



**SIMPLE  
SUMMER  
RECIPES**

**GEHA®**



Whether you're the  
hazy-lazy-days type or the  
squeeze-in-every-drop-of-fun-in-the-sun-that-you-can type,  
these uncomplicated recipes  
will allow you more time to savor the summer.  
Keep it simple ...  
and enjoy spectacular summer meals!



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## EASY ENTREES

# ANY DAY'S A PICNIC CHICKEN SALAD

2-1/2 cups cooked, diced chicken breast  
1/2 cup chopped celery  
1/4 cup chopped onion  
2 tablespoons pickle relish  
1/2 cup light mayonnaise

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within one to two days.  
Chicken salad does not freeze well.

*Makes 6 servings.*

*Serving size: 1/6 of recipe.*

### **Per serving:**

Calories 160  
Total fat 8 g  
Saturated fat 1.5 g  
Trans fat 0 g  
Cholesterol 50 mg  
Sodium 220 mg  
Total carbohydrate 4 g  
Dietary fiber 0 g  
Sugars 2 g  
Protein 17 g

Source: National Agricultural Library: Adapted from A Family Living Program, University of Wisconsin Cooperative Extension Service.

## EASY ENTREES

# SIMPLE FISH TACOS

1/2 cup non-fat sour cream  
1/4 cup fat-free mayonnaise  
1/2 cup chopped fresh cilantro  
1/2 package low-sodium taco seasoning, divided  
1 pound cod or white fish fillets cut into 1-inch pieces  
1 tablespoon olive oil  
2 tablespoons lemon juice  
2 cups shredded red and green cabbage  
2 cups diced tomato  
12 6-inch corn tortillas, warmed  
Lime wedges for serving  
Taco sauce if desired

1. In a small bowl, combine sour cream, mayonnaise, cilantro and 2 tablespoons seasoning mix.
2. In a medium bowl, combine cod, olive oil, lemon juice and remaining seasoning mix; pour into large skillet. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges and taco sauce.

*Makes 6 servings.*  
*Serving size: 2 tacos.*

### **Per serving:**

Calories 240  
Total fat 7 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 35 mg  
Sodium 350 mg  
Total carbohydrate 32 g  
Dietary fiber 5 g  
Sugars 4 g  
Protein 18 g

*Source: Centers for Disease Control and Prevention: Adapted from More Matters Recipes, [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).*

## EASY ENTREES

# ORANGE PORK CHOPS

2 pork chops  
1 peeled sweet potato  
1/2 sliced orange  
Dash of cinnamon  
Dash of salt  
Dash of black pepper

1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops (use small amount of oil or nonstick spray).
3. Cut sweet potato into 1/2-inch slices
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
5. Cover and bake for 1 hour until meat is tender.

*Makes 2 servings.*  
*Serving size: 1 chop.*

### **Per serving:**

Calories 270  
Total fat 11 g  
Saturated fat 4 g  
Trans fat 0 g  
Cholesterol 65 mg  
Sodium 85 mg  
Total carbohydrate 17 g  
Dietary fiber 3 g  
Sugars 6 g  
Protein 25 g

*Source: National Agricultural Library: Adapted from Simply Seniors Cookbook, Utah State University Extension.*

## EASY ENTREES

# PASTA CAPRESE

8 ounces whole-wheat thin spaghetti  
1 tablespoon olive oil  
4 large tomatoes, rinsed, cored and cubed  
1/4 cup fresh basil leaves, rinsed, dried and cut into 1/8-inch wide slivers  
3 ounces part-skim mozzarella cheese (chunk package), cubed  
8 pitted black olives, cut into long slivers

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add spaghetti and cook according to package directions for the shortest recommended time, about 6 minutes. (Whole-wheat pasta tends to fall apart if overcooked.)
3. Reserve 1 cup of the cooking water and set aside. Drain spaghetti.
4. Add the spaghetti back into the pasta pot. Toss with olive oil and just enough reserved water to coat well.
5. Add the tomatoes, basil, mozzarella and olives. Toss gently until well mixed.
6. Divide pasta evenly among four dinner plates (about 2-1/4 cups each). Serve immediately.

