



SIMPLE SUMMER RECIPES



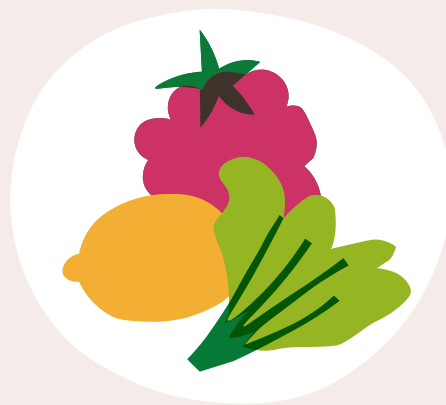
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UNC Center for Health Promotion and Disease Prevention



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Simple Summer Recipes

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Seasonal Produce

Lots of fresh fruits and vegetables are available in the summer. Check out our list below to find out what's in season in North Carolina!

Beets	Onions
Blackberries	Peaches
Blueberries	Peanuts
Bok Choy	Pears
Butter Beans	Peppers
Cabbage	Plums
Cantaloupes	Potatoes
Carrots	Raspberries
Cherry Tomatoes	Snap Beans
Collards	Sprite Melons
Cucumbers	Squash - Yellow
Eggplant	Strawberries
Figs	Sweet Corn
Garlic	Sweet Potatoes
Green Onions	Tomatoes
Greens	Tomatillos
Herbs	Watermelon
Honeydew Melons	Zucchini
Nectarines	
Okra	

Not sure where to find fresh, seasonal produce? Check out your grocery store or local farmers market!

<http://www.ncagr.gov/markets/availabilitychart.pdf>

Cooking Safety Basics

It is important to be safe when cooking to prevent food illnesses. Follow these four basic steps developed and explained by the U.S. Food and Drug Administration to practice food safety in your kitchen:

