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## GRILL TEMPERATURES

**High**  
450 to 650°F

**Medium-High**  
375 to 450 °F

**Medium**  
325 to 375°F

**Medium-Low**  
250 to 325°F

**Low**  
225 to 250°F



## The Classic Hamburger (4 Servings)

For a nice and juicy hamburger, season the meat prior to grilling. But remember, salt draws moisture out of meat. Generously season the outside of the patty rather than the meat mixture, so the center stays juicy. You are not cooking a meatloaf, so keep the seasoning simple for a classic hamburger. Don't pack it too tight, no slapping and patting. Be gentle! And please--- do not press the burgers down while it cooks, you will be sending the juices straight to the hot coals. Flip them once - flipping a burger only once ensures proper heat distribution. Let them rest a couple of minutes after grilling, and add to a whole wheat bun or Kaiser roll.

### Ingredients:

- 1 1/2 pounds ground beef chuck (80 – 95 percent lean)
- Coarse salt and freshly ground pepper
- 4 thick slices sharp white cheddar cheese
- 4 large bakery whole wheat rolls or Kaiser rolls
- 4 tsps. mayonnaise and 2 tsps. mustard (optional) mixed together
- 1 beefsteak tomato, cut into 4 slices
- 1/2 Vidalia onion, cut into 1/4-inch rings
- 4 lettuce leaves, such as green-leaf, Boston, or romaine



### Directions:

1. Start with a clean grill, heat it to medium-high, then oil the grates.
2. Gently form beef into four 1-inch-thick patties, about 4 inches in diameter.
3. Generously season both sides with salt and pepper.
4. Grill burgers 3 minutes. Flip, top with cheese, and grill 4 minutes for medium-rare (6 minutes for medium-well).
5. Grill onions until lightly charred.
6. Toast rolls face-down on grill until just lightly charred, about 30 seconds.
7. Spread them with mayonnaise/mustard mixture.
8. Top bun with lettuce, burger, tomato and onion.

### *Nutritional information per serving:*

*Calories: 789, Fat: 44g, Protein: 53g, Carbohydrate: 42g, Sodium: 989mg, Sugar 7g.*



# Asian Tuna Burgers (6 Servings)

## Ingredients:

- 6 Tbsps. mayonnaise
- 1/4 tsp. grated lime rind
- 1 1/2 tsp. fresh lime juice
- 1 Tsp. sugar, divided
- 4 1/2 Tbsps. seasoned rice vinegar, divided
- 1 1/2 cups thinly sliced English cucumber
- 3/4 cup vertically sliced red onion
- 1 1/2 pounds tuna steaks, cut into 1-inch cubes
- 1/2 cup minced green onions
- 1 1/2 Tbsps. lower-sodium soy sauce
- 2 Tbsps. smoked sesame oil
- 1 Tbsp. grated peeled fresh ginger
- 1/4 tsp. salt
- 6 whole wheat Kaiser rolls
- 1/2 cup small cilantro sprigs



## Directions:

1. Preheat grill to medium-high heat (400 -450 F).
2. Combine first 3 ingredients in a small bowl. Cover and chill.
3. Dissolve 1/4 teaspoon sugar in 3 tablespoons vinegar in a medium bowl, stirring with a whisk. Add cucumber and red onion; toss to coat. Cover and chill.
4. Place tuna in a food processor; pulse until finely chopped. Do not overwork to a paste!
5. Combine chopped tuna, green onions, next 4 ingredients (through salt), 1 1/2 tablespoons vinegar, and 3/4 teaspoon sugar in a bowl.
6. Divide mixture into 6 equal portions with moist hands, shaping each into a 1/2-inch-thick patty.
7. Press thumb in center of patty, leaving a nickel-sized indentation.
8. Place patties on grill rack coated with cooking spray; grill 4 minutes.
9. Turn patties over; grill 4 minutes or until desired degree of doneness.
10. Remove from grill; cover and let stand 5 minutes.
11. Spread 1 tablespoon mayonnaise mixture evenly on cut sides of each bun.
12. Top bottom halves of buns with patties.
13. Spoon cucumber mixture evenly on top of patties, using a slotted spoon.
14. Arrange cilantro evenly over cucumber mixture.
15. Cover with roll tops. Serve immediately

