



# *Fresh Off the Grill*

Adventures in Outdoor Cooking

Courtesy of GEHA



The Benefits of Better Health

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Everything tastes better when you're outdoors. And with these tasty recipes, your *al fresco* feasts will be as healthful as they are delicious. So fire up the grill, gather your friends and get ready to enjoy mouth-watering adventures at summer picnics, tailgating parties or in your own backyard.

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# Grilled Beef Satay with Peanut Sauce

## Ingredients

- 1-1/4 pounds flank steak
- 1/3 cup light teriyaki sauce\*
- 1/2 teaspoon (divided) hot pepper sauce (such as Tabasco sauce)
- 4 green onions, sliced in 1-inch pieces
- 1 red bell pepper, seeded and cut into bite-sized pieces
- 2 tablespoons reduced-fat peanut butter
- 3 tablespoons water

\*Note: Use "low sodium" teriyaki sauce for an even healthier dish.

## Directions

- **PREPARE** grill.
- **TRIM FAT FROM STEAK** and thinly slice diagonally across the grain.
- **PREPARE MARINADE:** In a medium-sized bowl, combine teriyaki sauce and 1/4 teaspoon hot pepper sauce. Add the steak slices and stir to coat evenly. Cover and refrigerate for 30 minutes.
- **THREAD STEAK SLICES** in accordion style on skewers then alternate with green onions and bell pepper. Reserve marinade.
- **GRILL SKEWERS** until steak is slightly pink in the middle or to desired doneness.
- **IN A SMALL SAUCEPAN,** combine peanut butter, water, 1/4 teaspoon hot pepper sauce and 2 tablespoons of the reserved marinade. Heat to medium-high heat and cook until heated through.
- **REMOVE STEAK** and vegetables from skewers and serve with peanut sauce.

Makes 4 servings.

### **Serving size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	297
<b>Calories from fat:</b>	132
<b>Total fat:</b>	15 g
<b>Saturated fat:</b>	5 g
<b>Cholesterol:</b>	71 mg
<b>Sodium:</b>	975 mg
<b>Total carbohydrates:</b>	8 g
<b>Dietary fiber:</b>	1 g
<b>Sugars:</b>	0 g
<b>Protein:</b>	33 g

# Grilled Chicken Skewers with Soy Lime Vinaigrette

## Ingredients

- 4 lean, boneless and skinless chicken breasts, cut into 2-inch strips
- 1 teaspoon grated lime zest
- 2 tablespoons lime juice (from about 1 lime)
- 1/8 teaspoon cayenne
- 1-1/2 teaspoons low sodium soy sauce
- 1 teaspoon white wine vinegar
- Salt and pepper, to taste (optional)

*\*Nutrition Facts calculated without added salt.*

## Directions

- **PREPARE** grill.
- **THREAD CHICKEN STRIPS** onto skewers and place on a platter.
- **IN A SMALL BOWL**, whisk together the lime zest, lime juice, cayenne, soy sauce, vinegar, salt and pepper (if using). Use a pastry brush and brush the chicken on all sides with the vinaigrette.
- **GRILL SKEWERS** for 5 minutes on each side or until cooked through. Brush on any additional vinaigrette during last minute of grilling.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	133
<b>Calories from fat:</b>	13
<b>Total fat:</b>	1 g
<b>Saturated fat:</b>	0 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	68 mg
<b>Sodium:</b>	125 mg
<b>Total carbohydrates:</b>	1 g
<b>Dietary fiber:</b>	0 g
<b>Sugars:</b>	0 g
<b>Protein:</b>	27 g

# Grilled Curry Chicken with Cucumber Raita

## Ingredients

### Main ingredients:

- 4 skinless and boneless chicken breasts
- 2 tablespoons curry paste
- 1 tablespoon oil
- 1/2 tablespoon brown sugar
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cumin

### Ingredients for raita sauce:

- 1/2 of a medium sized cucumber, grated
- 1/2 teaspoon salt
- 1 cup plain, low-fat yogurt
- 2 tablespoons fresh mint, chopped
- 2 tablespoons lemon juice

## Directions

- **PLACE CHICKEN BREASTS** between two layers of plastic wrap then pound them using the flat side of a meat mallet. You can also use a rolling pin to flatten them.
- **IN A SMALL BOWL**, combine the curry paste, oil, sugar, ginger and cumin. Sprinkle the spices over each side of the chicken then grill for 10 to 15 minutes, turning once or until the meat is cooked through.
- **MAKE THE RAITA SAUCE:** In a small bowl, add the grated cucumber, salt, yogurt, mint and lemon juice. Stir until combined.
- **SERVE THE CHICKEN** and pass the raita at the table.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>223</b>
<b>Calories from fat:</b>	<b>53</b>
<b>Total fat:</b>	<b>6</b>
<b>Saturated fat:</b>	<b>1 g</b>
<b>Trans fat:</b>	<b>0 g</b>
<b>Cholesterol:</b>	<b>70 mg</b>
<b>Sodium:</b>	<b>597 mg</b>
<b>Total carbohydrates:</b>	<b>10 g</b>
<b>Dietary fiber:</b>	<b>1 g</b>
<b>Sugars:</b>	<b>8 g</b>
<b>Protein:</b>	<b>31 g</b>

