

# Strawberry Lime Water

Flavored waters—using fruit or herbs—are a way to make unsweetened drinks interesting.

**Yield:** 16 cups (1 gallon)

**Serving size:** 1 cup

1 quart fresh strawberries, tops removed, sliced

2 limes, thinly sliced

1 gallon water

Ice, for serving

1. Add water, sliced strawberries, and limes to pitcher.
2. Place in refrigerator for at least 1 hour before serving.
3. Add ice to serve.

**Options:** You can substitute raspberries, halved grapes, or blackberries for the strawberries. You can also use a different citrus fruit such as lemons or oranges instead of the limes, if desired.

| Nutrition Facts              |              |
|------------------------------|--------------|
| <b>Serving size</b>          | 1 cup (250g) |
| <b>Amount Per Serving</b>    |              |
| <b>Calories</b>              | <b>0</b>     |
| % Daily Value*               |              |
| <b>Total Fat</b> 0g          | 0%           |
| Saturated Fat 0g             | 0%           |
| <i>Trans</i> Fat 0g          |              |
| <b>Cholesterol</b> 0mg       | 0%           |
| <b>Sodium</b> 0mg            | 0%           |
| <b>Total Carbohydrate</b> 0g | 0%           |
| Dietary Fiber 0g             | 0%           |
| Total Sugars 0g              |              |
| Includes 0g Added Sugars     | 0%           |
| <b>Protein</b> 0g            | 0%           |
| Vitamin D 0mcg               | 0%           |
| Calcium 11mg                 | 0%           |
| Iron 0mg                     | 0%           |
| Potassium 22mg               | 0%           |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Spinach Salad with Peaches and Berries

Utilize delicious seasonal produce to boost your fruit intake. Pair this recipe with your favorite lean protein for a delicious entrée salad.

**Yield:** 8 salads • **Serving size:** about 1½ cups

1 pound fresh baby spinach (arugula or mixed greens are also good options)

½ cup fresh mint leaves, chopped

1 pound fresh peaches, raw or grilled

1 cup fresh blueberries

1 cucumber, peeled and thinly sliced

¼ cup lemon juice

¼ cup olive oil

1 TBSP shallot, minced (about ½ shallot)

1 TBSP honey

Pinch of Kosher salt

Ground black pepper, to taste

¼ cup reduced-fat feta cheese, crumbled

3 TBSP sliced almonds, toasted

1. In a large bowl, toss together the spinach, mint, peaches, berries, and cucumber.
2. In a small bowl, whisk together the lemon juice, olive oil, shallot, honey, salt, and pepper.
3. Drizzle dressing on greens and stir to combine.
4. Top with toasted almonds and feta cheese.

**Vegetarian meal option:** For a vegetarian entrée, try topping salad with a hard-boiled or poached egg.

**Meal option:** This salad makes an excellent entrée when topped with 2–3 ounces of grilled chicken or grilled flank steak.

| Nutrition Facts               |                 |
|-------------------------------|-----------------|
| <b>Serving size</b>           | 1.5 cups (186g) |
| <b>Amount Per Serving</b>     |                 |
| <b>Calories</b>               | <b>150</b>      |
| % Daily Value*                |                 |
| <b>Total Fat</b> 9g           | 12%             |
| Saturated Fat 1.5g            | 8%              |
| <i>Trans</i> Fat 0g           |                 |
| <b>Cholesterol</b> 0mg        | 0%              |
| <b>Sodium</b> 160mg           | 7%              |
| <b>Total Carbohydrate</b> 15g | 5%              |
| Dietary Fiber 3g              | 11%             |
| Total Sugars 9g               |                 |
| Includes 2g Added Sugars      | 4%              |
| <b>Protein</b> 4g             | 8%              |
| Vitamin D 0mcg                | 0%              |
| Calcium 88mg                  | 6%              |
| Iron 2mg                      | 10%             |
| Potassium 196mg               | 4%              |

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# Spring Rolls (Salad Rolls)

Spring rolls are a fun way to get more vegetables into your diet. You can vary the vegetables, add a protein, even add fruit. It's like a handheld salad!