*Makes 4 servings.*

*Serving size: 2-1/4 cups pasta.*

### **Per serving:**

Calories 342  
Total fat 10 g  
Saturated fat 3 g  
Cholesterol 11 mg  
Sodium 233 mg  
Total fiber 9 g  
Protein 13 g  
Carbohydrates 52 g  
Potassium 416 mg

*Source: National Heart, Lung, and Blood Institute: Deliciously Healthy Dinners.*

## EASY ENTREES

# MEDITERRANEAN KABOBS

### For marinade:

2 tablespoons olive oil  
1 tablespoon garlic, minced  
(about 2 to 3 cloves)  
2 tablespoons lemon juice  
1 tablespoon fresh parsley, rinsed,  
dried and chopped (or 1 teaspoon dried)  
1/2 teaspoon salt

### For kabobs:

6 ounces top sirloin or other beef  
steak cubes (12 cubes)  
6 ounces boneless, skinless chicken  
breast, cut into 3/4-inch cubes (12 cubes)  
1 large white onion, cut into  
3/4-inch squares (12 pieces)  
12 cherry tomatoes, rinsed  
1 (4-ounce) red bell pepper, rinsed and  
cut into 3/4-inch squares (12 squares)  
12 wooden or metal skewers, each  
6 inches long (if wood, soak them in  
warm water for 5 to 10 minutes to  
prevent burning)

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix beef, chicken, onion, tomatoes and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade in that bowl.
4. Place one piece each of beef, chicken, tomato, onion and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2 to 3 minutes or until completely cooked (to a minimum internal temperature of 145 degrees for beef and 165 degrees for chicken). Spoon most of the second half of the marinade over the kabobs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kabob before serving (use only the marinade that did not touch the raw meat or chicken).

**Makes 4 servings.**

**Serving size: 3 skewers.**

### Per serving:

Calories 202  
Total fat 11 g  
Saturated fat 2 g  
Cholesterol 40 mg  
Sodium 333 mg  
Total fiber 2 g  
Protein 18 g  
Carbohydrates 9 g  
Potassium 431 mg

Source: U.S. Department of Health and  
Human Services, *Deliciously Healthy Dinners*.

## EASY ENTREES

# TURKEY, SPINACH & APPLE WRAP

1 tablespoon reduced-fat mayonnaise  
2 teaspoons honey mustard  
2 whole-wheat lavash wraps or flour tortillas  
2 cups (washed and dried) baby spinach leaves, loosely packed,  
or 2 large leaves of a soft, leafy green lettuce  
4 thin slices turkey breast (4 ounces)  
1/4 Granny Smith apple, sliced paper-thin

1. Combine mayonnaise and mustard.
2. Lay out both wraps. Spread the edges of each with the mayonnaise mixture.
3. Leaving a margin free on the side closest to you, arrange a layer of greens on top of wraps.
4. Top each layer with half the turkey.
5. Evenly divide apple slices and lay lengthwise across turkey. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
6. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving.
7. When ready to serve, remove plastic wrap and cut each wrap in half, at an angle.

*Makes 2 servings.*

*Serving size: 1 wrap.*

### **Per serving:**

Calories 234  
Total fat 7 g  
Saturated fat 1 g  
Carbohydrates 27 g  
Dietary fiber 3 g  
Protein 20 g  
Sodium 294 mg

*Source: American Institute for Cancer Research.*

## EASY ENTREES

# HERB BROILED BEEF

1/4 cup chopped onion  
2 tablespoons parsley  
2 tablespoons white vinegar  
1 tablespoon prepared mustard  
1/4 teaspoon garlic powder  
1/4 teaspoon basil, dried (or thyme), optional (analyzed using basil)  
1 pound boneless beef chuck shoulder steak, cut 1-inch thick

1. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.
2. Place meat in plastic bag and pour in marinade.
3. Close bag securely, place in a bowl and marinate in refrigerator 6 to 8 hours or overnight, turning at least once.
4. Pour off marinade and discard. Place meat on rack in broiler.
5. Broil 15 to 20 minutes or until desired doneness, turning once.
6. Cut into thin slices to serve.