# Grilled Halibut with Jicama Salsa

## Ingredients

Ingredients for jicama salsa:

- 2 cups peeled and chopped jicama
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1 medium cucumber, peeled and chopped
- 1 medium orange, peeled and chopped

Main ingredients:

- 6 (6 ounce) halibut filets
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/8 teaspoon dried rosemary

## Directions

- **MIX ALL JICAMA SALSA INGREDIENTS** in a bowl, cover and refrigerate for 2 hours.
- **PLACE FISH FILETS IN A LARGE**, shallow glass baking dish. Whisk together olive oil, lime juice, and herbs. Pour marinade over fish, cover, and refrigerate 2 to 4 hours.
- **PREHEAT BARBECUE** or gas grill.
- **OIL GRILLING RACK**, and adjust height to between 4 to 6 inches from heat. Remove fish from marinade, and place on grill. Cook 10 minutes per inch of thickness, or until fish flakes with a fork. Turn once to brown both sides.
- **SERVE FISH** with jicama salsa.

Makes 6 servings.

### **Serving Size: 1/6 of recipe**

#### **Per serving:**

<b>Calories:</b>	264
<b>Calories from fat:</b>	77
<b>Total fat:</b>	9 g
<b>Saturated fat:</b>	1 g
<b>Cholesterol:</b>	54 mg
<b>Sodium:</b>	192 mg
<b>Total carbohydrates:</b>	9 g
<b>Dietary fiber:</b>	3 g
<b>Sugars:</b>	0 g
<b>Protein:</b>	36 g

# Grilled Lime Shrimp Kebabs

## Ingredients

- 16 large shrimp, uncooked, deveined
- 3 large limes
- 2 cloves garlic, crushed and peeled
- 1/4 teaspoon black pepper
- 2 teaspoons olive oil
- 2 tablespoons fresh cilantro, cleaned and chopped
- 10 medium cherry tomatoes, rinsed and dried
- 10 small white-button mushrooms, wiped clean and stems removed

## Directions

- IN A GLASS MEASURING CUP, squeeze limes, yielding 1/4 cup of juice.
- ADD THE GARLIC, pepper, olive oil, and cilantro and stir.
- PLACE THE SHRIMP in a medium bowl and pour the cilantro lime marinade over the shrimp. Let the shrimp marinate for 10 to 15 minutes in the refrigerator (do not let them marinate for more than 30 minutes as the acid of the juice will alter the texture of the shrimp).
- ALTERNATE CHERRY tomatoes, mushrooms, and shrimp on four skewers.
- GRILL THE SKEWERS over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

*Add or substitute your favorite veggies, or add delicious grilled mango or pineapple cubes.*

*Makes 2 servings.*

### **Serving Size: 2 kebabs**

#### **Per serving:**

<b>Calories:</b>	160
<b>Calories from fat:</b>	60
<b>Total fat:</b>	6 g
<b>Saturated fat:</b>	1 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	85 mg
<b>Sodium:</b>	95 mg
<b>Total carbohydrate:</b>	17 g
<b>Dietary fiber:</b>	4 g
<b>Sugars:</b>	5 g
<b>Protein:</b>	15 g



# Grilled Minted Lamb Chops

## Ingredients

- 4 (about 1 pound) lamb rib chops
- 2 tablespoons fresh mint, coarsely chopped
- 2 tablespoon fresh squeezed lemon juice (about 1 lemon)
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1/2 tablespoon fresh grated ginger root
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- Pinch cayenne pepper
- 1 clove garlic, minced
- 1 tablespoon fresh mint, chopped (for garnish)

## Directions

- **TRIM OFF EXCESS** fat from chops. Place chops in a shallow dish and set aside.
- **IN A SMALL BOWL**, combine the mint, lemon juice, oil, water, ginger, paprika, cumin, cayenne and garlic. Mix well then pour over lamb chops, covering both sides. Cover dish with plastic wrap and place in refrigerator for at least 4 hours or preferably overnight.
- **REMOVE CHOPS** from dish and discard marinade.
- **PREPARE GRILL** until coals are hot. Grill chops until desired doneness, turning once. Lamb chops are cooked when the center of the thickest part is at least 140°F measured with a metal stem meat thermometer.
- **TRANSFER LAMB** chops to a platter and sprinkle with the chopped fresh mint and serve.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>217</b>
<b>Calories from fat:</b>	<b>116</b>
<b>Total fat:</b>	<b>13 g</b>
<b>Saturated fat:</b>	<b>4 g</b>
<b>Cholesterol:</b>	<b>75 mg</b>
<b>Sodium:</b>	<b>94 mg</b>
<b>Total carbohydrates:</b>	<b>1 g</b>
<b>Dietary fiber:</b>	<b>0 g</b>
<b>Sugars:</b>	<b>0 g</b>
<b>Protein:</b>	<b>3 g</b>

# Grilled Shrimp with Pasta and Pineapple Salsa

## Ingredients

- 2 15-ounce cans of pineapple chunks, packed in their own juice, drained
- 1 large red pepper, chopped
- 1 large red onion, chopped
- 1 jalapeno pepper, minced
- 1/2 cup orange juice
- 1/3 cup lime juice
- 1-1/2 pounds large shrimp, peeled and deveined
- 6 cups cooked rotini pasta

## Directions

- **IN A LARGE BOWL**, combine all the salsa ingredients EXCEPT the shrimp and the pasta.
- **PREPARE AN OUTSIDE GRILL** with an oiled rack set 4 inches above the heat source. On a gas grill set the heat to high.
- **GRILL THE SHRIMP** on each side for 2 minutes.
- **TOSS THE PASTA** with the salsa, arrange the shrimp on top, and serve.