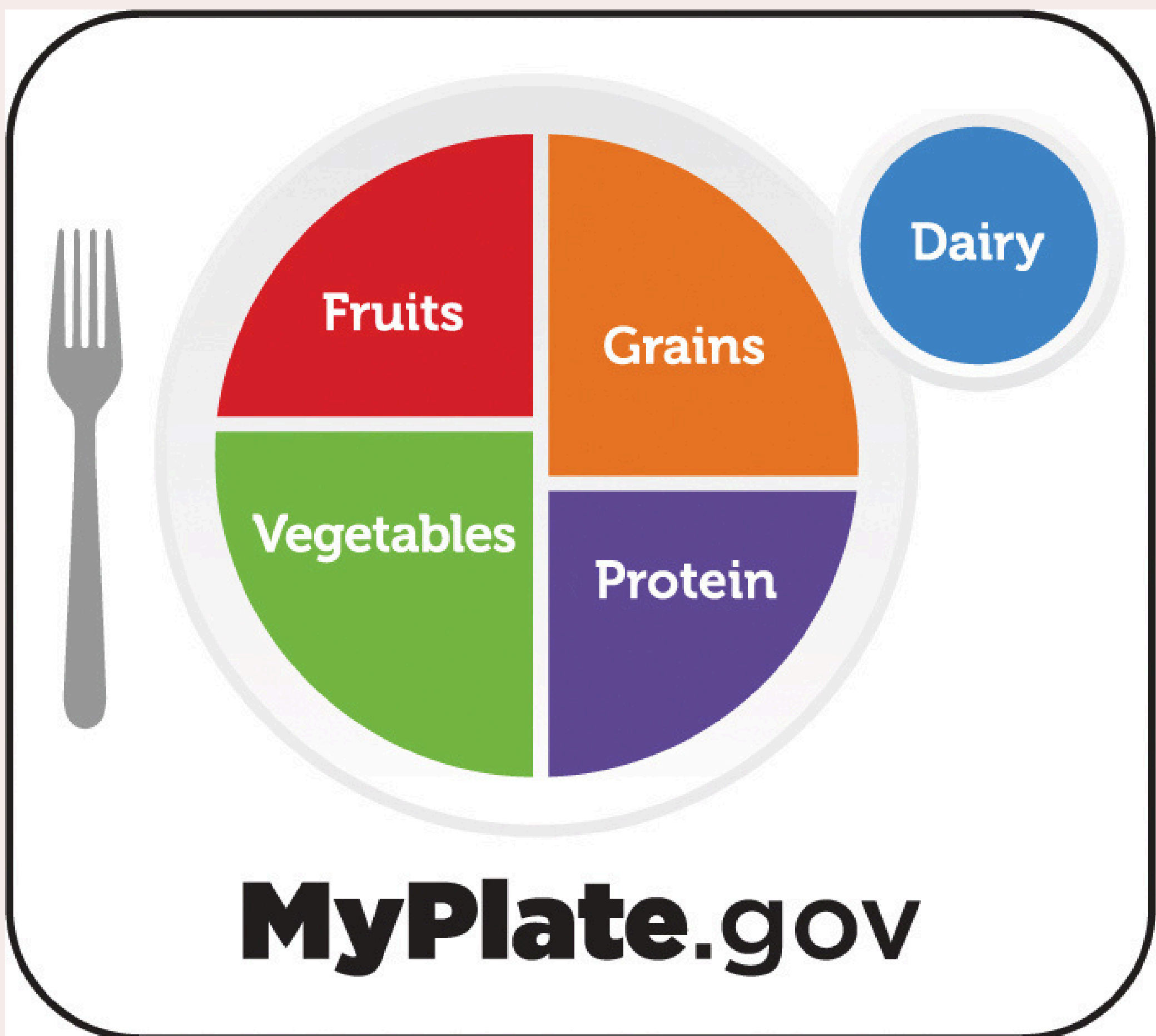
1. Clean: Always wash your food, hands, counters, and cooking tools.
 - Wash hands thoroughly for at least 20 seconds with warm water and soap.
 - Wash kitchen tools and utensils with hot water and soap after each use.
 - Rinse fresh produce.
 - Do not wash meat, poultry, fish, or eggs. It can spread bacteria.
 - Clean the lids on canned goods before opening.
2. Separate (Keep Apart): Keep raw foods to themselves. Germs can spread from one food to another.
 - Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
 - Do not reuse marinades used on raw foods unless you bring them to a boil first.
 - Use a special cutting board or plate for raw foods only.
3. Cook: Foods need to get hot and stay hot. Heat kills germs.
 - Cook to safe temperatures:
 - Beef, Pork, Lamb 145°
 - Fish 145°
 - Ground Beef, Pork, Lamb 160°
 - Turkey, Chicken, Duck 165°
 - Use a food thermometer to make sure that food is done. You can't always tell by looking.
4. Chill: Put food in the fridge right away.
 - 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from store. Do this within 1 hour if it is 90 degrees or hotter outside.
 - Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
 - Marinate foods in the fridge

Food safety basics retrieved from:

<https://www.fda.gov/consumers/free-publications-women/food-safety-home>

What is MyPlate?

Eating healthy is important! MyPlate is a tool that helps us create nutritious and balanced meals. Take a look at the plate below to get started on building lifelong healthy eating habits.



Want to know more? Check out these links or head to myplate.gov to learn more about each food group:





BREAKFAST

BANANA & BERRY SMOOTHIE

SERVES: 2

INGREDIENTS:

- 1/2 cup 100% orange juice
- 1/2 cup vanilla yogurt, non-fat or low-fat
- 1/2 cup strawberries (fresh or frozen)
- 1 banana, medium, peeled
- 1/4 cup blueberries (fresh or frozen)
- 1/4 cup blackberries (fresh or frozen)



DIRECTIONS:

1. Rinse off strawberries, blueberries, and blackberries.
2. Remove leaves from strawberries and cut in half.
3. Peel banana and cut in half.
4. Place all ingredients in a blender and mix until smooth.

Recipe adapted from:

<https://extension.umass.edu/recipes/delicious-tropical-smoothie>

FRESH VEGGIE OMELET

SERVES: 2



INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 tomatoes, chopped
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 summer squash, sliced
- 3 eggs

DIRECTIONS:

1. Heat oil in skillet over medium heat. Add onion and cook until tender, about 5 minutes.
2. Mix in the tomatoes, then season with salt and pepper. Continue to cook, stirring occasionally, for about 5 minutes.
3. Add the summer squash. Reduce heat to low. Continue to cook, stirring occasionally, for about 5 minutes.
4. Add the spinach. Continue to cook, stirring occasionally, for about 5 minutes.
5. Crack two eggs in a medium bowl and beat with fork until mixed. Season with salt and pepper.
6. Pour eggs into skillet over veggies and cook 2-3 minutes, until edges are cooked through.
7. Use a spatula to fold the omelet into half. Cook another 2-3 minutes, until fully cooked through.