## ***Nutritional information per serving:***

*Calories: 325, Fat: 8.8g, Saturated fat: 1.3g, Monounsaturated fat: 3.1g, Polyunsaturated fat: 2.5g, Protein: 32g, Carbohydrate: 22g, Fiber: 1.8g, Cholesterol: 51mg, Iron: 2mg, Sodium: 772mg, Calcium: 73mg*

*\*Adapted from myrecipes.com*

# Greek Turkey Burgers (4 Servings)

## Ingredients:

### *For the yogurt sauce:*

- 1/2 cup Greek style yogurt
- 2 tsps. olive oil
- 2 tsps. fresh lemon juice
- Zest from one lemon
- 1 clove garlic, minced
- 1 Tbsp. chopped fresh dill leaves
- 1/8 tsp. salt
- Pinch freshly ground black pepper

### *For the burgers:*

- 2 tsps. olive oil
- 1/2 small onion, chopped
- 2 cups lightly packed baby spinach leaves, coarsely chopped
- 1/4 cup crumbled feta cheese
- 1 Tbsp. chopped fresh dill, or 1 Tsp. dried



- 1/2 tsp. freshly ground black pepper
- 1 1/4 pounds lean ground turkey breast
- 1/4 tsp. salt
- 4 whole-wheat burger buns
- 1/4 English cucumber, thinly sliced
- Tomato Slices
- 4 small leaves romaine lettuce, hard ribs removed

## Directions:

1. Start with a clean grill, heat it to medium-high, then oil the grates.
2. In a small bowl, stir together the yogurt, oil, lemon juice, lemon zest, garlic, dill, and salt and pepper.
3. Heat 2 teaspoons of oil in a nonstick skillet over medium-high heat. Add the onion and cook until soft and translucent, about 3 minutes. Add the spinach and cook until wilted, about 1 minute. Remove the pan from the heat. Add the feta cheese, dill and 1/4 teaspoon black pepper and stir to combine.
4. Divide turkey into 4 equal-sized rounds. Make 2 equal-sized patties out of each round for 8 patties total. Put 2 tablespoons of the spinach-feta mixture onto half of the patties. Top with remaining patties, working the turkey around the edges to seal burgers closed. Season the burgers on both sides with the salt and remaining 1/4 teaspoon pepper.
5. Grill the patties until cooked through, about 5 minutes per side.

*To serve, place a burger on the bottom half of each bun, top with about 2 tablespoons of yogurt sauce, then 2 or 3 cucumber slices and a lettuce leaf. Top with the other half of the bun and serve.*

## *Nutritional information per serving:*

*Calories: 360, Fat: 10g, Protein: 42g, Carbohydrate: 29g, Fiber: 4g, Cholesterol: 65mg, Sodium: 650mg.*

*\*Recipe adapted from Elli Krieger*

# Herbed Tilapia

## Ingredients:

- 1 pound fresh fish (tilapia is ideal)
- 1 whole lemon sliced and deseeded
- 4 Tbsps. fresh basil chopped or dried basil
- 1 garlic clove (crushed) or 1 Tbsp. garlic powder
- 1/4 cup water
- 4 Tbsps. extra virgin olive oil
- Salt and pepper to taste



## Directions:

1. In a small bowl, combine all herbs and olive oil.
2. Place fish on large piece of foil.
3. Baste fish with oil and herbs mixture.
4. Place sliced lemon over fish and pour water and any remaining mixture on fish.
5. Wrap foil securely around fish, leaving space for fish to expand.
6. Grill over medium high heat for about 12 minutes or until fish is flakey.
7. May also be baked in a 375 degree oven for about 12 minutes.