*Makes 12 servings.*

### **Serving Size: 1/12th recipe**

#### **Per serving:**

<b>Calories:</b>	<b>408</b>
<b>Calories from fat:</b>	<b>20</b>
<b>Total fat:</b>	<b>2g</b>
<b>Saturated fat:</b>	<b>0g</b>
<b>Cholesterol:</b>	<b>165 mg</b>
<b>Sodium:</b>	<b>196 mg</b>
<b>Total carbohydrate:</b>	<b>70 g</b>
<b>Dietary fiber:</b>	<b>4 g</b>
<b>Sugars:</b>	<b>21 g</b>
<b>Protein:</b>	<b>27 g</b>

# Grilled Stuffed Portobello Mushrooms

## Ingredients

- 2/3 cup fresh tomatoes, chopped
- 1/4 cup shredded part-skim mozzarella cheese
- 1 teaspoon olive oil, divided
- 1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried rosemary
- 1/8 teaspoon ground black pepper
- 1 garlic clove, crushed
- 4 (5-6" diameter) portobello mushroom caps
- 2 tablespoons fresh lemon juice
- 2 teaspoons low-sodium soy sauce
- Low-fat cooking spray
- 2 teaspoons fresh cilantro, chopped

## Directions

- **PREPARE** the grill.
- **IN A SMALL BOWL**, combine tomatoes, mozzarella, 1/2 teaspoon of the olive oil, rosemary, pepper and garlic.
- **USING A SPOON**, scoop out the gills of the mushroom caps and remove the stems and discard.
- **IN A SMALL BOWL**, mix 1/2 teaspoon of the olive oil, lemon juice and soy sauce. Using a pastry brush, brush the soy sauce mixture on both sides of the mushroom caps.
- **GRILL THE CAPS**, stem side down first for 5 minutes on each side or until soft.
- **SPOON 1/4 CUP** of the tomato and cheese mixture into each cap, cover and grill for about 3 minutes or until cheese has melted.
- **GARNISH** with cilantro.

Makes 4 servings.

### **Serving Size: 1/4th recipe**

#### **Per serving:**

<b>Calories:</b>	73
<b>Calories from fat:</b>	25
<b>Total fat:</b>	3 g
<b>Saturated fat:</b>	1 g
<b>Cholesterol:</b>	4 g
<b>Sodium:</b>	126 mg
<b>Total carbohydrates:</b>	8 g
<b>Dietary fiber:</b>	2 g
<b>Sugars:</b>	0 g
<b>Protein:</b>	6 g

# Grilled Tofu and Mushroom Brochettes

## Ingredients

- 1 lemon
- 1 garlic clove, crushed
- 3 tablespoons olive oil
- 4 tablespoons white wine vinegar
- 1 tablespoon fresh rosemary, chopped
- 1 tablepoon cilantro, chopped
- 1 tablepoon fresh thyme, chopped
- 10-1/2 ounce package of firm bean curd (tofu)
- 12 ounces white button mushrooms
- salt and pepper, to taste (salt not calculated with Nutrition Facts)

## Directions

- **WASH OUTSIDE** of lemon thoroughly with warm water and soap. Pat dry then grate peel and set aside. Slice lemon in half and squeeze out juice into a medium-sized bowl.
- **ADD THE GARLIC**, oil, vinegar and chopped herbs with the lemon juice and mix well. Add salt and pepper to taste.
- **CLEAN MUSHROOMS** with a damp cloth to remove any excess soil. Slice mushrooms in half and set aside.
- **USING A SHARP KNIFE**, slice the tofu into medium-sized chunks. Thread tofu alternated with sliced mushrooms onto metal or wood skewers. Place brochettes into a shallow pan and pour the lemon-herb marinade over the skewers, coating evenly. Cover with plastic wrap and refrigerate for 1 to 2 hours.
- **PREPARE GRILL.** Remove brochettes and set aside marinade for basting. Cook brochettes over a hot grill, brushing often with the reserved marinade for about 6 minutes or until cooked through.
- **SERVE** with an extra sprinkling of chopped fresh herbs and lemon wedges.

Makes 4 servings.