*Makes 4 servings.*

*Serving size: 1/4 of recipe.*

### **Per serving:**

Calories 330  
Total fat 21 g  
Saturated fat 8 g  
Trans fat 0 g  
Cholesterol 105 mg  
Sodium 65 mg  
Total carbohydrate 2 g  
Dietary fiber 0 g  
Sugars 1 g  
Protein 31 g

Source: National Agricultural Library: Adapted from Eat for Health Toolkit, Missouri Nutrition Network.

## EASY ENTREES

# GRILLED TUNA WITH CHICKPEA & SPINACH SALAD

### For tuna:

- 1 tablespoon olive or canola oil
- 1 tablespoon garlic, minced (about 2 to 3 cloves)
- 2 tablespoons lemon juice
- 1 tablespoon oregano, minced (or 1 teaspoon dried)
- 12 ounces tuna steak, cut into 4 portions (3 ounces each)

### For salad:

- 1/2 can (15-1/2 ounces) low-sodium chickpeas (also called garbanzo beans), drained and rinsed
- 1/2 bag (10 ounces) leaf spinach, rinsed and dried
- 1 tablespoon lemon juice
- 1 medium tomato, rinsed and cut into wedges
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine oil, garlic, lemon juice and oregano, and brush over tuna steaks. Marinate for 5 to 10 minutes.
3. Meanwhile, combine all salad ingredients. (Salad can be made up to 2 hours in advance and refrigerated.)
4. Grill or broil tuna on high heat for 3 to 4 minutes on each side until the flesh is opaque and separates easily with a fork (to a minimum internal temperature of 145 degrees).
5. Serve one tuna steak over 1 cup of mixed salad.

*Makes 4 servings.*

*Serving size: 1 tuna steak, 1 cup salad.*

### Per serving:

Calories 282  
Total fat 10 g  
Saturated fat 2 g  
Cholesterol 42 mg  
Sodium 418 mg  
Total fiber 5 g  
Protein 31 g  
Carbohydrates 15 g  
Potassium 874 mg

Source: National Heart, Lung, and Blood Institute: *Deliciously Healthy Dinners.*

## EASY ENTREES

# PERKY PICADILLO

1 tablespoon vegetable oil  
1 large yellow onion, chopped  
1 large or 2 small green peppers, chopped  
3/4 pound lean ground round or sirloin (95% lean)  
1 jar (3.5 ounces) capers (1/2 cup)  
1 teaspoon garlic salt, or to taste  
1/4 teaspoon black pepper, or to taste  
1/2 cup tomato sauce  
1/4 cup white grape juice or apple juice

1. Pre-prep all ingredients that need to be chopped.
2. In a large, non-stick skillet, heat the oil over medium-high heat. Sauté the chopped onion and pepper.
3. Add meat and cook for a few minutes while stirring. Add all the remaining ingredients.
4. Reduce heat to medium-low. Let it simmer, uncovered, for 15 minutes while stirring occasionally.
5. Serve the picadillo with rice and beans.

*Makes 6 servings.*

*Serving size: 3/4 of cup.*

### **Per serving:**

Calories 200  
Total fat 10 g  
Saturated fat 3 g  
Carbohydrate 8 g  
Protein 21 g  
Cholesterol 160 mg

*Source: Office of Disease Prevention and Health Promotion, A Healthier You.*

## EASY ENTREES

# TURKEY CLUB BURGER

### For turkey burger:

12 ounces 99% fat-free ground turkey  
1/2 cup scallions (green onions), rinsed and sliced  
1/4 teaspoon ground black pepper  
1 large egg  
1 tablespoon olive oil

### For spread:

2 tablespoons light mayonnaise  
1 tablespoon Dijon mustard

### For toppings:

4 ounces spinach or arugula, rinsed and dried  
4 ounces portabella mushroom, rinsed, grilled or broiled, and sliced (optional)  
4 whole-wheat hamburger buns

1. Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
2. To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into 1/2- to 3/4-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for about 7 to 9 minutes on each side (to a minimum internal temperature of 160 degrees).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble 3/4 tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

*Hint: To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2 to 3 minutes on each side or until tender. Slice and set aside until burgers are ready.*

**Makes 4 servings.**

**Serving size: 1 burger with toppings.**

### Per serving:

Calories 299  
Total fat 11 g  
Saturated fat 2 g  
Cholesterol 89 mg  
Sodium 393 mg  
Total fiber 5 g  
Protein 29 g  
Carbohydrates 26 g  
Potassium 424 mg

Source: National Heart, Lung, and Blood Institute: *Deliciously Healthy Dinners*.

## EASY ENTREES

# RED, WHITE & GREEN GRILLED CHEESE

1 teaspoon garlic, minced (about 1/2 clove)  
1 small onion, minced (about 1/2 cup)  
2 cups frozen cut spinach, thawed and drained (or substitute 2 bags  
(10 ounces each) fresh leaf spinach, rinsed)  
1/4 teaspoon ground black pepper  
8 slices whole-wheat bread  
1 medium tomato, rinsed, cut into 4 slices  
1 cup shredded part-skim mozzarella cheese  
Nonstick cooking spray

1. Preheat oven to 400 degrees. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft but not browned. Add onions and continue to cook until the onions are soft but not browned.
3. Add spinach and toss gently. Cook until the spinach is heated throughout. Season with pepper and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, 1/2 cup of spinach mixture, 1/4 cup of cheese and a second slice of bread on the top.
5. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
6. Carefully flip sandwiches and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.

*Makes 4 servings.*

*Serving size: 1 sandwich.*

### **Per serving:**

Calories 254  
Total fat 8 g  
Saturated fat 4 g  
Cholesterol 18 mg  
Sodium 468 mg  
Carbohydrates 29 g  
Total fiber 6 g  
Protein 17 g  
Potassium 364 mg

*Source: National Heart, Lung, and Blood Institute, Deliciously Healthy Family Meals.*

## EASY ENTREES

# SLOW-COOK BARBECUE

1-1/2 pound, boneless, 1-1/2 inches thick chuck steak  
1 peeled and minced garlic clove  
1/4 cup wine vinegar  
1 tablespoon brown sugar  
2 tablespoons Worcestershire sauce  
1/2 cup ketchup  
1 teaspoon salt (optional)  
1 teaspoon dry or prepared mustard  
1/4 teaspoon black pepper

1. Cut the beef on a diagonal, across the grain, into slices 1 inch wide and place in a slow cooker.
2. Combine the remaining ingredients and pour over the meat.
3. Mix the meat and sauce together.
4. Cover and cook on low for 3 to 5 hours.
5. Serve on toasted hamburger buns with a mixed green salad.

*Makes 5 servings.*

*Serving size: 1/5 of recipe.*

### **Per serving:**

Calories 310  
Total fat 17 g  
Saturated fat 7 g  
Trans fat 0 g  
Cholesterol 70 mg  
Sodium 390 mg  
Total carbohydrate 11 g  
Dietary fiber 0 g  
Sugars 9 g  
Protein 27 g

*Source: National Agricultural Library: Adapted from Putting your Crock Pot to Work, University of Kentucky Cooperative Extension Service.*

# ASPARAGUS WITH LEMON SAUCE

20 medium asparagus spears, rinsed and trimmed  
1 fresh lemon, rinsed (for peel and juice)  
2 tablespoons reduced-fat mayonnaise  
1 tablespoon dried parsley  
1/8 teaspoon ground black pepper  
1/16 teaspoon salt

1. Place 1 inch of water in a 4-quart pot with a lid. Place a steamer basket inside the pot, and add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook for 5 to 10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper and salt. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1-1/2 teaspoons per portion) and serve.