## *Nutritional information per serving:*

*Calories: 273; Carb: 3g; Fat: 17g; Protein: 30g; Sodium: 64mg; Sugar: 0g.*

# Grilled Salmon with Citrus Salsa (4 Servings)

## Ingredients:

### Salsa:

- 2 large oranges
- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 1/2 cup chopped fresh flat-leaf parsley
- 2 scallions, finely sliced
- 3 Tbsps. chopped fresh mint leaves
- 2 Tbsps. capers, rinsed, drained and coarsely chopped
- 2 Tbsps. orange zest
- 1 tsp. lemon zest
- 1 tsp. crushed red pepper flakes
- Kosher salt and freshly ground black pepper

### Salmon:

- 4 (4 to 5-ounce) center cut salmon fillets, skinned, each about 3-inches square
- 2 Tbsps. amber agave nectar or honey
- Kosher salt and freshly ground black pepper

## Directions:

### For the salsa:

1. Peel and trim the ends from each orange.
2. Using a paring knife, cut along the membrane on both sides of each segment. Free the segments and add them to a medium bowl.
3. Add the olive oil, lemon juice, parsley, scallions, mint, capers, orange zest, lemon zest, and red pepper flakes.
4. Toss lightly and season with salt and pepper, to taste. Set aside.

### Nutritional information per serving:

Calories: 497; Carb: 19g; Fat: 6g; Protein: 30g; Sodium: 457mg; Sugar: 15g.

*\*Recipe adapted from Giada de Laurentis*



### For the salmon:

1. Heat grill to medium-high, clean the grates before they get too hot and oil the grates.
2. Brush the salmon on both sides with the agave nectar or honey and season with salt and pepper, to taste.
3. Grill until the fish flakes easily and is cooked through, about 3 to 4 minutes on each side.
4. Transfer the salmon to a platter and allow to rest for 5 minutes.
5. Spoon the Salsa on top of the salmon or serve on the side.



# Karen's Poultry Pineapple Grilled Cutlets

*(4 Servings)*

## **Ingredients:**

- 4 chicken or turkey breast cutlets
- 1 can sliced pineapple (in natural juice)
- 3 Tbsps. brown sugar

## **Directions:**

1. Drain pineapple juice into a sauce pan and add brown sugar. Bring to boil over high heat then reduce heat to low. Simmer for a couple of minutes until brown sugar is dissolved and sauce thickens slightly.
2. Heat grill to medium-high.
3. Pour half of the sauce in small bowl. Reserve for basting poultry.
4. Brush the poultry with the sauce and place on the grill. Repeat basting until cutlets are done. Usually about 4 minutes per side. If desired, grill sliced pineapple during the last few minutes.
5. Place cutlets on a plate with sliced pineapple on top. Drizzle remaining sauce over poultry and pineapple. Serve over brown rice (optional) and add a tossed salad to complete the meal.



## ***Nutritional information per serving:***

*Calories: 220, Fat: 2g, Protein: 26g, Carbohydrate: 29g, Sodium: 79mg, Sugar: 25g.*



# Alida's Grilled Boneless Chicken Breasts (4 Servings)

## Ingredients:

- 6 Boneless/skinless chicken breasts  
(2 extra for Chicken Salad – see "Chill")
- 1 cup Greek yogurt
- 1 Tbsp. lime zest
- 1 Tbsp. lime juice
- 1 Serrano pepper minced
- 2 garlic cloves minced
- 1 Tbsp. Cumin
- 1 tsp. Paprika
- 1 tsp. Salt



**Tip: For thicker breasts, you may need to close the lid for 5 minutes or so to cook them all of the way through.**

## Directions:

1. Rinse the chicken breasts under cold running water and then blot dry with paper towels
2. Combine next seven ingredients
3. Put breasts in shallow glass baking dish and cover with the yogurt mixture
4. Marinate chicken in mixture for at least 30 minutes
5. Heat grill to high, clean the grates before they get too hot and oil the grates
6. Place the breasts on the hottest part of the grill and don't touch them for about 2 – 3 minutes
7. Rotate breasts 45 degrees to create some grill marks
8. Grill for an additional 2 to 4 minutes and turn them over
9. Grill for 2 more minutes and then rotate again 45 degrees to make those grill marks
10. Continue grilling for another 2 to 4 minutes
11. Check the internal temperature with an instant-read thermometer (Target temp is 160 degrees)
12. Remove the chicken breasts from the grill and place on a plate. Serve with Tomato/Cucumber Riata (see "Chill")