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>164</b>
<b>Calories from fat:</b>	<b>112</b>
<b>Total fat:</b>	<b>12 g</b>
<b>Saturated fat:</b>	<b>2 g</b>
<b>Cholesterol:</b>	<b>0 mg</b>
<b>Sodium:</b>	<b>31 mg</b>
<b>Total carbohydrates:</b>	<b>8 g</b>
<b>Dietary fiber:</b>	<b>2 g</b>
<b>Sugars:</b>	<b>1 g</b>
<b>Protein:</b>	<b>8 g</b>

# Grilled Tuna Steaks

## Ingredients

- 4 tuna steaks (4 ounces each)
- 2 tablespoons low sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- 1 teaspoon whole-grain mustard
- 1 tablespoon vegetable oil
- chopped parsley for garnish (optional)
- lemon wedges (optional)

## Directions

- **PLACE TUNA** in a shallow dish in a single layer.
- **IN A SMALL BOWL**, whisk together the soy sauce, Worcestershire sauce, sugar, mustard, and oil until combined.
- **POUR MARINADE** over tuna and gently turn steaks until well-coated on each side.
- **COVER** with plastic wrap and refrigerate for at least 30 minutes up to 2 hours.
- **PREPARE GRILL**. Remove tuna and reserve marinade for basting. Grill tuna for about 10 to 15 minutes, turning once and basting often with reserved marinade.
- **SERVE TUNA STEAKS** with lemon wedges and garnish with chopped parsley.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>162</b>
<b>Calories from fat:</b>	<b>42</b>
<b>Total fat:</b>	<b>5 g</b>
<b>Saturated fat:</b>	<b>1 g</b>
<b>Cholesterol:</b>	<b>51 mg</b>
<b>Sodium:</b>	<b>417 mg</b>
<b>Total carbohydrates:</b>	<b>2 g</b>
<b>Dietary fiber:</b>	<b>0 g</b>
<b>Sugars:</b>	<b>0 g</b>
<b>Protein:</b>	<b>27 g</b>



# Apple Carrot Salad

## Ingredients

- 1 cup shredded carrot
- 3 (medium) unpared and diced apples
- 1 tablespoon lemon juice
- 1/2 cup raisins
- 1/3 cup low-fat mayonnaise

## Directions

- COMBINE all ingredients.
- CHILL thoroughly.
- SERVE on salad greens.

*Makes 6 servings.*

**Serving Size: 1/6 of recipe****Per serving:**

Calories:	110
Calories from fat:	10
Total fat:	1 g
Saturated fat:	0 g
Trans fat:	0 g
Cholesterol:	0 mg
Sodium:	140 mg
Total carbohydrates:	25 g
Dietary fiber:	3 g
Sugars:	20 g
Protein:	1 g

# Corn Salad

## Ingredients

- 3 cups canned corn or thawed frozen corn
- 2 tablespoons olive oil
- 1 cup minced red onion
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 green bell pepper, seeded, and diced
- 1 red bell pepper, seeded and diced
- 1-1/2 cups seeded and diced tomatoes
- 4 tablespoons chopped fresh cilantro
- 3 tablespoons cider vinegar
- salt and pepper to taste

## Directions

- IN A SMALL SAUTÉ PAN, warm olive oil over medium heat.
- ADD ONION and sauté for a few minutes.
- ADD CHILI POWDER and cumin and sauté for 1 minute longer.
- IN A SERVING BOWL, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix.
- ADD CILANTRO and vinegar. Toss well to combine.
- SEASON TO TASTE with salt and pepper, and toss again.

This recipe is best served at room temperature.

*Makes 6 servings.*

### **Serving Size: 1/6 of recipe**

#### **Per serving:**

<b>Calories:</b>	150
<b>Calories from fat:</b>	50
<b>Total fat:</b>	6 g
<b>Saturated fat:</b>	1 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	65 mg
<b>Total carbohydrates:</b>	26 g
<b>Dietary fiber:</b>	4 g
<b>Sugars:</b>	6 g
<b>Protein:</b>	4 g

# Green Bean Potato Salad

## Ingredients

- 1 pound green beans, with ends cut
- 2 pounds red potatoes, cut into bite-sized pieces
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion
- 3 cloves garlic, minced
- 3 tablespoons fresh dill
- 4 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- black pepper, to taste

## Directions

- **STEAM GREEN BEANS** in a steamer for 5 to 8 minutes.
- **COOK POTATOES** in boiling water until tender.
- **COOL GREEN BEANS** and potatoes and place in a bowl.
- **WHILE THE BEANS AND POTATOES ARE COOLING**, prepare the dressing by mixing together the garlic, dill, vinegar, oil, mustard and pepper.
- **ADD ONION** and bell pepper to the cooled green beans and potatoes, top with dressing.

*Makes 8 servings.*

**Serving Size: 1/8 of recipe****Per serving:**

<b>Calories:</b>	160
<b>Calories from fat:</b>	50
<b>Total fat:</b>	5 g
<b>Saturated fat:</b>	1 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	35 mg
<b>Total carbohydrates:</b>	26 g
<b>Dietary fiber:</b>	4 g
<b>Sugars:</b>	4 g
<b>Protein:</b>	4 g

# Grilled Vegetable Kebabs

## Ingredients

- 2 medium zucchini
- 2 medium yellow squash
- 2 red or green bell peppers, seeded
- 2 medium red onions
- 16 cherry tomatoes
- 8 ounces fresh mushrooms
- 2 medium ears sweet corn
- nonstick vegetable oil spray

## Sauce

- 1/2 cup balsamic vinegar
- 2 tablespoons mustard
- 3 cloves garlic, minced
- 1/4 teaspoon thyme

## Directions

- **RINSE** all the vegetables.
- **CUT** zucchini, squash and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
- **CUT THE CORN** into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
- **MIX THE VINEGAR**, mustard, garlic and thyme for the sauce.
- **TOSS VEGETABLES** in the sauce and thread vegetables onto eight skewers.\*
- **BEFORE STARTING THE GRILL**, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
- **GRILL 20 MINUTES** or until tender.