*Makes 4 servings.*

*Serving size: 5 spears, 1-1/2 teaspoons sauce.*

**Per serving:**

Calories 39  
Total fat 0 g  
Saturated fat 0 g  
Cholesterol 0 mg  
Sodium 107 mg  
Total fiber 2 g  
Protein 2 g  
Carbohydrates 7 g  
Potassium 241 mg

*Source: National Heart, Lung, and Blood Institute: Deliciously Healthy Dinners.*

# BROILED TOMATOES & CHEESE

3 large firm tomatoes  
8 ounces cottage cheese, low-fat  
1/2 teaspoon dried basil  
1/8 teaspoon black pepper  
1/4 cup plain bread crumbs  
Vegetable oil cooking spray

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

*Makes 3 servings.*

*Serving size: 1/3 of recipe.*

**Per serving:**

Calories 120  
Total fat 1.5 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 5 mg  
Sodium 380 mg  
Total carbohydrate 16 g  
Dietary fiber 3 g  
Sugars 7 g  
Protein 12 g

*Source: National Agricultural Library: Adapted from Choices: Steps Toward Health, University of Massachusetts Extension Nutrition Education Program.*

# PAN-GRILLED YELLOW SQUASH

1-1/2 teaspoons olive oil  
2 medium yellow squash, cut in 1-inch diagonal slices  
2 medium zucchini, cut in 1-inch diagonal slices  
Garlic clove, minced  
1 tablespoon chopped onions  
1 teaspoon fresh basil, chopped  
1/4 teaspoon salt  
Pinch of black pepper

In a 12" non-stick skillet over medium heat, warm the oil until hot. Add the squash, zucchini, onions, garlic and basil. Cook, stirring frequently, for 6 to 8 minutes, or until the slices are nicely browned. Stir in the salt and pepper.

*Makes 5 servings.*

*Serving size: 1/5 of recipe.*

**Per serving:**

Calories 57  
Cholesterol 0 mg  
Total fat 1.9 g  
Saturated fat 0.3 g

Source: State of New Jersey Department of Agriculture, Jersey Fresh Recipes.

# BROCCOLI SALAD

6 cups chopped broccoli  
1 cup raisins  
1 medium peeled and diced red onion  
2 tablespoons sugar  
2 tablespoons lemon juice  
3/4 cup mayonnaise, low-fat

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

*Makes 8 servings.*  
*Serving size: 1/8 of recipe.*

**Per serving:**

Calories 170  
Total fat 7 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 10 mg  
Sodium 170 mg  
Total carbohydrate 26 g  
Dietary fiber 2 g  
Sugars 18 g  
Protein 2 g

Source: National Agricultural Library; Adapted from Arizona Nutrition Network.

# OPRAH'S OUTTASIGHT SALAD

## Salad:

- 2 cups salad greens of your choice
- 1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
- 1 cup canned-in-juice pineapple chunks, drained, or fresh orange segments
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

## Dynamite Dressing:

- 1/4 cup yogurt, non-fat, fruit-flavored
- 1 tablespoon orange juice
- 1-1/2 teaspoons white vinegar

Dynamite Dressing preparation: In a small bowl, mix all ingredients. Refrigerate until ready to serve.

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

*Makes 4 servings.*  
*Serving size: 1 cup.*

## Per serving:

Calories 100  
Total fat 2.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 30 mg  
Total carbohydrates 18 g  
Dietary fiber 2 g  
Sugars 14 g  
Protein 2 g

Source: National Agricultural Library: Adapted from *It's So Easy*, Contra Costa Health Services, California 5 a Day.

# ITALIAN PASTA SALAD

4 cups pasta, cooked  
2 cups blanched broccoli pieces  
1 cup cooked carrot slices  
1/2 cup red peper strips  
1/4 cups sliced green onions  
1/2 to 3/4 cup Italian salad dressing, light or reduced fat

Mix all ingredients together and refrigerate for about 30 minutes before serving.