Recipe adapted from:

<https://eatsmartmovemoreva.org/recipes/summer-squash-medley/>

BERRIES & OATS

SERVES: 1

INGREDIENTS:

- 1/2 cup low-fat milk
- 1/4 cup greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup berries (blueberries, strawberries)




DIRECTIONS:

1. Combine milk, greek yogurt, honey, cinnamon, and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently mix in berries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat in microwave as desired.

Recipe adapted from:

<https://reallifegoodfood.umn.edu/cook/overnight-oatmeal-berries>



LUNCH

SPINACH & STRAWBERRY SALAD

SERVES: 4

INGREDIENTS:

Salad Ingredients

- 1 cup strawberries, sliced
- 6 cup fresh baby spinach, washed
- 2 tablespoons shallots, finely chopped

Dressing Ingredients

- 2 tablespoons raspberry vinegar
- 2 tablespoons vegetable or olive oil



TIPS

- Substitute 4 tablespoons low-fat vinaigrette dressing for raspberry vinegar and oil
- Add 1/2 cup of crumbled or shredded cheese to taste.

DIRECTIONS:

1. Wash strawberries and pat dry. Remove leaves and slice strawberries.
2. Wash and prepare spinach and shallots. Mix salad ingredients together in a large bowl.
3. In a small bowl, whisk together vinegar and oil. Pour over salad and toss.



Recipe from:

<https://extension.umass.edu/recipes/spinach-and-strawberry-salad>

CHICKEN AVOCADO WRAPS

SERVES: 4

INGREDIENTS:

- 1 ripe avocado
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots, grated
- 1/4 cup red onion, chopped
- 2 cups fresh arugula, washed
- 12 ounces cooked chicken breast, cut
- 4, 8" whole wheat tortillas



DIRECTIONS:

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortillas with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.



Recipe from:

<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2525>

APPLE TUNA SANDWICHES

SERVES: 3

INGREDIENTS:

- 1 can (6.5oz) tuna, packed in water, drained
- 1 apple, chopped
- 1/4 cup plain yogurt, or plain greek yogurt
- 1 teaspoon brown mustard
- 6 slices whole wheat bread
- 3 lettuce leaves



DIRECTIONS:

1. Put the canned tuna, apple, yogurt, and mustard in a medium bowl. Stir well to mix.
2. Spread 1/2 cup of the tuna mixture onto 3 slices of bread.
3. Top each sandwich with lettuce and a slice of bread.



Recipe from:

<https://www.snap4ct.org/apple-tuna-sandwiches.html>



DINNER

BARLEY SUMMER SALAD

SERVES: 10

10 serving sizes
makes this a
great party dish!

INGREDIENTS:

- 1 cup dry barley
- 3 cups water
- 1/4 cup dried cranberries
- 1 cup fresh blueberries
- 1 cup sweet snap peas, chopped
- 2 cups apples or another fresh fruit or veggie, chopped
- 1/2 cup red bell pepper, chopped
- 1/2 cup green onions, sliced thin
- 1 tablespoon vinegar
- 3 tablespoons vegetable oil
- 1/4 cup lemon or lime juice

DIRECTIONS:

1. Place barley and water in a 2-3 quart saucepan. Bring to a boil, then turn to low. Cook covered for 45 minutes.
2. Rinse cooked barley briefly in cold water. Drain.
3. Add remaining ingredients. Toss well.
4. Refrigerate leftovers within 2 hours.