*\*You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender. If you use wooden skewers, soak them in water for 30 minutes before using.*

Makes 8 servings.

### **Serving Size: 1 kebab**

#### **Per serving:**

<b>Calories:</b>	73
<b>Total fat:</b>	1 g
<b>Saturated fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	107 mg
<b>Total fiber:</b>	4 g
<b>Protein:</b>	4 g
<b>Total carbohydrates:</b>	4 g
<b>Potassium:</b>	515 mg

# Pineapple Slaw

## Ingredients

- 2-1/2 cups shredded cabbage
- 1 cup shredded carrots
- 1 cup pineapple chunks
- 1/4 cup raisins
- 2-1/2 tablespoons pineapple juice

## Directions

- COMBINE ALL INGREDIENTS in large bowl.
- TOSS AND SERVE or put in refrigerator covered until serving time.

*Makes 6 servings.*

**Serving Size: 1/6 of recipe****Per serving:**

Calories:	60
Calories from fat:	0
Total fat:	0 g
Saturated fat:	0 g
Trans fat:	0 g
Cholesterol:	0 mg
Sodium:	20 mg
Total carbohydrates:	14 g
Dietary fiber:	2 g
Sugars:	11 g
Protein:	1 g



# Potato Vegetable Salad with Yogurt

## Ingredients

- 2 pounds red potatoes
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 medium carrots, peeled
- 1 medium cucumber
- 3/4 cup sliced radishes
- 1/2 cup sliced scallions
- 1 cup plain low-fat yogurt
- 3 tablespoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

## Directions

- **STEAM POTATOES** until they are tender.
- **WHILE POTATOES ARE COOLING**, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool.
- **CUT CARROTS** into thin slivers.
- **SLICE** cucumber.
- **CUT POTATOES** into chunks.
- **GENTLY STIR** all vegetables together in a large mixing bowl.
- **IN ANOTHER BOWL**, whisk together yogurt, mustard, salt and pepper.
- **POUR YOGURT** dressing over vegetables and stir carefully coated evenly.
- **REFRIGERATE** 1 hour before serving.

*Makes 6 servings.*

### **Serving Size: 1/6 of recipe**

#### **Per serving:**

<b>Calories:</b>	170
<b>Calories from fat:</b>	10
<b>Total fat:</b>	1 g
<b>Saturated fat:</b>	0 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	360 mg
<b>Total carbohydrates:</b>	34 g
<b>Dietary fiber:</b>	5 g
<b>Sugars:</b>	8 g
<b>Protein:</b>	7 g

# Rosemary Potato Skewers

## Ingredients

- 4 (about 1-1/3 pound) medium red potatoes, peeled and cut into 1-1/2 inch chunks
- 1 tablespoon olive oil
- 2 teaspoons butter, melted
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 1 large clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 (12") skewers (metal or bamboo) soaked in warm water for 30 minutes

## Directions

- **PREPARE** a charcoal grill or preheat broiler.
- **IN A HEAVY SAUCEPAN** with tight-fitting lid, cook the potatoes in 2 inches of boiling water until tender, approximately 15 minutes.
- **DRAIN POTATOES;** cool slightly and thread onto skewers.
- **IN A SMALL BOWL,** mix together remaining ingredients.
- **PLACE POTATO SKEWERS** on the grill 3 to 4 inches above the glowing embers.
- **BRUSH THE SKEWERS** with the rosemary mixture.
- **GRILL,** basting and turning several times, until the potatoes are lightly browned, approximately 10 to 12 minutes.

*Makes 4 servings.*

***Serving Size: 1 skewer******Per serving:***

<i>Calories:</i>	<i>160</i>
<i>Calories from fat:</i>	<i>50</i>
<i>Total fat:</i>	<i>5 g</i>
<i>Saturated fat:</i>	<i>2 g</i>
<i>Trans fat:</i>	<i>0 g</i>
<i>Cholesterol:</i>	<i>5 mg</i>
<i>Sodium:</i>	<i>300 mg</i>
<i>Total carbohydrates:</i>	<i>24 g</i>
<i>Dietary fiber:</i>	<i>3 g</i>
<i>Sugars:</i>	<i>2 g</i>
<i>Protein:</i>	<i>3 g</i>

# Spinach-Orange Salad

## Ingredients

- 4 cups spinach, torn into pieces
- 2 medium oranges, sectioned
- 2/3 cup fresh mushrooms, sliced
- 1/2 cup red onion, sliced
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 1/4 cup orange juice (from sectioning of orange)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon pepper

## Directions

- **PLACE SPINACH** in bowl. Add orange sections, mushrooms and onion. Toss lightly to mix.
- **Mix** oil, vinegar, orange juice, ginger and pepper well. Pour over spinach mixture. Toss to mix.
- **CHILL.**

*Makes 4 servings.*

**Serving Size: 1/4 of recipe****Per serving:**

<i>Calories:</i>	110
<i>Total fat:</i>	7 g
<i>Saturated fat:</i>	1 g
<i>Cholesterol:</i>	0 mg
<i>Sodium:</i>	25 mg