*Makes 8 servings.*  
*Serving size: 1/8 of recipe.*

**Per serving:**

Calories 150  
Total fat 2.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 210 mg  
Total carbohydrate 27 g  
Dietary fiber 3 g  
Sugars 3 g  
Protein 5 g

*Source: National Agricultural Library: Adapted from Oregon's Healthy Harvest Recipes,  
Oregon State University Extension Service*

# QUICK 'N COOL SUMMER SALAD

14-ounce package elbow macaroni  
1 can (16 ounces) drained green beans or other vegetable  
1 can (7 ounces) tuna packed in water, drained and flaked  
1 cup diced cheese  
1/2 cup diced sweet pickles  
1/2 cup diced onions  
1 cup yogurt, plain  
1/2 cup light mayonnaise  
1-1/2 tablespoons lemon juice  
1/4 teaspoon salt  
1/4 teaspoon seasoned pepper

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese, and pickles.
3. Mix yogurt, mayonnaise, lemon juice, salt and seasoned pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly.

*Makes 8 servings.*

*Serving size: 1/8 of recipe.*

**Per serving:**

Calories 360  
Total fat 12 g  
Saturated fat 4.5 g  
Trans fat 0 g  
Cholesterol 30 mg  
Sodium 550 mg  
Total carbohydrate 47 g  
Dietary fiber 2 g  
Sugars 5 g  
Protein 18 g

*Source: National Agricultural Library: Adapted from Favorite Recipes for Family Meals, Washington State University Extension.*

# TOMATO-CUCUMBER SALAD WITH PARSLEY & MINT

4 medium ripe tomatoes, seeded and chopped  
1/2 medium cucumber, peeled, seeded and chopped  
1/3 cup diced red onion  
2 tablespoons fresh parsley, chopped  
2 tablespoons fresh mint, chopped  
1 tablespoon red wine vinegar  
2 teaspoons olive oil  
1 teaspoon Dijon mustard  
Salt and freshly ground black pepper to taste

1. In large bowl, combine tomatoes, cucumber, red onion, parsley and mint.
2. In small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat.
3. Season to taste with salt and black pepper.
4. Serve chilled or at room temperature.

*Makes 4 servings.*  
*Serving size: 1/2 cup.*

**Per serving:**  
Calories 59  
Total fat 3 g  
Saturated fat 1 g  
Carbohydrates 8 g  
Protein 2 g  
Fiber 2 g  
Sodium 45 mg

Source: American Institute for Cancer Research.

## MADE-FOR- THE-SHADE DESSERTS

# GRILLED FRUIT WITH STRAWBERRY DIP

8 ounces part-skim ricotta cheese  
2 tablespoons plain non-fat yogurt  
1/4 teaspoon dried, ground ginger  
8 strawberries, halved  
4 peaches, halved or quartered  
8 chunks pineapple  
4 plums, nectarines or papayas, halved  
1/4 cup balsamic vinegar  
2 teaspoons granulated sugar

1. In a blender, purée cheese, strawberries, yogurt and ginger together until smooth. Refrigerate the dip for 2 hours before grilling fruit.
2. When ready to grill fruit, thread pieces of prepared fruit onto 8 skewers. Mix together vinegar and sugar. Grill fruit until lightly browned, turning frequently and brushing with vinegar mixture during grilling.
3. Serve grilled fruit with sauce on side.

*Makes 8 servings.*  
*Serving size: 1 skewer.*

**Per serving:**  
Calories 102  
Total fat 2 g  
Saturated fat 1 g  
Carbohydrate 18 g  
Protein 4 g  
Dietary fiber 2 g  
Sodium 40 mg

Source: American Institute for Cancer Research.

