may even help your body regulate temperature. One small study found that core body temperatures were slightly lower after eating cold food compared to hot. It's not a game-changer, but when it's 90 degrees out, every bit helps.

Canned beans, pre-cooked grains, hummus, yogurt, and frozen staples make prep easier. Heat-and-eat items like frozen falafel, veggie burgers, or pre-roasted chicken can round things out with a quick microwave or toaster oven session. Keep the rest of the plate raw and fresh.

Simple, Cool Meal Ideas

- **Mediterranean Bean Salad:** White beans, cucumber, cherry tomatoes, red onion, parsley, olive oil, and lemon
- **Hummus Wraps:** Whole grain tortilla with hummus, shredded carrots, avocado, and leafy greens
- **Chilled Yogurt Soup:** Blend cucumber, plain yogurt, dill, lemon, and a pinch of garlic
- **Tuna-Stuffed Tomatoes:** Hollow out tomatoes and fill with tuna salad and chopped celery
- **Veggie Burger Salad:** Serve a warm veggie burger on top of raw spinach, sliced peaches, and red onion with balsamic vinaigrette
- **Lettuce Cups:** Wrap cooked lentils, chopped bell pepper, and salsa in large romaine leaves
- **Breakfast-for-Dinner Bowl:** Greek yogurt with berries, granola, and almond butter
- **Corn and Black Bean Salad:** Canned corn, black beans, diced red pepper, cilantro, and lime
- **Chickpea Smash Plate:** Mashed chickpeas with tahini and lemon, served with raw veggies and whole grain crackers
- **Avocado Toast Plate:** Whole grain toast with smashed avocado, tomato slices, and a side of grapes or melon

Keep raw veggies washed and chopped in the fridge so they're easy to grab. Keep a can opener and lemon squeezer within reach. And if all else fails, keep a rotation of frozen falafel, veggie dumplings, or precooked grains on hand for quick assembly.

White Bean Salad with Lemon and Herbs



A zesty, herb-packed white bean salad—fresh, fast, and perfect for hot days with no cooking required.

Ingredients:

- 1 can white beans, drained and rinsed
- 1 cup chopped cucumber
- 1 cup halved cherry tomatoes
- ¼ cup thinly sliced red onion
- ¼ cup chopped parsley or basil
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Instructions:

Stir everything together in a bowl. Chill for 15 minutes if you can, or serve right away. Try it over greens, in a pita, or on its own.