# Sweet Potato Salad

## Ingredients

- 2-1/2 pounds sweet potatoes
- 2 medium-sized tart green apples, unpeeled and cut in 1/2 inch dice
- 1 small fresh pineapple, cut into 1/2 inch chunks or 1 (20 ounce) can pineapple tidbits
- 1/2 cup golden raisins
- 3/4 cup mayonnaise
- 3/4 cup plain yogurt
- 1-1/2 tablespoons curry powder
- 1/2 teaspoon salt

## Directions

- **IN A SAUCEPAN** cover potatoes with salted cold water. Bring to a boil, reduce heat and simmer, covered, until just tender, about 15 to 20 minutes.
- **DRAIN POTATOES** well. Peel potatoes while warm and then allow to cool completely before cutting into 3/4 inch chunks and place in large bowl.
- **ADD THE APPLES**, pineapple and raisins, set aside.
- **IN A SMALL BOWL**, whisk together remaining ingredients.
- **ADD TO POTATO MIXTURE** and toss gently until well combined.
- **CHILL** for a minimum of 1 hour before serving.

*Makes 10 servings.*

### **Serving Size: 1/10 salad**

#### **Per serving:**

<b>Calories:</b>	200
<b>Calories from fat:</b>	60
<b>Total fat:</b>	6 g
<b>Saturated fat:</b>	1 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	5 mg
<b>Sodium:</b>	300 mg
<b>Total carbohydrates:</b>	36 g
<b>Dietary fiber:</b>	4 g
<b>Sugars:</b>	20 g
<b>Protein:</b>	3 g

# Tomato, Cucumber and Red Onion Salad with Mint

## Ingredients

- 2 large cucumbers, halved lengthwise, seeded and sliced
- 1/3 cup red wine vinegar
- 1 tablespoon white sugar
- 1 teaspoon salt
- 3 large tomatoes, seeded and coarsely chopped
- 2/3 cup coarsely chopped red onion
- 1/2 cup chopped fresh mint leaves
- 1 tablespoon olive oil

## Directions

- IN A LARGE BOWL, toss together the cucumbers, vinegar, sugar and salt.
- LET STAND at room temperature for an hour, stirring occasionally.
- ADD TOMATOES, onion, mint and oil to cucumbers and toss to blend.

*Makes 6 servings.*

### **Serving Size: 1/6 salad**

#### **Per serving:**

<b>Calories:</b>	70
<b>Calories from fat:</b>	25
<b>Total fat:</b>	3 g
<b>Saturated fat:</b>	0 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	400 mg
<b>Total carbohydrates:</b>	12 g
<b>Dietary fiber:</b>	2 g
<b>Sugars:</b>	7 g
<b>Protein:</b>	2 g



# Chickpea Dip

## Ingredients

- 3 cloves garlic
- 1/4 cup plain low-fat yogurt
- 1 tablespoon fresh lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1 (19 ounce) can chickpeas, drained

## Directions

- **PUT ALL INGREDIENTS** into a food processor and blend until smooth.
- **SERVE AT ROOM TEMPERATURE** with pita chips, crackers, carrots or other dipping vegetables.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>140</b>
<b>Calories from fat:</b>	<b>30</b>
<b>Total fat:</b>	<b>4 g</b>
<b>Saturated fat:</b>	<b>0 g</b>
<b>Trans fat:</b>	<b>0 g</b>
<b>Cholesterol:</b>	<b>0 mg</b>
<b>Sodium:</b>	<b>300 mg</b>
<b>Total carbohydrates:</b>	<b>21 g</b>
<b>Dietary fiber:</b>	<b>5 g</b>
<b>Sugars:</b>	<b>4 g</b>
<b>Protein:</b>	<b>7 g</b>

# Cucumber Yogurt Dip

## Ingredients

- 2 cups plain low-fat yogurt
- 2 large cucumbers, peeled and seeded
- 1/2 cup non-fat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

## Directions

- **GRATE ONE CUCUMBER.** Slice other cucumber and set aside.
- **MIX YOGURT,** grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl.
- **CHILL** for 1 hour.
- **ARRANGE TOMATOES,** cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

*Makes 6 servings.*

### **Serving Size: 1/6 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>100</b>
<b>Calories from fat:</b>	<b>15</b>
<b>Total fat:</b>	<b>2 g</b>
<b>Saturated fat:</b>	<b>1 g</b>
<b>Trans fat:</b>	<b>0 g</b>
<b>Cholesterol:</b>	<b>5 mg</b>
<b>Sodium:</b>	<b>90 mg</b>
<b>Total carbohydrates:</b>	<b>17 g</b>
<b>Dietary fiber:</b>	<b>2 g</b>
<b>Sugars:</b>	<b>11 g</b>
<b>Protein:</b>	<b>7 g</b>

# Fresh Salsa

## Ingredients

- 6 tomatoes, preferably Roma (or 3 large tomatoes) chopped
- 1/2 medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, finely chopped
- 3 tablespoons cilantro, chopped
- 1/8 teaspoon oregano, finely crushed
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 avocado, diced (black skin)
- juice of 1 lime

*Fresh herbs add flavor — so you can use less salt.*

## Directions

- **COMBINE ALL** ingredients in a glass bowl.
- **SERVE IMMEDIATELY** or refrigerate and serve within 4 or 5 hours.