MADE-FOR-  
THE-SHADE  
DESSERTS

# LEMON VELVET SUPREME

- 2 cups vanilla yogurt, fat-free
- 3 tablespoons instant lemon pudding mix
- 8 squares graham crackers, crushed
- 1 (4-ounce) can mandarin orange slices, drained (or your favorite fruit)

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Immediately pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

*Makes 6 servings.*

*Serving size: 1/6 of recipe.*

**Per serving:**

Calories 150  
Total fat 1 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 210 mg  
Total carbohydrate 29 g  
Dietary fiber 0 g  
Sugars 17 g  
Protein 5 g

*Source: National Agricultural Library: Adapted from Choices: Steps Toward Health, UMass Extension Nutrition Education Program.*

MADE-FOR-  
THE-SHADE  
DESSERTS

# SAVORY FRESH APRICOT BITES

4 ounces fat-free cream cheese, softened  
12 fresh apricots, halved  
1/4 cup pistachios, finely chopped

1. Stir cream cheese until smooth; pipe or spoon into apricot halves.
2. Sprinkle tops with pistachios.

*Makes 12 servings.*

*Serving size: 1/12 of recipe.*

**Per serving:**

Calories 40  
Total fat 2 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 50 mg  
Total carbohydrate 5 g  
Dietary fiber 1 g  
Sugars 3 g  
Protein 2 g

*Source: Centers for Disease Control from California Fresh Apricot Council.*

## MADE-FOR- THE-SHADE DESSERTS

# PINEAPPLE ORANGE FROZEN YOGURT

1 cup yogurt, non-fat vanilla  
1/2 cup orange juice  
1 cup pineapple chunks, fresh or canned

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt and juice in food processor or blender and blend until smooth.
3. Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

*Makes 3 servings.*

*Serving size: 1/3 of recipe.*

### **Per serving:**

Calories 130  
Total fat 0 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 55 mg  
Total carbohydrate 28 g  
Dietary fiber 1 g  
Sugars 23 g  
Protein 5 g

Source: National Agricultural Library: Adapted from Food and Health Communications, Inc.

## MADE-FOR- THE-SHADE DESSERTS

# SOUTHERN BANANA PUDDING

3-3/4 cups fat-free milk  
2 small packages (4-serving size) instant vanilla pudding and pie-filling mix,  
fat-free, sugar-free  
32 reduced-fat vanilla wafers  
2 medium bananas, sliced  
2 cups fat-free frozen whipped topping, thawed

1. Mix 3-1/2 cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

*Makes 10 servings.*  
*Serving size: 3/4 cup.*

### **Per serving:**

Calories 140  
Total fat 2 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 10 mg  
Sodium 160 mg  
Total carbohydrate 26 g  
Dietary fiber 1 g  
Sugars 14 g  
Protein 4 g

*Source: National Heart, Lung, and Blood Institute: Adapted from Heart Healthy Home Cooking: African American Style.*

# NO-BAKE COOKIES

2 cups sugar  
3 tablespoons unsweetened cocoa powder  
1/2 teaspoon salt  
1/2 cup margarine  
1 cup peanut butter  
1/2 cup water  
4 cups rolled oats  
1 cup non-fat dry milk  
1 cup raisins  
1 teaspoon vanilla

1. In large sauce pan, bring the first six ingredients to a full, rolling boil for 1 minute, stirring as needed.
2. Remove from heat. Add oats, dry milk and raisins and vanilla to boiled mixture.
3. Mix well.
4. Drop by tablespoons onto waxed paper and let stand until cool, about 15 to 20 minutes.

*Makes 36 servings.*  
*Serving size: 1 cookie.*

**Per serving:**

Calories 170  
Total fat 7 g  
Saturated fat 1.5 g  
Trans fat 0.5 g  
Cholesterol 0 mg  
Sodium 65 mg  
Total carbohydrate 25 g  
Dietary fiber 2 g  
Sugars 15 g  
Protein 4 g

*Source: National Agricultural Library: Adapted from Favorite Recipes for Family Meals, Washington State University Extension.*

## COOL- DOWN DRINKS

# MANGO SHAKE

2 cups low-fat 1% milk  
4 tablespoons frozen mango juice (or 1 fresh pitted mango)  
1 small banana  
2 ice cubes

1. Put all ingredients into a blender. Blend until foamy.
2. Serve immediately.

*Makes 4 servings.  
Serving size: 3/4 cup.*

### **Per serving:**

Calories 80  
Total fat 1.5 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 5 mg  
Sodium 55 mg  
Total Carbohydrate 14 g  
Dietary fiber 1 g  
Sugars 11 g  
Protein 4 g

