

FIVE FRESH SUMMER RECIPES

BEAT THE HEAT AND STAY FIT WITH THESE EASY,

HEALTHY AND LIGHT RECIPES TO TRY ALL SEASON

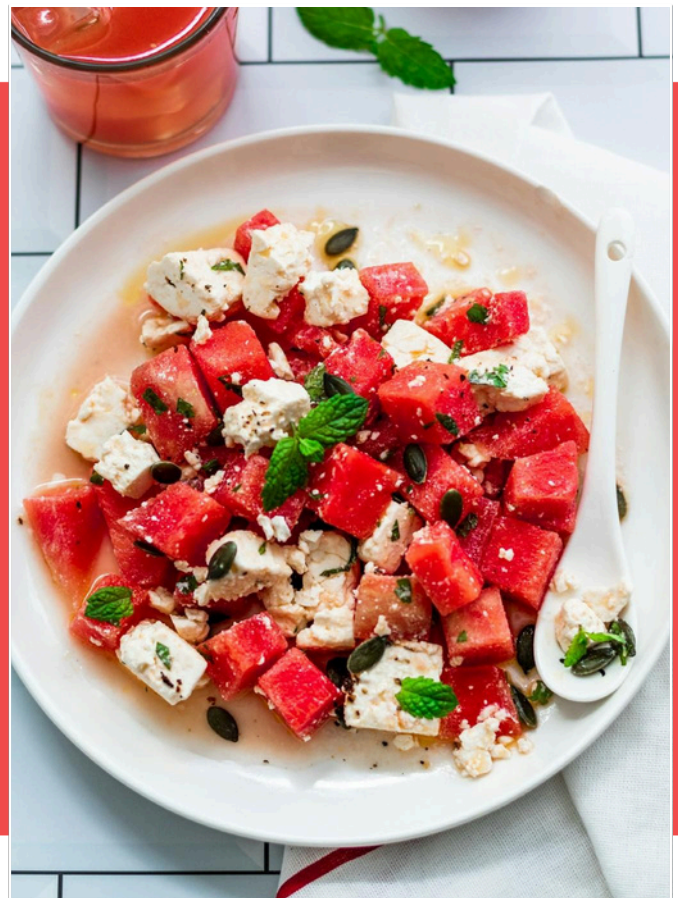


WATERMELON MINT FETA SALAD

Sweet and juicy watermelon is perfectly refreshing all on its own. But it becomes the base of a splendid salad with just a few simple ingredients. Some might even prefer it simpler, without the feta or onion. This recipe from Delish is easy to mix up to your own tastes and revisit throughout the summer.

INGREDIENTS

- ◆ 1/4 c. extra-virgin olive oil
- ◆ 2Tbsp. red wine vinegar
- ◆ Kosher salt
- ◆ 3c. cubed seedless watermelon
- ◆ 1 c. chopped cucumber
- ◆ 1 c. crumbled feta (about 6 oz.)
- ◆ 1/2 c. coarsely chopped mint, plus more for serving
- ◆ 1/2 c. thinly sliced red onion
- ◆ Flaky sea salt (optional)



INSTRUCTIONS

1. In a small bowl, whisk oil, vinegar, and 1/2 tsp. kosher salt. Add watermelon, cucumber, feta, mint, and onion and toss to coat in dressing.
2. Top with more mint and sea salt (if using).

NUTRITION

283 calories, 23g fat, 12g carbohydrates, 7g protein

SMOOTHIES WITH COCONUT WATER



Coconut water is an excellent hydration source, low in calories and rich in electrolytes including potassium, sodium, and magnesium. It's also good for digestion and heart health. So, see how you and your family like it in smoothies this summer for a fresh treat. Options are endless, and this is a great starting tropical recipe from Cooktoria. Try a combination of bananas, frozen mangoes, and frozen pineapple works; or frozen papaya, guava, jackfruit, or strawberries could be added, as well.

INGREDIENTS

- ◆ 2 ripe bananas
- ◆ 1 cup frozen mango
- ◆ 1 cup frozen pineapple
- ◆ 2 cups coconut water

INSTRUCTIONS

Process in a blender or food processor until smooth.

NUTRITION

241 calories, 1g fat, 59g carbohydrates (varies depending on fruit juices used); 8g fiber, 4g protein (you can try adding a scoop of your favorite protein supplement)

SUMMER MIXED GREEN SALAD

With summer vegetables in season, it's a great time to make an entrée or side salad out of the bounty. Keep this on hand as a versatile base all season; add favorites and whatever you might have on hand. Try it with a light vinaigrette. From Cooking in My Genes..