*Makes 8 servings.*

### **Serving Size: 1/2 cup**

#### **Per serving:**

<b>Calories:</b>	<b>42</b>
<b>Total fat:</b>	<b>2 g</b>
<b>Saturated fat:</b>	<b>&lt;1 g</b>
<b>Cholesterol:</b>	<b>0 mg</b>
<b>Sodium:</b>	<b>44 mg</b>
<b>Calcium:</b>	<b>12 mg</b>
<b>Iron:</b>	<b>1 mg</b>
<b>Fiber:</b>	<b>2 g</b>
<b>Protein:</b>	<b>1 g</b>
<b>Total carbohydrates:</b>	<b>7 g</b>
<b>Potassium:</b>	<b>337 mg</b>

# Papaya Pineapple Salsa

## Ingredients

- 3/4 cup diced ripe papaya
- 3/4 cup diced fresh pineapple
- 1/2 cup diced jícama
- 3 tablespoons chopped red onion
- 1 chili pepper, serrano or jalapeno
- 1 garlic clove, minced
- 2 teaspoons lime zest
- 2 teaspoons fresh lime juice
- 1 teaspoon minced cilantro

## Directions

- **COMBINE** PAPAYA, pineapple, jícama, red onion, chili pepper, garlic zest, lime juice and cilantro.
- **COVER** and refrigerate until ready to serve.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	40
<b>Calories from fat:</b>	0
<b>Total fat:</b>	0 g
<b>Saturated fat:</b>	0 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	0 mg
<b>Total carbohydrates:</b>	10 g
<b>Dietary fiber:</b>	2 g
<b>Sugars:</b>	5 g
<b>Protein:</b>	1 g

# South-of-the-Border Watermelon Walla-Walla Sweet Onion Salsa

## Ingredients

- 2 cups chopped seedless watermelon
- 3/4 cup Walla Walla sweet onion
- 3/4 cup canned black beans, rinsed and drained
- 1/4 cup chopped and seeded jalapeno chilies
- 1/4 cup chopped fresh cilantro
- 1 large clove garlic, finely chopped
- 1 tablespoon brown sugar
- pinch of salt

## Directions

- **STIR TOGETHER** all ingredients in bowl.
- **REFRIGERATE**, covered at least 1 hour to blend flavors.
- **STIR** before serving.

*Makes 4 servings.*

### **Serving Size: 1/4 of recipe**

#### **Per serving:**

<b>Calories:</b>	<b>90</b>
<b>Calories from fat:</b>	<b>5</b>
<b>Total fat:</b>	<b>1 g</b>
<b>Saturated fat:</b>	<b>0 g</b>
<b>Trans fat:</b>	<b>0 g</b>
<b>Cholesterol:</b>	<b>0 mg</b>
<b>Sodium:</b>	<b>440 mg</b>
<b>Total carbohydrates:</b>	<b>19 g</b>
<b>Dietary fiber:</b>	<b>4 g</b>
<b>Sugars:</b>	<b>10 g</b>
<b>Protein:</b>	<b>4 g</b>



## Sun-Dried Tomato Hummus

### Ingredients

- 2 cans (15 ounce) chickpeas, rinsed and drained
- 1/3 cup fat-free yogurt
- 1/4 cup tahini (sesame seed paste)
- 3 garlic cloves
- 1/2 cup chopped sun-dried tomato
- 1 teaspoon dried oregano leaves
- 2 teaspoons lemon juice

### Directions

- **PROCESS** CHICKPEAS, yogurt, tahini, garlic in food processor until smooth.
- **STIR IN** sun-dried tomato bits and herbs; season to taste with lemon juice.
- **REFRIGERATE** 2 hours.
- **SPOON** HUMMUS into serving bowl and serve with toasted pita wedges.

*Makes 8 servings.*

#### **Serving Size: 1/8 of recipe**

#### **Per serving:**

<b>Calories:</b>	190
<b>Calories from fat:</b>	50
<b>Total fat:</b>	5 g
<b>Saturated fat:</b>	1 g
<b>Trans fat:</b>	0 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	400 mg
<b>Total carbohydrates:</b>	29 g
<b>Dietary fiber:</b>	6 g
<b>Sugars:</b>	2 g
<b>Protein:</b>	8 g

## 1-2-3 Peach Cobbler

### Ingredients

- 1/2 teaspoon ground cinnamon
- 1 tablespoon vanilla extract
- 2 tablespoons cornstarch
- 1 cup peach nectar
- 1/4 cup pineapple or peach juice
- 1-3/4 pounds fresh peaches, sliced
- 1 tablespoon tub margarine
- 1 cup dry pancake mix
- 2/3 cup all-purpose flour
- 1/2 cup sugar
- 2/3 cup evaporated skim milk
- As needed, nonstick cooking spray
- 1/2 teaspoon nutmeg
- 1 tablespoon brown sugar

### Directions

- **COMBINE CINNAMON**, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
- **ADD SLICED PEACHES** to mixture. Reduce heat and simmer for 5 to 10 minutes.
- **IN ANOTHER** saucepan, melt margarine and set aside.
- **LIGHTLY SPRAY** 8-inch square glass dish with cooking spray. Pour in peach mixture.
- **IN ANOTHER BOWL**, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this mixture over peach mixture.
- **COMBINE NUTMEG** and brown sugar. Sprinkle mixture on top of batter.
- **BAKE AT 400° F** for 15 to 20 minutes, or until golden brown. Cool and cut into 8 squares.