## *Nutritional information per serving:*

*Calories: 169; Carb: 5; Fat: 4g; Protein: 29g; Sodium: 347mg; Sugar: 3g.*

# Grilled Pork Tenderloin (4 Servings)

## Ingredients:

- 2 Lbs. pork tenderloin\* – trimmed of fat and silver-skin
- 4 Tbsp. mustard
- 4 Tbsps. yogurt
- 3 Tbsps. olive oil
- 2 garlic cloves – minced
- 2 Tbsps. fresh minced rosemary
- Salt and pepper to taste

## Directions:

1. Heat grill to high, clean the grates before they get too hot and oil the grates
2. Combine all ingredients, except for tenderloins, in bowl
3. Remove visible fat and silver-skin from tenderloins
4. Rub mustard/yogurt mixture all over pork
5. Grill pork uncovered, turning once, until the meat feels springy, not mushy, when squeezed (150° to 155°F)
6. Remove from grill and let rest for at least five minutes before serving

\* Most pork tenderloins comes in a package of two.  
Delicious served with a simple tomato or mixed green salad.



## ***Nutritional information per serving:***

*Calories: 434; Carb: 2g; Fat: 23g; Protein: 50g; Sodium: 542mg; Sugar: 1g.*

# Grilled Vegetables and Fruits



**Grilling is not just for meats.** Vegetables and fruits from the grill are fantastic. When you grill some chicken breasts or the pork tenderloin in the previous recipe, add 2 eggplants to the grill or just stick them between the coals. Grill them until the skin is blackened and the flesh has collapsed. Put them on a wire rack inside a rimmed baking sheet. Slice the skin and let the liquid drain for about 30 minutes. Scoop out the eggplant meat (a grapefruit spoon works really well) and add 1 cup plain Greek yogurt, 2 minced garlic cloves, 1 tsp. lemon zest and lemon juice and 2 Tbsps. extra-virgin olive oil. Great as a side dish or with Pita Chips.



**Fresh fruit from the grill is a great summertime treat!** The heat of the grill caramelizes the natural sugars found in fruit, leaving you with an amazing treat that is full of fiber and vitamins and has fewer calories than most desserts. Try placing whole bananas (peeled), or sliced peaches directly on the grill. Skewer an assortment of fruits. Add your favorite fruits to a meat (or tofu) and veggie kabob for additional color and flavor. Apple, pineapple and pear slices are also great on the grill. Larger cuts of fruits are easier to grill. Pair the grilled fruits with your salad, eat them as-is for a sweet side dish, use them to top your protein source (see Karen's Poultry Pineapple Grilled Cutlets on page 8), or make an after-dinner treat of frozen yogurt with grilled fruit.

asparagus

corn

eggplant

mushrooms

peppers

onions

*are all great for grilling.*





## Tossed Salad

### Ingredients:

- 1 Tbsp. red-wine vinegar
- 1 Tbsp. extra-virgin olive oil
- 1/2 tsp. sugar
- 1/4 tsp. Italian seasoning
- 3/4 head Romaine or other lettuce  
chopped
- 1 tomato, cut in wedges

### Directions:

1. In a large bowl, whisk together 1 tablespoon each red-wine vinegar and extra-virgin olive oil, 1/2 teaspoon sugar, and 1/4 teaspoon Italian seasoning. Season with coarse salt and ground pepper.
2. Add 3/4 head Romaine or any other lettuce, chopped, and 1 tomato, cut into wedges.
3. Toss to combine.

*You can make so many variations! Add a tablespoon of mustard to the dressing or substitute the sugar with a tablespoon of honey. Use rice vinegar instead of wine vinegar. You can use a different type of lettuce. Add some chopped green onions, or chives, or celery, or cucumber, or some grated carrots. Add some drained canned black beans or chickpeas. Be creative! Add some left over grilled chicken and you have a meal.*

# Summer Presents (15 Pieces)

## Ingredients:

2 heads butter lettuce, separated, washed, spun  
1 cup frozen sweet peas - defrosted  
1 cup whole milk ricotta  
1/2 cup crumbled feta cheese  
1/2 cup shredded Parmesan cheese  
2 large or 3 small shallots, fine dice  
Zest and juice of 1 lemon  
Pinch of red pepper flakes  
Sea or kosher salt and pepper to taste  
1 or 2 bunches scallions