Recipe from:

<https://www.mainesnap-ed.org/recipes/barley-summer-salad/>

FAST FISH TACOS

SERVINGS: 12

INGREDIENTS:

- 1/2 cup low-fat plain yogurt or light sour cream
- 1/3 cup light mayonnaise
- 1/2 cup cilantro, chopped
- 1 tablespoon low-sodium taco seasoning, divided into 3 teaspoons
- 1 pound frozen fish nuggets or sticks
- 1 tablespoon canola oil
- 2 tablespoons lemon juice
- 12 corn tortillas
- 2 cups cabbage, shredded
- 1 cup tomatoes, diced
- Lime wedges, optional



Want to add your own twist?
Try adding these foods:

- Avocado, Cut or Mashed
- Salsa, Jar or Fresh
- Black Beans, Canned

DIRECTIONS:

1. Combine yogurt, mayonnaise, cilantro, and 2 teaspoons of taco seasoning in a small bowl. Set in the refrigerator.
2. Mix oil, lemon juice, and 1 teaspoon of taco seasoning in another bowl. Drizzle over fish nuggets and bake according to package instructions.
3. Warm tortillas for 20-30 seconds in the microwave, if desired.
4. Fill tortillas with fish nuggets. Top with cabbage, tomatoes, a squeeze of lime, and yogurt sauce from refrigerator.

Recipe from:

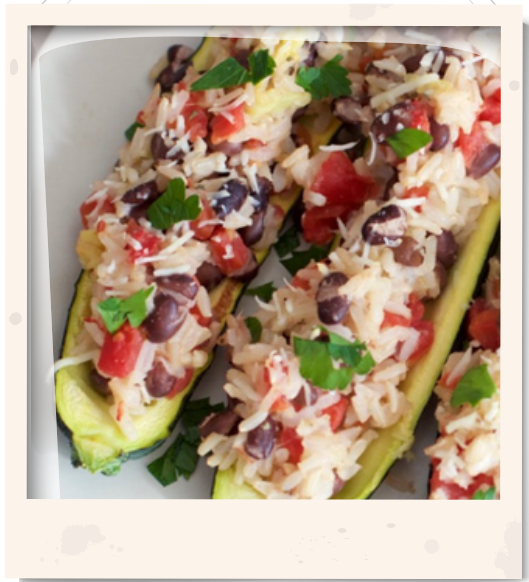
<https://uwyocnp.org/fast-fish-tacos/>

STUFFED SUMMER SQUASH

SERVES: 4

INGREDIENTS:

- 2 summer squash, cut in half lengthwise, seeds removed
- 2 cups cooked brown rice
- 1 cup diced tomatoes, canned or fresh
- 1 cup white or black beans, drained and rinsed
- 1 tablespoon fresh basil, washed and chopped
- 4 tablespoons parmesan cheese or shredded cheese of your choice



Squash is an excellent source of vitamin C, which helps keep you healthy!

DIRECTIONS:

1. Preheat oven to 350° Fahrenheit.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out seeded center from each piece of squash. Place in a bowl and mix with rest of ingredients, except parmesan.
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated parmesan cheese. Bake for about 30 minutes.



Recipe from:

<https://www.snap4ct.org/stuffed-summer-squash.html>



DESSERT

STRAWBERRY & BASIL POPSICLES

SERVES: 9

INGREDIENTS:

- Popsicle molds
- 2 tablespoons sugar
- 1/2 cup water
- 3 stalks basil
- 2 cups coconut water
- 2 cups strawberries, frozen



DIRECTIONS:

1. To prepare the basil simple syrup, combine sugar and water in a small saucepan. Bring to a low boil and stir until sugar dissolves. Turn off heat and add basil sprigs. Allow to cool, about 10 minutes. Discard basil sprigs and transfer to a jar.
2. Combine 1/4 cup basil simple syrup with strawberries and coconut water in a blender and process until smooth.
3. Pour into popsicle molds and freeze.



Recipe from:

<https://eatfresh.org/recipe/desserts/strawberry-basil-popsicles>

PB & BANANA ICE CREAM

SERVES: 4

INGREDIENTS:

- 2 large ripe bananas
- 4 tablespoons unsalted peanut butter



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DIRECTIONS:

1. Peel bananas and cut into bite-sized pieces and put into an airtight container or freezer bag.
2. Freeze banana pieces for at least 2 hours, but ideally overnight.
3. Blend frozen banana pieces in a blender with peanut butter until smooth. The mixture should change into a creamy soft-serve ice-cream texture.
4. Scoop into four bowls and add your favorite toppings.

