HEALTHY RECIPE

CHICKEN & VEGGIE KABOBS



One of the best parts of summer is firing up the grill on a regular basis. For quick and easy weeknight grilling, chicken and veggie kabobs hit the spot. Marinated in a mixture of lemon and herbs, these loaded skewers make for a healthy and delicious dinner.

NUTRITION INFORMATION
(per serving): Calories 345; total fat 15g; saturated fat 1.6g; total carbohydrate 15.2g; protein 41.2g

INGREDIENTS (serves 4)

- 3 lemons, juiced
- 3 cloves minced garlic
- 4 tablespoons dried dill
- 2 pounds boneless, skinless chicken breast, cut into similarly sized chunks
- 1 yellow onion, quartered and cut into large pieces
- 1 red pepper, cored and cut into large pieces
- 16-20 baby portobello mushrooms, stems removed
- 2 small zucchini, cut into 1-inch rounds
- 3 tablespoons olive oil
- Salt and pepper
- Metal or soaked wooden skewers

DIRECTIONS

1. Prepare the marinade in a long, shallow baking dish by combining lemon juice, olive oil, garlic, herbs, 1/2 teaspoon salt, and 1/2 teaspoon fresh ground pepper. Set aside.
2. Prepare the kabobs by skewering alternating pieces of chicken and various veggies.
3. Place the skewers in the baking dish with the marinade, and roll to coat. Cover the dish, and refrigerate overnight, or at least for a few hours.
4. When ready to cook, heat grill (or broiler) to high.
5. Place skewers on the grill. Use tongs to turn the skewers occasionally. Cook until the chicken is cooked through, about 15-20 minutes, depending on the size of the chicken pieces.

HEALTHY RECIPE

SPICY QUINOA, CUCUMBER & TOMATO SALAD



Up to 20 percent of our daily hydration needs are met from the foods we eat! Consuming foods rich in water, such as fruits and veggies, will help us stay hydrated and cool, especially during the hot summer months.

NUTRITION INFORMATION (per serving): Calories 194; total fat 11.6g; saturated fat 2g; total carbohydrate 20g; protein 4.2g

INGREDIENTS (serves 6)

- 1 cup quinoa
- 2 cups water
- 2 cups diced cucumber
- 1 small red onion, minced (optional)
- 2 cups diced tomatoes
- 1-2 jalapeño or serrano peppers (to taste), seeded if desired and chopped
- 1/2 cup chopped cilantro, plus several sprigs for garnish
- 2 tablespoons fresh lime juice
- 1 tablespoon red wine vinegar or sherry vinegar
- 3 tablespoons extra virgin olive oil
- 1 avocado, sliced, for garnish

DIRECTIONS

1. Place the quinoa and water in a medium saucepan over medium heat. Bring to a boil, and reduce the heat to low. Cover and simmer 15 minutes or until the quinoa is tender and translucent. Drain off the water in the pan through a strainer, and return the quinoa to the pan.
2. Meanwhile, place the diced cucumber in a colander, and sprinkle with salt. Toss and allow to sit for 15 minutes. Drain off any excess liquid.
3. Combine the tomatoes, jalapenos, onion, cilantro, vinegar, lime juice, and olive oil in a bowl. Add the cucumber and onion, season to taste with salt, and add the quinoa and cilantro. Toss together, taste and adjust seasonings. Serve garnished with sliced avocado and cilantro sprigs.

COOKING SMARTS

BACKYARD BBQ TIPS



Get fired up! Summer is the perfect opportunity to enjoy the outdoors, friends, and food all at once, and grilling is what helps bring them together. Grilling has held an important place in almost every country and culture throughout history. In our busy, chaotic lives, grilling celebrates the delightful simplicity and naturally bold flavors of fresh foods.

As with anything, grilling takes some practice. Follow these simple tips to create a meal that is fun to make and healthy to eat.

1. **MARINADES MATTER.** Marinate proteins and veggies with oil, vinegar, herbs, and spices to add a ton of flavor, while limiting excess fat, sugar, and sodium.
2. **GET ADVENTUROUS.** The grill isn't just for lean proteins. Try grilling fruits and veggies for a new take on old favorites. Try peaches, watermelon, pears, mushrooms, eggplant, and zucchini.

CHEW ON THIS

86% of U.S. households own at least one BBQ, grill, or smoker

July is peak of the grilling season

In-season foods like cherries, blueberries, apricots, peaches, strawberries, green beans, Swiss chard, red potatoes, and beets are all in their prime during July.

3. **CLEAN GETAWAY.** To prevent meats from sticking to the grill, reduce the risk by holding a vegetable oil-soaked paper towel with tongs and rub all over the rack. Avoid spray as it can cause flare ups!
4. **AVOID CHARRED MEAT.** Trim blackened pieces from meat; burned animal proteins become carcinogenic.
5. **KABOBS TO THE RESCUE.** Make kabobs or use a grill basket for foods that easily fall between the grill rack.
6. **REDUCE FAT.** Trim excess fat from meats to reduce calories and create a healthier cut of meat.
7. **GAS VS. CHARCOAL.** Choose gas over a charcoal grill when possible to prevent high carbon monoxide output. Plus, a gas grill is quick and easy to fire up. You can quickly get your meal from the grill to the dinner table.
8. **RAISE A GLASS.** While you grill, sip on a spa water, by adding cucumber or lemon, to keep you hydrated and feeling good!