

Summer Recipes

Five-Grain Salad

Penny Lamb

Serves 8

3 quarts water

4 cups mixed grains (see Grain Note below)

1 cup diced avocado

1 cup diced yellow or red pepper

1 cup chopped arugula

1 cup finely diced red cabbage

4 tablespoons finely crumbled blue cheese or feta or goat cheese (see Cheese Note below)

8 tablespoons olive oil

4 tablespoons lemon juice

3 teaspoons salt

1 teaspoon pepper

Bring water and grains to boil, then simmer 20 to 25 minutes until cooked but still firm. Drain and cool.

Toss grains with remaining ingredients. Serve at room temperature or chilled.

This makes a lot of salad, so if you want it as a side salad you might want to cut it in half. I use it as a cool summer main dish.

Grain Note - You don't really need to use five different grains, just any combination of grains you like, as long as you have 4 total cups of grain. Some possibilities are bulgur, quinoa, soft wheat berries, hard wheat berries, spelt, buckwheat groats, rye, and barley. Do not use rice.

Cheese Note - Only add cheese to the portion of the salad that you will be serving immediately. If you plan to use some of the salad for later meals, save it without the cheese and then add some cheese the next time you serve it.

Curried Chicken Salad

Ina Garten, Barefoot Contessa (& Carol Sue Ray)

Serves: 6

- 3 whole (6 split) chicken breasts, bone-in, skin-on
- Olive oil
- Kosher salt and freshly ground black pepper
- 1 1/2 cups good mayonnaise (See Carol Sue's note)
- 1/3 cup dry white wine
- 1/4 cup chutney (recommended: Major Grey's)
- 3 tablespoons curry powder
- 1 to 1 1/2 cups diced celery (2 – 3 large stalks)
- 1/4 cup chopped green onions, white and green parts (2 – 3 green onions)
- 1/4 cup raisins
- 1 cup whole roasted, salted cashews



Preheat the oven to 350 degrees F. You can also get the grill ready if you want to keep the heat out of the kitchen.

Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin, and dice the chicken into bite-sized pieces.

For the dressing, combine the mayonnaise, wine, chutney, curry powder, and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade. Process until smooth.

Combine the chicken with enough dressing to moisten well. Add the celery, green onions, and raisins, and mix well. Refrigerate for a few hours to allow the flavors to blend. Add the cashews and serve at room temperature.

Carol Sue's Mayonnaise Note: I always change any mayonnaise ingredient in a recipe to 1/2 mayonnaise and 1/2 Greek yogurt. It actually adds some zip and I pretend it's better for me. In this recipe, I added some additional Greek yogurt at the end to give it more moisture.

Dijon Asparagus Salad

Penny Lamb

Serves 4 to 6

2 ounces linguine, broken in half

½ pound asparagus, cut diagonally into 1 ½ inch pieces (about 1 ¾ cups)

9 cherry tomatoes, quartered

2 tablespoons chopped red or white onion

1/3 cup coleslaw salad dressing

2 tablespoons Dijon style mustard

¼ teaspoon salt

¼ teaspoon fresh ground pepper

¼ cup toasted pine nuts or almonds

In a large sauce pan, cook the linguine in lightly salted boiling water (5 minutes for dried).

Add the asparagus and cook 3 to 4 minutes more or until the linguine is tender but still slightly firm and the asparagus is crisp-tender.

Drain and rinse with cold water. Drain well. Put the asparagus into a bowl. Add the tomatoes and onion.

In a small bowl, combine the salad dressing, mustard, salt, and pepper. Add that to the pasta mixture and toss gently to coat. Cover and chill for 2 hours or overnight. Before serving, toss the salad gently with pine nuts.

Grilled Vegetables with Feta and Mint

Ellie Krieger

4 servings at least

- 1 red bell pepper cored and cut into 4 pieces
- 1 eggplant (about 1 pound), cut across into 1/4-inch rounds
- 1 medium onion, cut into 1/4-inch slices
- 2 medium zucchini (about 8 ounces each), cut lengthwise into 1/4-inch slices
- Olive oil cooking spray
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- 1 cup grape tomatoes, halved
- 1/4 cup chopped fresh mint
- Toasted pine nuts
- 1/2 cup crumbled feta cheese



Arrange the vegetables in a single layer on a tray or work surface. Lightly spray both sides with olive oil cooking spray. Preheat a grill or grill pan over a medium-high heat. Grill the vegetables in batches until both sides are nicely charred and the vegetables are just tender, about 10 minutes for the pepper, about 8 minutes for the eggplant and onion, and about 6 minutes for the zucchini. When the vegetables are cool enough to handle, cut into 1/2-inch pieces and transfer to a large bowl.

In a small bowl, whisk together the olive oil, vinegar and oregano. Pour over the vegetables and toss. Season, to taste, with salt and pepper. Gently stir in the tomatoes, pine nuts, and mint. Divide between 4 plates and sprinkle with the feta crumbles.