INGREDIENTS

- ◆ 8 cups mixed greens or other lettuce of choice
- ◆ 4 radishes, thinly sliced
- ◆ 2 small golden and/or red beets, shredded or 1 large beet
- ◆ 2 baby cucumbers, peeled into ribbons or sliced
- ◆ 1 cup baby or cherry tomatoes, sliced in half
- ◆ 1/2 cup crumbled feta cheese
- ◆ 1/2 cup chopped almonds, toasted



INSTRUCTIONS

- 1.Prepare the produce ingredients:** wash the salad greens; slice radishes; shred beets; peel cucumbers into ribbons or slice; slice tomatoes; crumble feta.
- 2.Prepare the toasted almonds:** chop almonds and toast in a pan on medium-low heat for about 4-5 minutes until starting to brown. Remove from pan and set aside.
- 3.**In a mason jar or container with a lid, add all of the dressing ingredients and shake until combined.
- 4.**To assemble the salad, start with the lettuce and then add the toppings, dividing everything between two bowls. Then drizzle and mix with dressing. Or, if you're making side salads, mix all salad ingredients in one bowl and serve at the table for 4 people.

VEGGIE TACOS

Add variety to Taco Tuesdays with these meatless variations. Grilled zucchini? Beans and rice? You bet – and lots more, too. Keep it fresh, light and yummy. This recipe from Healthy Seasonal Recipes uses mushrooms as a base; you won't miss the meat!

INGREDIENTS

- ◆ 8 soft corn tortillas or 8 hard taco shells
- ◆ 2 tablespoons avocado oil
- ◆ 2 portabella mushrooms, stems and gills removed and sliced into thin strips
- ◆ 2 sliced bell peppers, any color
- ◆ 1 small red onion, sliced
- ◆ 3/4 teaspoon salt
- ◆ 1 tablespoon chili powder
- ◆ 2 teaspoons ground cumin
- ◆ 2 tablespoons tomato paste
- ◆ 1/3 cup water or more if needed to thin
- ◆ 1 cup canned black beans, drained and rinsed
- ◆ 1/2 cup guacamole
- ◆ 1/4 cup salsa
- ◆ 1/4 cup chopped cilantro



INSTRUCTIONS

1. Preheat oven to 350 degrees F.
 2. Meanwhile, wrap tortillas in foil or lay taco shells on baking sheet. Bake until warm, about 10 minutes.
 3. While the tortillas warm, heat oil in a large non-stick skillet over medium-high heat. Add mushrooms, pepper, onion and salt and cook, stirring often, until the vegetables are softened and starting to brown, 10 to 12 minutes.
 4. Sprinkle chili powder and cumin over the vegetables and stir to coat. Cook, stirring until the spices are fragrant, 30 seconds to 1 minute. Add tomato paste and water and stir until the tomato paste forms a thick coating sauce on the vegetables. Add more water, if necessary, to desired thinness. Stir in beans and cook until the mixture is heated through, about 1 minute.
 5. Divide the vegetables mixture among the tortillas. Top with guacamole and salsa. Serve sprinkled with cilantro.
- To Make Without Mushrooms:** Skip the mushrooms in step 3. Add 1 extra cup beans or 1 cup thawed frozen corn kernels in step 4.
- To Make in Advance:** The filling will keep in the fridge for 3 days. Warm in the microwave or in a skillet with a couple tablespoons of water until steaming hot.



SUGAR-FREE POPSICLES

This is a great starter recipe for a basic fruit-based popsicle, allowing you to experiment with simple ingredients and different fruits. You'll find nine amazing and unique popsicle recipes at Live Simply.

Almond milk, cashew milk, yogurt, or whole milk may work well.

INGREDIENTS

- ◆ 2 1/2 cups frozen fruit strawberries, chopped pineapple, peaches, cherries, etc.
- ◆ 113.5 ounce full-fat unsweetened coconut milk (Almond milk, cashew milk, yogurt, or whole milk may work but are less creamy.)
- ◆ 2 Tablespoons honey
- ◆ 1/2 teaspoon pure vanilla extract



INSTRUCTIONS

1. Add all the ingredients to a blender and blend until smooth (about 60 seconds).
2. Pour the mixture into a popsicle mold (see options in the article above). This is what I use. I'm able to make 6 popsicles with this recipe. The number of popsicles you'll make depends on the size of your molds. Insert sticks into the mixture (either wooden craft sticks or reusable sticks).
3. Freeze for about 6 hours (between 4-8 hours is generally how long it takes for a popsicle to freeze).
4. Store the frozen popsicles in the molds or remove all the popsicles from the molds and store in a freezer bag or freezer-safe airtight container. To remove from the mold, run the outside of the popsicle mold under cold water to remove the popsicle.



NUTRITION (WITH STRAWBERRIES USED AS THE FRUIT)

42 calories, 1g fat, 10g carbohydrates, 1g fiber, 9g sugar