## Directions:

1. Wash and spin (in a salad spinner) leaves of butter lettuce. Trim off the ends of the cores.
2. Pour defrosted peas into a flat-bottomed bowl and mash them with a hand masher. (Don't use a food processor. The filling should look rustic, not perfectly homogenous.)
3. Add the ricotta, feta, Parmesan, shallots, lemon zest and juice, red pepper flakes, and stir it all together. Season to taste with salt and some grinds of pepper.
4. Trim off the root end from about a dozen scallions.
5. Starting at the former root end, split each one in half lengthwise. Separate into long, intact usable strips.
6. Lay out lettuce leaves. Drop a teaspoonful of filling in the center of each leaf.
7. Wrap it from right to left, slip a scallion stem underneath, bring both ends to the top, and carefully tie them – but just once. Don't be discouraged if some break. Persevere and stick a toothpick through the knot if necessary. Arrange on a platter.

## ***Nutritional information per 4 pieces:***

*Calories: 241; Carb: 13g; Fat: 14g; Protein: 16g; Sodium: 545mg; Sugar: 5g.*

*\*Recipe by Boulangere*

# Chilled Avocado and Yogurt Soup with Melon (4 Servings)

## Ingredients:

- 4 avocados, pitted and peeled
- 2 small onions, chopped
- 2 cups vegetable stock
- 2 8-9 ounce containers of fat-free, plain yogurt
- 1/4 cup lemon juice
- 2 tsps. lemon zest
- Sea salt and freshly ground black pepper
- 1 ripe cantaloupe
- 2/3 cup fresh basil for garnishing
- 1/4 cup pine nuts, toasted, for garnishing

## Directions:

1. In a processor, blend the avocado, onion, stock, yogurt and lemon juice, until smooth. Add the zest and season to taste.
2. Spoon into bowls.
3. Using a melon baller, scoop the melon into small balls and place a few in each bowl. Garnish with fresh basil and toasted pine nuts.

## *Nutritional information per serving:*

*Calories: 466; Carb: 31g; Fat: 34g; Protein: 19g; Sodium: 182mg; Sugar: 13g.*

*\*Recipe adapted from TASTE*



# Watermelon Gazpacho

## Ingredients:

- 1/2 cup sliced red onion
- 1/2 cup apple cider vinegar
- 4 cups chopped seedless watermelon
- 1 large red bell pepper – de-seeded and roughly chopped
- 1 cup chopped cucumber (peeled, if it has a tough skin)
- 1 (14.5oz) can diced tomatoes (no salt added)
- 1 jalapeño – de-seeded and roughly chopped
- 1/4 cup fresh lime juice
- 1/2 tsp. course salt
- 4 cups cubed seedless watermelon (1/4 - 1/2 inch cubes)
- 2 Tbsps. chopped basil



## Directions:

1. Place the sliced red onion and vinegar into a bowl and let them sit for about 15 minutes. The vinegar helps to take the bite off the onions, likewise, the onions mellow out the vinegar.
2. Meanwhile prepare the other ingredients. Place the first 4 cups of watermelon, bell pepper, cucumber, tomatoes, jalapeño, lime juice and salt into a blender.
3. Drain the onions and add to the blender. Blend these ingredients on high until smooth.
4. Pour the soup base out into a fridge-safe container with a tight lid. Then add the cubed watermelon and basil. Gently stir these in, cover and refrigerate for at least 2 hours.
5. Serve chilled.