*Source: National Heart, Lung, and Blood Institute:  
Adapted from Delicious Heart Healthy Latino Recipes.*

# GAZPACHO SMOOTHIE

1 small tomato, quartered  
3/4 cup tomato juice cocktail, chilled  
2 tablespoons minced fresh cilantro leaves  
1 small garlic clove, chopped  
1/4 jalapeño pepper (or to taste), chopped  
1/4 teaspoon ground cumin  
Juice of 1/2 fresh lime (about 1 tablespoon)  
Small wedge of fresh lime and a cherry tomato for garnish (optional)

1. Freeze tomato in a plastic bag until hard, about 3 to 4 hours. (Will keep up to one week. Several tomatoes may be frozen at a time.)
2. Place frozen tomato, juice, cilantro, garlic, jalapeño, cumin and lime juice in a blender. Purée until well blended and almost smooth.
3. Pour into a tall tumbler filled with ice cubes. Garnish, if desired, with a small wedge of lime and a cherry tomato, speared on a short skewer and added to the glass like a swizzle stick. Serve immediately.

Recipe can be multiplied to make more servings, but you may want to cut down on garlic and jalapeno if you do.

*Makes 1 serving.*

*Serving size: Complete recipe.*

**Per serving:**

Calories 63  
Total fat 0 g  
Saturated fat 0 g  
Carbohydrate 14 g  
Dietary fiber 2 g  
Protein 2 g  
Sodium 444 mg

Source: American Institute for Cancer Research.

# CANTALOUPE COOLER

1 ripe cantaloupe  
2-1/2 cups cold orange juice  
2 tablespoons granulated sugar  
Crushed ice

1. Cut melon in half. Scoop out seeds and remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

*Makes 8 servings.*

*Serving size: 1/8 of recipe.*

**Per serving:**

Calories 70  
Total fat 0 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 10 mg  
Total carbohydrate 18 g  
Dietary fiber 1 g  
Sugars 17 g  
Protein 1 g

*Source: National Agricultural Library; Adapted from Celebrate Health with a Lowfat Fiesta, California Department of Health Services.*

# GREEN TEA SLUSH WITH APRICOT NECTAR

3 cups prepared green tea (use decaffeinated if desired)  
1 cup apricot nectar  
1 cup crushed ice  
1 tablespoon honey

In blender or food processor, combine all ingredients and puree until smooth.

*Makes 4 servings.*  
*Serving size: 1/4 of recipe.*

**Per serving:**

Calories 51  
Total fat 0 g  
Saturated fat 0 g  
Carbohydrate 13 g  
Dietary fiber < 1 g  
Sodium 2 mg  
Protein 0 g

Source: American Institute for Cancer Research.

# STRAWBERRY YOGURT SHAKE

1/2 cup unsweetened pineapple juice  
3/4 cup plain low-fat yogurt  
1-1/2 cups frozen, unsweetened strawberries  
1 teaspoon granulated sugar

Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

*Makes 2 servings.*  
*Serving size: 1/2 of recipe.*

**Per serving:**

Calories 140  
Total fat 2 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 5 mg  
Sodium 65 mg  
Total carbohydrate 27 g  
Dietary fiber 2 g  
Sugars 22 g  
Protein 6 g

Source: Centers for Disease Control & Prevention.

# FRUIT SMOOTHIE

1 large banana  
1 cup fresh peaches or strawberries  
1 small carton (8 oz.) vanilla yogurt  
1/2 cup fruit juice

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

*Makes 2 servings.*  
*Serving size: 1/2 of recipe.*

**Per serving:**

Calories 210  
Total fat 2 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 5 mg  
Sodium 75 mg  
Total carbohydrate 44 g  
Dietary fiber 3 g  
Sugars 35 g  
Protein 7 g

*Source: National Agricultural Library: Adapted from The Pennsylvania Nutrition Education Program.*

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