**Yield:** 12 rolls • **Serving size:** 1 roll

- 3 oz. rice vermicelli noodles
- 1 cup Napa cabbage, shredded
- ½ cup carrot, peeled and shredded
- ½ cup cucumber, peeled, seeded and julienned
- 1 red bell pepper, seeded, deveined and julienned
- ½ cup mint leaves
- ½ cup basil leaves
- ½ cup cilantro leaves
- ¼ cup scallions, chopped
- 2 TBSP rice vinegar
- ¼ teaspoon Kosher salt
- 12 rice paper wrappers (8½ inch)
- Asian Peanut Sauce (see recipe at right)

1. Boil vermicelli noodles for 2–3 minutes; drain and rinse with cold water.
2. Prepare each vegetable as directed and place in separate bowl until ready to assemble the rolls.
3. Fill a large bowl or pie plate with warm water. Submerge rice paper into water. Lift wrapper out with both hands, flip it, and place it back in the water. Continue flipping and soaking until the wrapper is pliable (about 30 seconds).
4. Lay out soaked rice paper on a clean, dry plate or cutting board.
5. Working within the left third of the rice paper and leaving an inch border, arrange noodles, herbs and vegetables down the length of the paper.
6. Drizzle vegetables and noodles with a little of the rice vinegar and a pinch of salt.
7. Fold ends over and then roll up like a tight burrito.
8. Cut each roll in half, crosswise, at an angle and serve with Asian Peanut Sauce.

| Nutrition Facts               |              |
|-------------------------------|--------------|
| Serving size                  | 1 roll (53g) |
| Amount Per Serving            |              |
| Calories                      | <b>70</b>    |
| % Daily Value*                |              |
| <b>Total Fat</b> 0g           | <b>0%</b>    |
| Saturated Fat 0g              | <b>0%</b>    |
| Trans Fat 0g                  |              |
| <b>Cholesterol</b> 0mg        | <b>0%</b>    |
| <b>Sodium</b> 60mg            | <b>3%</b>    |
| <b>Total Carbohydrate</b> 14g | <b>5%</b>    |
| Dietary Fiber 1g              | <b>4%</b>    |
| Total Sugars 1g               |              |
| Includes 0g Added Sugars      | <b>0%</b>    |
| <b>Protein</b> 2g             | <b>4%</b>    |
| Vitamin D 0mcg                | 0%           |
| Calcium 13mg                  | 0%           |
| Iron 0mg                      | 0%           |
| Potassium 70mg                | 2%           |

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# Asian Peanut Sauce

A classic that balances the five basic flavors—sweet, bitter, salty, sour, and umami—this versatile sauce can be used as dip for vegetables and meats or on pasta or salad. The peanut base provides a source of protein.

**Yield:** 8 servings  
**Serving size:** 2 TBSP

- ½ cup creamy peanut butter
  - ½ cup hot water
  - 1 TBSP reduced-sodium soy sauce
  - 1 clove garlic, mashed to paste
  - 1 TBSP fresh ginger, grated
  - 1 teaspoon brown sugar
  - 2 TBSP lime juice
  - 2 teaspoons chili-garlic paste
  - 1 teaspoon sesame oil
  - 2 TBSP cilantro, chopped (optional)
1. Combine all ingredients in a medium bowl and whisk until smooth.

| Nutrition Facts              |                     |
|------------------------------|---------------------|
| Serving size                 | 2 Tablespoons (39g) |
| Amount Per Serving           |                     |
| Calories                     | <b>110</b>          |
| % Daily Value*               |                     |
| <b>Total Fat</b> 9g          | <b>12%</b>          |
| Saturated Fat 1.5g           | <b>8%</b>           |
| Trans Fat 0g                 |                     |
| <b>Cholesterol</b> 0mg       | <b>0%</b>           |
| <b>Sodium</b> 160mg          | <b>7%</b>           |
| <b>Total Carbohydrate</b> 5g | <b>2%</b>           |
| Dietary Fiber 1g             | <b>4%</b>           |
| Total Sugars 3g              |                     |
| Includes 1g Added Sugars     | <b>2%</b>           |
| <b>Protein</b> 4g            | <b>8%</b>           |
| Vitamin D 0mcg               | 0%                  |
| Calcium 11mg                 | 0%                  |
| Iron 0mg                     | 0%                  |
| Potassium 104mg              | 2%                  |

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# Grilled Eggplant and Zucchini

Eggplant and zucchini are abundant and inexpensive during the summer making this a great side dish. Add more veggies—mushrooms, onions, peppers—for an all-vegetable meal.