## ***Nutritional information per serving:***

*Calories: 164; Carb: 39g; Fat: 1g; Protein: 5g; Sodium: 50mg; Sugar: 29g.*

*\*Recipe from Waffle Hearts by Anne Beaubien-Jensen*

# Classic Gazpacho

## Ingredients:

10-Inch squared, stale baguette bread – crust removed  
4 large garlic cloves  
1 burpless cucumber, roughly chopped  
2 red bell peppers, cored, seeded, and roughly chopped  
6 large beefsteak tomatoes, cored and roughly chopped  
2/3 cup extra-virgin oil (a good one!)  
1 1/2 Tbsp. Sherry or red wine vinegar  
1 tsp. salt

## Directions:

1. Soak bread in cold water for 10 minutes
2. Peel garlic, drop into blender and blend until finely minced
3. Squeeze bread until as dry as possible – put in blender along with cucumber
4. Blend until smooth, adding oil if it doesn't liquefy
5. Add peppers, continue to blend
6. Add tomatoes, continue to blend
7. Add the oil, vinegar, and salt, blend, and taste. Add more vinegar and salt as needed.
8. Chill several hours before serving

## ***Nutritional information per serving:***

*Calories: 270; Fat (g): 25; Fat Calories (cal): 220; Saturated Fat (g): 3.5; Protein (g): 2; Carbohydrates (g): 11; Sodium (mg): 280; Cholesterol (mg): 0; Fiber (g): 2.*

# Black Bean and Corn Salad (8-10 Servings)

*This is a fantastic salad for a potluck or party!*

## Ingredients:

- 2/3 cup fresh lime juice
- 1 cup extra virgin olive oil
- 3 cloves minced garlic
- 2 tsps. salt
- ¼ tsp. ground cayenne pepper
- 1 Tbsp. Cumin
- 4 (15 ounce) cans black beans, rinsed and drained
- 3 cups frozen corn kernels
- 2 red bell peppers, chopped
- 4 tomatoes, chopped
- 12 green onions, thinly sliced
- 2 avocados – peeled, pitted and diced
- 1 cup fresh cilantro (optional)



## Directions:

1. Place lime juice, olive oil, garlic, salt, cayenne pepper, and cumin in small jar. Cover with lid and shake until ingredients are well mixed
2. In large bowl, combine beans, corn, bell peppers, tomatoes, green onions, avocados, and cilantro. Shake lime dressing and pour over the salad. Toss!

## *Nutritional information per serving:*

*Calories: 511; Carb: 48g; Fat: 31g; Protein: 13g; Sodium: 380mg; Sugar: 5g.*



# Tomato "Bruschetta" with Tuna and Cannellini Salad (4 Servings)

*A favorite of OLW – easy to make and hearty enough for a quick weeknight meal.*

## **Ingredients:**

5 Tbsps. extra-virgin olive oil  
Finely shredded zest of 1 lemon  
3 Tbsps. fresh lemon juice  
3/4 tsps. kosher salt  
1/2 tsp. freshly ground black pepper  
3 Tbsps. chopped chives  
1/4 cup flat-leaf parsley leaves, plus more for garnish  
1 can (15 oz.) cannellini beans, drained and rinsed  
2 cans (5 oz. each) tuna, preferably packed in natural juices, drained and broken into chunks  
3 green onions, thinly sliced  
4 to 8 thick slices of large, heirloom tomatoes

## **Directions:**

1. In a medium bowl, whisk together oil, lemon zest and juice, salt, pepper and chives. Add parsley leaves, beans, tuna and onions and stir gently just until coated.
2. Arrange tomato slices on 4 plates and spoon tuna mixture on top, dividing evenly. Top each salad with a few parsley leaves (optional).

## ***Nutritional information per serving:***

*Calories: 326; Protein: 25g; Fat: 19g; Saturated fat: 2.7g; Carbohydrate: 16g; Fiber: 5.5g; Sodium: 582mg; Cholesterol: 26mg*

*\*Adapted from Sunset Magazine 2009*

# Simple Chicken Curry Salad (4 Servings)

## **Ingredients:**

2 grilled and diced chicken breasts (see Alida's Grilled Boneless Chicken Breasts Recipe)

1 stalk celery - chopped

½ red onion – chopped

1/3 cup golden raisins

1 Granny Smith apple – diced

½ cup walnuts – chopped

## **For dressing:**

¾ cup Greek yogurt

2 Tbsps. mango chutney

2 Tbsps. extra virgin olive oil

1-2 tsps. curry powder

¼ tsp. salt

1/8 tsp. black pepper

## **Directions:**

1. Combine first 5 ingredients in a bowl.
2. Mix ingredients for dressing in small bowl.
3. Pour dressing over ingredients in bowl and mix well.
4. Refrigerate for at least one hour before serving.