Picnic Basket Bread

Penny Lamb

Serves 8

1 package active dry yeast
1 cup warm water
2 ½ to 3 cups flour
1 tablespoon sugar
1 teaspoon salt
2 cups finely chopped cooked chicken
1 ½ cups shredded cheese (Cheddar, Swiss, Provolone)
1 10 ounce package frozen spinach, thawed and drained
¼ cup grated Parmesan
¼ cup finely chopped onion
¼ teaspoon salt
1 beaten egg white
1 tablespoon water
2 teaspoon sesame seed

Dissolve the yeast in water in a mixing bowl. Add 1 cup flour, sugar and salt. Beat on low 30 seconds and scrape the bowl constantly. Beat on high 3 minutes.

Stir in as much flour as you can. Turn out onto lightly floured surface. Knead in enough remaining flour to make moderately soft dough that is smooth and elastic (3-5 minutes). Cover and set aside.

Combine the next six ingredients. On a lightly floured surface, roll the dough into a 16"x10" rectangle. Spread the filling lengthwise down the center third and press the edges to seal. Place seam side down on a lightly greased baking sheet. Brush it with a mixture of egg white and water. Sprinkle the bread with sesame seeds.

Bake at 375° until the loaf sounds hollow, about 25-30 minutes. (If needed, cover it with foil the last 10 minutes to prevent overbrowning.)

Quinoa Pilaf

The Incas called Quinoa (keen-wah) their Mother Grain and it has been around for thousands of years. The National Academy of Sciences calls it “one of the best sources of protein in the vegetable kingdom.” It is gluten and wheat free, quick to prepare, and easy to digest. You can find this product of Bolivia in a box in the International or Nutrition section of a good grocery store and now often with the other grains and rice.

Quinoa Corporation and Carol Sue Ray
Serves 6-8.

1/4 cup olive oil
1/2 cup carrot, diced
1/2 cup green onion, diced
1/4 cup celery, diced
2 cloves garlic, crushed
1/4 cup green, yellow, or orange bell pepper, diced
1/4 cup sweet red pepper, diced
1/4 teaspoon oregano
6 cups quinoa, cooked (basic recipe)
salt & pepper to taste
1 cup almonds, sliced
1/2 cup pine nuts
1/4 cup finely diced carrots and 1/4 cup finely diced celery (uncooked)



Prepare a Basic Quinoa recipe:

Place 1 cup quinoa and 2 cups of water (or stock) in a 1.5 quart saucepan and bring to a boil. Reduce to simmer, cover, and cook until all the liquid is absorbed – about 15 – 18 minutes. When done, the grain appears soft and translucent and the germ ring will be visible along the edge of each grain.

Sauté the chopped vegetables in olive oil until they are clear, yet crisp. Stir in the oregano. Add the sautéed mixture to your cooked, hot quinoa in a serving bowl and mix well. Add salt and pepper to taste.

Dry-roast the almonds and pine nuts in heavy skillet until lightly golden. Add the nuts to the bowl and mix.

Add the uncooked carrots and celery to the mixture. These with the nuts will add crunch to the dish.

Quinoa pilaf can be served as a side dish with almost any fish, chicken, or meat. Vary the pilaf using your favorite vegetables or by cooking the quinoa in chicken, fish or vegetable stock instead of water. It can be eaten hot or cold as a salad or high-protein snack.

Roasted Tomato Caprese Salad

Ina Garten, Barefoot Contessa

Serves: 6



- 12 plum tomatoes, halved lengthwise, seeds (not cores) removed
- 1/4 cup good olive oil, plus more for drizzling
- 1 1/2 tablespoons balsamic vinegar
- 2 large garlic cloves, minced
- 2 teaspoons sugar
- Kosher salt and freshly ground black pepper
- 16 ounces fresh salted mozzarella
- 12 fresh basil leaves, julienned

Preheat the oven to 275 degrees F.

Arrange the tomatoes on a sheet pan, cut sides up, in a single layer. Drizzle with 1/4 cup of olive oil and the balsamic vinegar. Sprinkle with the garlic, sugar, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper. Roast for 2 hours until the tomatoes are concentrated and begin to caramelize. Allow the tomatoes to cool to room temperature.

Cut the mozzarella into slices slightly less than 1/2-inch thick. If the slices of mozzarella are larger than the tomatoes, cut the mozzarella slices in half. Layer the tomatoes alternately with the mozzarella on a platter and scatter the basil on top. Sprinkle lightly with salt and pepper and drizzle lightly with olive oil. Serve at room temperature.

Salad Dressing

Penny Lamb's Old Family Recipe

Serves as a substitute for mayonnaise

½ cup sugar

2 tablespoons plus 2 teaspoons flour

¼ teaspoon salt

2 eggs

1 cup water

1 cup cider vinegar

Mix the dry ingredients. Beat in the eggs.

Add water and stir. Add the vinegar. Bring to a boil over medium heat to thicken, stirring constantly.

This is not salad dressing that you would use to dress a salad. It is more like mayonnaise or Miracle Whip.

You can use it wherever a recipe calls for mayonnaise, such as in deviled eggs, potato salad, tuna or chicken salad, and as a sandwich spread. My family considers it an essential ingredient of bacon, lettuce and tomato sandwiches, and we always keep a good supply on hand all summer.