Extra topping Ideas: chopped peanuts, sprinkle of cinnamon, cut strawberries or blueberries

Recipe adapted from:

<https://extension.umass.edu/recipes/one-ingredient-banana-ice-cream>

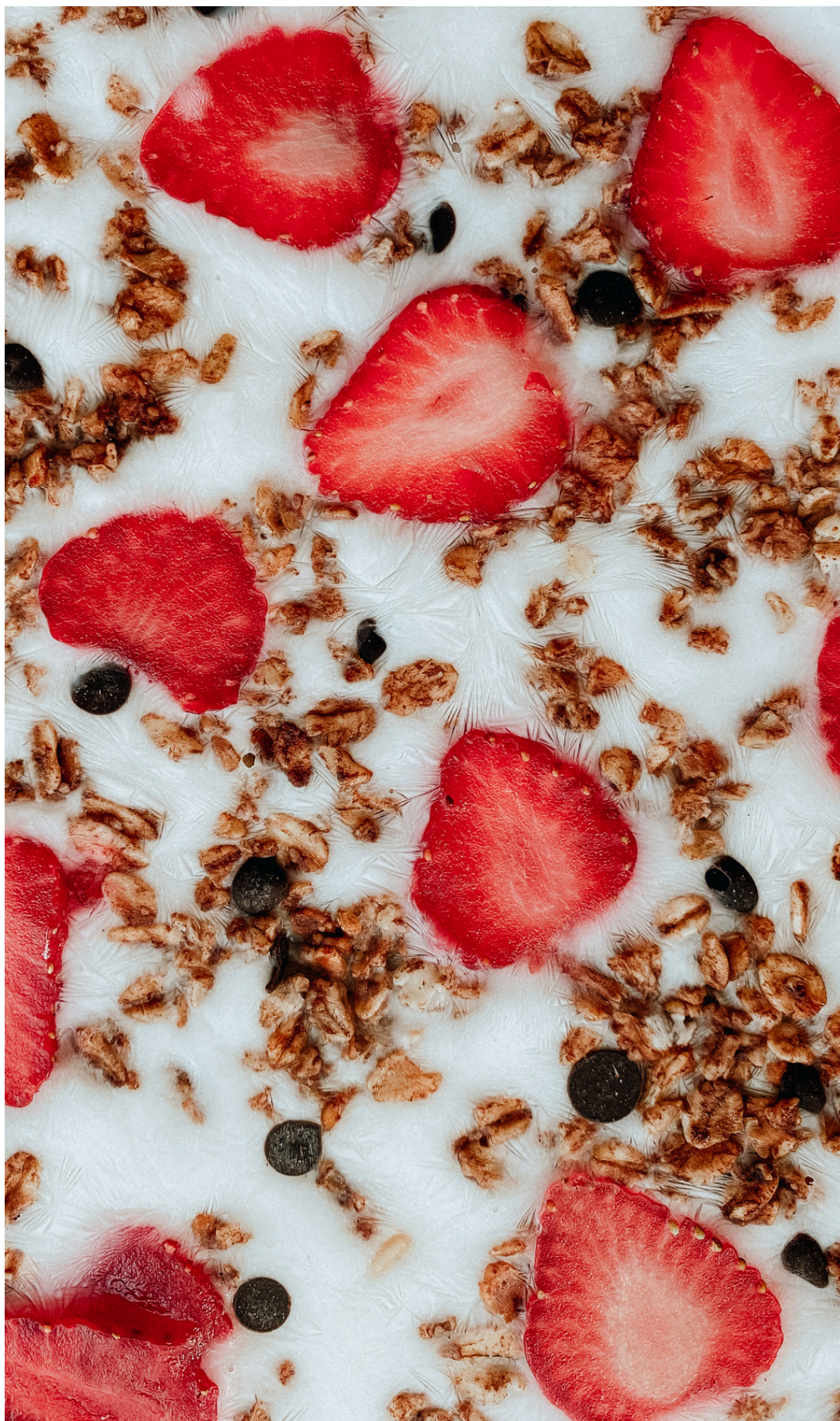


FROZEN YOGURT BARK

SERVES: 6

INGREDIENTS:

- Wax paper
- 2 cups non-fat vanilla greek yogurt
- 1 cup sliced strawberries
- 1/2 cup blueberries
- 1/2 cup granola



DIRECTIONS:

1. Line a baking sheet with wax or parchment paper. Spread yogurt on baking sheet in an even, thick layer.
2. Top yogurt with strawberries, blueberries & granola.
3. Freeze 2-3 hours or until firm.
4. Cut into pieces & serve.
Store leftovers in the freezer to enjoy later!



