
FCHP Healthy Summer Recipe Contest Cookbook 2011



To Your Health!

This recipe book includes the nutritious and delicious submissions we received for our Healthy Summer Recipe contest. Thank you to all who contributed and congratulations to Rochelle Peret for her winning entry (on page 8)!



Fruit Kabobs- submitted by Jeffrey Schweitzer

- ❖ Watermelon
- ❖ Cantaloupe
- ❖ Bananas
- ❖ Strawberries
- ❖ Pineapple
- ❖ Kiwi
- ❖ Grapes
- ❖ Apples
- ❖ Pears
- ❖ Oranges
- ❖ Skewers (wooden, for kids!)
- ❖ Melon Baller



Cut fruit in large chunks. If you are using apples, pears, or bananas, rinse them in lemon juice to prevent browning. Gently insert the skewer into the fruit, alternating between the various fruits to add variety. Place the fruit kabobs on a party platter. Cover and chill until serving.



Summer Dip- submitted by Betty Ann Sharp

- ❖ 1lb. Frozen white corn
- ❖ 1 can black beans, drained and rinsed
- ❖ 5 green onions, diced (can substitute scallions or chives)
- ❖ 1 small, red onion
- ❖ 1 red bell pepper, diced
- ❖ 1 avocado, peeled, pitted and diced
- ❖ Juice of one lime
- ❖ 1 small jar chunky salsa (Peach salsa adds a nice flavor)



Mix all ingredients in a flat serving dish. Serve with your favorite chips. Can also serve as a filling on roll-ups. Add some lettuce sprouts and you have a wonderful sandwich. Recipe is easily doubled. Try adding cilantro, garlic or red pepper, if you like. One of the most flexible and easy recipes. Enjoy!



Arugula, Melon, and Feta Salad- submitted by Kate Hughes

- ❖ ¼ cup lemon juice
- ❖ ¼ cup orange juice
- ❖ ¼ cup olive oil
- ❖ ¼ cup shallot, minced
- ❖ 1 tablespoon agave
- ❖ 1 teaspoon salt
- ❖ ½ teaspoon pepper
- ❖ 6 cups arugula
- ❖ ¼ whole watermelon, cubed
- ❖ ½ cup feta (crumbled)
- ❖ 1 cup mint



Whisk together the orange juice, lemon juice, oil, shallots, agave, salt, and pepper. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with vinaigrette to coat the greens lightly and toss well.



Avocado Salad- submitted by Kate Dalton-Hoffman

- ❖ 1 cup cottage cheese
- ❖ 3 avocados
- ❖ 1 cup diced tomatoes
- ❖ 1 cup chopped red onion
- ❖ Juice of two limes
- ❖ Cilantro
- ❖ Salt & pepper



Dice avocados and combine in a bowl with cottage cheese, tomatoes, and onion. Mix ingredients together and add lime juice, cilantro, and salt and pepper to taste. Serve with whole grain tortilla chips or enjoy by itself!



Mama's Carne Asada- submitted by Jessica Ortiz

- ❖ Roast (any beef type roast)
- ❖ 1 can diced tomatoes
- ❖ 2 teaspoons mustard
- ❖ Goya Adobo seasoning
- ❖ 1 zip lock bag



Cut roast into thin pieces. Place in zip lock bag and add diced tomatoes, mustard and seasoning. Shake bag to mix ingredients and let marinade for two hours before grilling. Great for cook outs!



Greek Chicken- submitted by Rochelle Peret (winner!)

- ❖ 1 tablespoon lemon juice
- ❖ 2 teaspoons olive oil
- ❖ 2 garlic cloves, minced
- ❖ ¼ teaspoon oregano
- ❖ Dash of pepper
- ❖ 7 ounces chicken, thinly sliced



In a medium mixing bowl, add the first 4 ingredients, stirring to combine. Add chicken and turn to coat with marinade. Cover and refrigerate for at least 1 hour or overnight. Spray skillet with nonstick cooking spray; add chicken to skillet, reserving marinade, and cook over high heat until chicken is no longer pink. Add reserve marinade and pepper to skillet and bring to a boil.



Roasted Chicken Thighs with Zucchini and Feta- submitted by Olivia Dalton-Hoffman

- ❖ 2 ½ pounds skinless chicken thighs, rinsed and patted dry
- ❖ 2 medium zucchini, cut into 1-inch chunks
- ❖ 2 tablespoons extra virgin olive oil
- ❖ 2 garlic cloves, minced
- ❖ 2 teaspoons dried oregano
- ❖ ¾ teaspoon salt
- ❖ ½ teaspoon freshly ground black pepper
- ❖ Finely grated zest of 1 lemon
- ❖ ½ cup crumbled reduced-fat feta cheese



Preheat oven to 425 degrees. In a baking pan, toss together all of the ingredients, except the feta cheese. Bake for 20 minutes. Raise the temperature to 475 degrees. Sprinkle the feta over the top of the chicken and zucchini and continue to bake until the chicken is cooked through and lightly golden, about 10 minutes longer. Let stand for 5 minutes before serving.



Fruity Coleslaw- submitted by Sarah Johnson

- ❖ 2 tablespoons light mayonnaise
- ❖ 1/2 cup Greek yogurt
- ❖ 1 1/2 teaspoons rice vinegar
- ❖ 1 tablespoon sugar
- ❖ Salt & pepper to taste
- ❖ 1 bag coleslaw mix (16 ounces)
- ❖ 1/2 cup red grapes, sliced in half



In a medium bowl, mix together the mayo, yogurt, vinegar, and sugar until blended. Add coleslaw mix and grapes, season with salt and pepper. This recipe is a fun take on traditional coleslaw and the use of Greek yogurt instead of all mayo makes it a lighter, tangier version. Enjoy!