**Yield:** 8 servings • **Serving size:** about 1½ cups

|  |   |
|--|---|
| 2 large eggplant                                       | Italian seasoning, thyme, basil and/or oregano. |
| 4 large zucchini                                       |   |
| ¼ cup olive oil  | ½ teaspoon Kosher salt                          |
| Optional seasonings: 1 teaspoon each of garlic powder, | Ground black pepper to taste                    |
|  | Drizzle of balsamic vinegar, optional           |

1. Cut ends from eggplant. Slice lengthwise into ½-inch planks.
2. Cut ends from zucchini. Slice lengthwise into ½-inch planks.
3. Pre-heat grill or grill pan to medium-high.
4. Combine olive oil and chosen herbs and spices in small bowl and whisk together.
5. Brush vegetables with olive oil mixture. Season with salt and pepper.
6. Grill 3–4 minutes on each side or until just tender.
7. Drizzle balsamic vinegar, if using, onto cooked vegetables.

| Nutrition Facts               |                 |
|-------------------------------|-----------------|
| Serving size                  | 1.5 cups (283g) |
| Amount Per Serving            |                 |
| Calories                      | <b>120</b>      |
| % Daily Value*                |                 |
| <b>Total Fat</b> 7g           | 9%              |
| Saturated Fat 1g              | 5%              |
| Trans Fat 0g                  |                 |
| <b>Cholesterol</b> 0mg        | 0%              |
| <b>Sodium</b> 135mg           | 6%              |
| <b>Total Carbohydrate</b> 12g | 4%              |
| Dietary Fiber 5g              | 18%             |
| Total Sugars 7g               |                 |
| Includes 0g Added Sugars      | 0%              |
| <b>Protein</b> 3g             | 6%              |
| Vitamin D 0mcg                | 0%              |
| Calcium 36mg                  | 2%              |
| Iron 1mg                      | 6%              |
| Potassium 684mg               | 15%             |

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# Grilled Balsamic Flank Steak

Flank steak grills up easy and fast for a quick, substantial meal.

Recipe adapted from *Food & Wine*/Melissa Rubel Jacobson

**Yield:** 8 servings • **Serving size:** 4 ounces

|                         |  |
|-------------------------|--|
| 2 TBSP balsamic vinegar | 2 pounds flank steak, trimmed of visible fat |
| 1 TBSP olive oil        |  |
| 1 garlic clove, minced  | ¼ teaspoon Kosher salt                       |
|                         | Freshly ground black pepper, to taste        |

1. In a shallow dish, whisk together vinegar, olive oil, and minced garlic.
2. Place steak in marinade dish and turn to coat. Let sit for 5–10 minutes, or up to 4 hours.
3. Heat a grill pan to medium-high heat. Remove steak from marinade and season with salt and pepper. Place steak on grill, turning once until cooked to medium doneness, about eight minutes per side.
4. Using tongs or a large fork, place steak on clean cutting board and let rest for 10 minutes.
5. Slice steak and serve.

| Nutrition Facts              |                 |
|------------------------------|-----------------|
| Serving size                 | 4 ounces (120g) |
| Amount Per Serving           |                 |
| Calories                     | <b>170</b>      |
| % Daily Value*               |                 |
| <b>Total Fat</b> 7g          | 9%              |
| Saturated Fat 2.5g           | 13%             |
| Trans Fat 0g                 |                 |
| <b>Cholesterol</b> 70mg      | 23%             |
| <b>Sodium</b> 120mg          | 5%              |
| <b>Total Carbohydrate</b> 1g | 0%              |
| Dietary Fiber 0g             | 0%              |
| Total Sugars 1g              |                 |
| Includes 0g Added Sugars     | 0%              |
| <b>Protein</b> 24g           | 48%             |
| Vitamin D 0mcg               | 0%              |
| Calcium 26mg                 | 2%              |
| Iron 2mg                     | 10%             |
| Potassium 393mg              | 8%              |

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**Vegetarian option:** You can substitute portabella mushrooms or vegetarian proteins such as tofu or seitan for the flank steak.