*Makes 8 servings.*

#### **Serving Size: 1 square**

#### **Per serving:**

<b>Calories:</b>	271
<b>Total fat:</b>	4 g
<b>Saturated fat:</b>	<1 g
<b>Cholesterol:</b>	<1 mg
<b>Sodium:</b>	263 mg
<b>Total fiber:</b>	2 g
<b>Protein:</b>	4 g
<b>Carbohydrates:</b>	54 g
<b>Potassium:</b>	284 mg

## Grilled Fruit Kebabs

### Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cinnamon
- 1/4 cup fresh mint, chopped
- 2 apples, cored and cut into 1-inch pieces
- 2 bananas, peeled and cut into 1-inch pieces
- 2 peaches, pitted and cut into 1-inch pieces
- 4 kiwifruit, peeled and sliced into 1-inch thick sections
- 4 1-inch slices fresh pineapple, peeled, cored and cut into 1-inch pieces  
(or 1 can pineapple chunks)
- 16 strawberries, washed and hulled

### Directions

- **PREPARE** grill.
- **IN A SMALL BOWL**, combine oil, sugar, lime juice, cinnamon and mint. Mix until sugar is dissolved.
- **IF USING WOODEN SKEWERS**, soak in water for about 10 minutes to prevent from scorching. Alternate fruit pieces and thread onto skewers.
- **BRUSH KEBABS** with the sugar mixture then place on grill.
- **GRILL KEBABS** for about 6 to 8 minutes, turning frequently until fruit starts to brown and is heated through.

*Makes 8 servings.*

#### **Serving Size: 1 kebab**

#### **Per serving:**

<b>Calories:</b>	162
<b>Calories from fat:</b>	39
<b>Total fat:</b>	4 g
<b>Saturated fat:</b>	1 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	5 mg
<b>Total carbohydrates:</b>	33 g
<b>Dietary fiber:</b>	5 g
<b>Sugars:</b>	3 g
<b>Protein:</b>	1 g

# Oatmeal Cookies

## Ingredients

- 3/4 cup sugar
- 2 tablespoons margarine
- 1 egg
- 1/4 cup canned applesauce
- 2 tablespoons low-fat milk
- 1 cup flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1 cup + 2 tablespoons quick rolled oats

## Directions

- **PREHEAT OVEN** to 350°F. Lightly grease cookie sheets.
- **IN A LARGE BOWL**, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
- **SLOWLY ADD EGG**; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed 1 minute. Scrape sides of bowl.
- **IN ANOTHER BOWL**, combine flour, baking soda and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
- **DROP BY TEASPOONFULS** onto cookie sheet, about 2 inches apart.
- **BAKE UNTIL LIGHTLY BROWNED**, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

*Makes 4 servings.*

**Serving Size: 2 cookies****Per serving:**

<b>Calories:</b>	<b>215</b>
<b>Total fat:</b>	<b>4 g</b>
<b>Saturated fat:</b>	<b>1 g</b>
<b>Cholesterol:</b>	<b>27 mg</b>
<b>Sodium:</b>	<b>84 mg</b>

# Strawberry Banana Yogurt Parfait

## Ingredients

- 4 cups light (no-sugar-added) fat-free vanilla yogurt
- 2 large bananas (about 2 cups), sliced
- 2 cups fresh strawberries, sliced (or use thawed frozen fruit)
- 2 cups graham crackers, crumbled
- 1/2 cup fat-free whipped topping (optional)

## Directions

- **TO MAKE THE PARFAIT**, spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries and 1/8 cup graham crackers.
- **REPEAT THE YOGURT**, banana, strawberry and graham cracker layers.
- **TOP WITH** a rounded tablespoon of fat-free whipped topping, if desired.
- **SERVE THE PARFAIT** immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

*Makes 8 servings.*

**Serving Size: 1 parfait****Per serving:**

<b>Calories:</b>	179
<b>Total fat:</b>	2 g
<b>Saturated fat:</b>	1 g
<b>Cholesterol:</b>	3 mg
<b>Sodium:</b>	190 mg
<b>Total fiber:</b>	2 g
<b>Protein:</b>	6 g
<b>Total carbohydrates:</b>	36 g
<b>Potassium:</b>	438 mg

# Tangy Fruit Salad

## Ingredients

- 2 tablespoons instant sugar-free vanilla pudding mix\*
- 1 cup light vanilla yogurt
- 1 15-ounce can pineapple chunks, in juice, drained
- 1 11-ounce can mandarin oranges, in juice, drained
- 1 cup grapes
- 2 medium bananas, sliced

\*THE LEFTOVER PUDDING MIX can be blended with milk (according to the box instructions) and used as a topping for berries.

## Directions

- COMBINE PUDDING mix and yogurt. Mix fruit in medium bowl.
- STIR FRUIT into yogurt mixture.
- REFRIGERATE. Serve when chilled.

*Makes 6 servings.*

**Serving Size: 1/2 cup****Per serving:**

Calories:	134
Total fat:	0 g
Saturated fat:	0 g
Cholesterol:	1 mg
Sodium:	38 mg
Total fiber:	3 g
Protein:	3 g
Total carbohydrates:	33 g
Potassium:	417 mg