**Try going to
your local farmers market
to find fresh berries!**

Recipe from:

<https://onieproject.org/recipes/frozen-yogurt-bark/>



DRINKS

LEMON & HONEY ICED TEA

SERVES: 6

INGREDIENTS:

- 5 cups boiling water
- 5 green tea bags
- 1/2 cup honey
- 1/4 cup lemon juice
- 1 lemon, sliced for garnish



DIRECTIONS:

1. Add boiling water to a large measuring glass or glass bowl.
2. Add the green tea bags and let them steep for 5 minutes. Mix in honey until dissolved.
3. Chill in refrigerator until cool, about 1 hour.
4. Pour the lemon juice into the tea.
5. Serve in glasses over ice and garnish with lemon slices, if desired.



Recipe adapted from:

<https://inthekitch.net/peachy-iced-green-tea/>



WATERMELON COOLER

SERVES: 3

INGREDIENTS:

- 3 cups cubed watermelon, with seeds
- 1/2 cup orange juice

DIRECTIONS:

1. Place watermelon and juice in blender. Put lid on tightly.
2. Blend until smooth.
3. Drink immediately.
4. Refrigerate leftovers within 2 hours.



Recipe from:

<https://snapedny.org/recipes/watermelon-cooler/>

LEMON & LIME-ADE

SERVES: 1

INGREDIENTS:

- 1/2 lemon, squeezed
- 1/2 lime, squeezed
- 3/4 cup water
- 1 tablespoon sugar



DIRECTIONS:

1. Cut lemon and lime in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice. Repeat with lime.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.



QUICK TIPS

Add different fruit juice combinations like watermelon, strawberry, or pineapple to create your own unique drink.

Recipe adapted from:

<https://snapedny.org/recipes/lemonade/>



SNACKS

MAKE YOUR OWN TRAIL MIX

SERVES: 8

INGREDIENTS:

- 3/4 cup unsalted, roasted peanuts
- 1/3 cup raisins
- 1 1/4 cup crispy whole wheat cereal squares
- 1 cup mini pretzels
- 1/3 cup chocolate chips



DIRECTIONS:

1. In a large bowl, combine peanuts, raisins, cereal, pretzels, chocolate chips, and any other ingredients of choice.
2. Place in an airtight container or zip-top plastic bag. Store in a cool, dry place.



Add additional dried fruits and nuts to create your own favorite blend!

Dried apricots
Dried bananas
Dried pineapple
Dried mango

Pecans
Cashews
Almonds
Walnuts



Recipe from:

<https://familynutritionprogram.org/trail-mix-2/>

SUMMER FRUIT SALAD

SERVES: 4



DIRECTIONS:

1. Stir fruit together in a medium sized bowl
2. Cover and chill. Serve as soon as possible.
3. Refrigerate leftovers.

INGREDIENTS:

- 1 cup fresh strawberries, diced
- 1 cup watermelon, cubed
- 1 cup fresh pineapple chunks
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 cup fresh blackberries



Add your favorite fruits to make the recipe your own!



Recipe adapted from:

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/nutrition/recipes/summer-fruit-salad/>

ENERGY BARS

SERVES: 24



INGREDIENTS:

- 1 cup honey
- 1 cup peanut butter
- 3 1/2 cup oat
- 1/2 cup raisins
- 1/2 cup carrots, washed and grated
- 1/2 cup shredded coconut

DIRECTIONS:

1. Preheat oven to 350° Fahrenheit.
2. In a large saucepan, add the honey and peanut butter. Cook on low heat until melted.
3. Remove pan from heat. Add oatmeal, raisins, carrots, and coconut to the saucepan and stir.
4. Let the mixture cool.
5. Put the mixture in a greased 13x9 baking pan and press firmly with the back of a mixing spoon.
6. Bake for 25 minutes. Let cool.
7. Cut into 24 bars with a knife.

Recipe adapted from:

<https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/energy-bars>



Create Your Own Recipes

Looking for a summertime activity? Get the family together to brainstorm your own recipe ideas!



Not sure where to start? Sometimes it can be fun to change recipes and add your own twist. Try it out with one of the recipes in this cookbook and make notes below on your favorite changes and additions!



Simple Summer Recipes

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SIMPLE SUMMER

RECIPES