*Serve over a bed of lettuce. For a more substantial meal, shred some lettuce and wrap with the salad in a whole wheat tortilla.*

## ***Nutritional information per serving:***

*Calories: 514; Carb: 29g; Fat: 22g; Protein: 51g; Sodium: 336mg; Sugar: 14g.*

# Vegan Tzatziki (4 Servings)

## Ingredients:

- 1 cup raw cashews
- 3/4 cup water
- 1 Tbsp. lemon juice
- 1 garlic clove
- 1-2 cucumbers (about 2 cups when grated)
- 1 tsp. coarse salt
- 1 Tbsp. fresh dill (finely chopped)
- 1 Tbsp. fresh chives (finely chopped)



## Directions:

1. Place the cashews, water, lemon juice and garlic into a blender and blend\* on high until smooth. Puree should be as smooth and thick as Greek yogurt. If you can't get it smooth you can strain out any larger pieces, or leave them in for a chunkier Tzatziki.
2. Peel the cucumber then grate it using a cheese grater.
3. Put the cucumber into a colander, sprinkle with salt and let it drain into a bowl/sink for 20 minutes.
4. Squeeze out the excess water and mix the cucumber, dill and chives into the cashew puree.
5. Serve right away\* or chill.

*\* This dip always tastes better after a day in the fridge so this is a great recipe to make ahead. Enjoy with fresh veggies or whole wheat pita bread.*

*\* If you don't have a powerful blender, then soak the cashews in the water overnight. This will help soften them so they make a smoother sauce.*

## **Nutritional information per serving:**

*Calories: 172; Carb: 10g; Fat: 12g; Protein: 6g; Sodium: 486mg; Sugar: 3g.*

*\*Recipe from Waffle Hearts by Anne Beaubien-Jensen*

## Strawberry-Raspberry Sundaes (4 Servings)

*For healthy desserts, we recommend fresh fruit and more fresh fruit, which is especially delicious served with non-fat frozen yogurt. You can substitute any fruit in the recipe below.*



### **Ingredients:**

- 1 cup strawberries, plus more for garnish
- 1/2 cup raspberries, plus more for garnish
- 2 Tbsps. sugar (Optional)
- 1/2 Tsp. lemon juice
- 1/2 Tsp. lemon zest
- 2 cups nonfat Vanilla frozen yogurt

### **Directions:**

1. Puree strawberries and raspberries with sugar and lemon juice in blender. Serve over frozen yogurt and top with sliced strawberries and raspberries, if desired.

### ***Nutritional information per serving:***

*Calories: 130; Carb: 28g; Fat: 0g; Protein: 5g; Sodium: 65mg; Sugar: 16g.*

## Blueberries with Lemon Cream (4 Servings)



### **Ingredients:**

4 ounces reduced-fat cream cheese  
3/4 cup vanilla yogurt  
1 tsp. honey  
2 tsps. lemon Juice  
2 tsps. freshly grated lemon zest  
2 cups fresh blueberries

### **Directions:**

1. Break up cream cheese in a medium bowl.
2. Add yogurt to the bowl along with honey.
3. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon juice and zest.
4. Layer the lemon cream and blueberries in pretty wine or sorbet glasses.

*Serve immediately or cover and refrigerate for up to 8 hours.*

### ***Nutritional information per serving:***

*Calories: 156; Carb: 19g; Fat: 7g; Protein: 6g; Sodium: 151mg; Sugar: 19g.*



# No-Bake Cookies

## **Ingredients:**

8 whole-wheat graham cracker squares, finely ground  
1/4 cup raisins  
1/4 cup smooth, natural peanut butter  
2 Tbsps. plus 2 tsps. honey  
4 tsps. unsweetened coconut

## **Directions:**

1. Combine ground whole-wheat graham crackers, raisins, peanut butter and honey in a small bowl.
2. Pat into 8 cookies and press lightly in coconut.

## ***Nutritional information per serving:***

*Calories: 313; Carbs: 46g; Fat: 13g; Protein: 7g; Sodium: 284mg; Sugar: 46g.*

*\* Recipe from Eating Well*

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