Herbed Lentils with Spinach and Tomatoes

Ellie Krieger

4 servings, serving size 3/4 cup

1 cup whole (Brown) lentils
2 cups water
2 tablespoons olive oil
2 tablespoons diced shallots
3 cups baby spinach leaves (about 3 ounces)
1 cup halved grape tomatoes (about 1/2 pint)
1/4 cup chopped fresh basil leaves
1/4 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh mint leaves
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper



Place the lentils in a pot with the water and bring to a boil. Cover and simmer for 30-35 minutes, until the lentils are tender but still retain their shape. Drain any excess water from the lentils and set them aside.

Heat the olive oil in a large skillet over a medium-high heat. Add the shallots and cook until they are softened, about 3 minutes. Add the spinach and cook until just wilted, about 2 minutes. Add the tomatoes, lentils, basil, parsley, and mint to the pan and stir to combine. Cook until warmed through, about 1 minute. Stir in the lemon juice, salt and pepper and serve.

Excellent source of: Protein, Fiber, Vitamin A, Vitamin C, Vitamin K, Iron, Potassium

Strawberry Summer Cake

SmittenKitchen.com

Serves 8

6 tablespoons unsalted butter, at room temperature, plus extra for the pie plate

1 ½ cups (188 grams) all-purpose flour

1 ½ teaspoons baking powder

½ teaspoon table salt

1 cup (200 grams) plus 2 tablespoons (25 grams) granulated sugar

1 large egg

½ cup (118 ml) milk

1 teaspoon (5 ml) vanilla extract

1 pound (450 grams) strawberries, hulled and halved



Preheat oven to 350°F. Butter a 10-inch pie pan, a 9-inch deep-dish pie pan, or a 9- or 10-inch springform or cake pan.

Whisk flour or flours, baking powder and salt together in a small bowl. In a larger bowl, beat butter and 1 cup sugar until pale and fluffy with an electric mixer, about 3 minutes. Mix in egg, milk and vanilla until just combined. Add dry mixture gradually, mixing until just smooth.

Pour into prepared pie plate. Arrange strawberries, cut side down, on top of batter, as closely as possible in a single layer. Sprinkle remaining 2 tablespoons sugar over berries.

Bake cake for 10 minutes then reduce oven temperature to 325°F and bake cake until golden brown and a tester comes out free of wet batter, about 50 minutes to 60 minutes. Thicker cakes may need longer. (Goopy strawberries on the tester are a given.) Let cool in pan on a rack. Cut into wedges. Serve plain or with lightly whipped cream.

This cake is best the day it is made.

The Lady's Warm Potato Salad

Paula Deen (and Carol Sue Ray)
10 servings

8 medium red potatoes
1/4 cup chopped fresh parsley leaves
1/4 cup chopped green onion tops
1 cup chopped celery
3 hard-boiled eggs, chopped
1/4 cup chopped bell pepper
1/4 cup diced pimento
1 teaspoon lemon-pepper seasoning
2 tablespoons seasoning salt (recommended: Jane's Krazy mixed up salt)
1 tablespoon Dijon mustard
1/4 cup mayonnaise
1 cup sour cream



In a large pot, boil the potatoes with the skins on for 10 to 15 minutes until tender. Let the potatoes cool just to the touch and cut into cubes.

In a large bowl, combine the remaining ingredients. Add the potatoes and mix gently.

Serve at room temperature.

Carol Sue used:

9 potatoes
4 eggs

Large pimentos (or diced roasted red bell peppers) and more like 1/2 a cup
1/3 mayonnaise and 1/3 Greek yogurt

I put the potatoes in before the sour cream so some would break down a little during the mixing process. I also ended up using some more Greek yogurt because it wasn't moist enough. You could use more salt and (of course) some hot sauce or cayenne if your audience likes spicy food.

Green Chile Squares

Paula Deen

Serves: 6

Nonstick cooking spray

6 eggs, beaten

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 tablespoon cayenne pepper sauce

3 (4-ounce) cans diced green chiles, with juice

1 1/2 cups grated Monterey Jack

1 1/2 cups grated sharp Cheddar

Preheat the oven to 300 degrees F.

Spray a 12 by 8-inch baking dish with cooking spray.

In a bowl, add the eggs, salt, pepper and cayenne pepper sauce. Mix together well.

Add the chiles and both cheeses to a large bowl. Pour the liquid ingredients into the cheese mixture and stir well. Pat the mixture down into the prepared baking dish and bake until the center is firm, about 45 minutes.

Allow to cool, then cut into small squares and serve.

You can use these with fruit for a light breakfast or as a side to a nice chicken meal.

Overnight Breakfast Casserole

Rhonda Toothaker – Food.com

Serves 8

6 slices bread, dried or toasted and cubed
1 lb sausage
1 1/2 cups shredded sharp cheddar cheese
6 eggs
2 cups milk
1 teaspoon dry mustard
salt and pepper

Sprinkle bread cubes into greased 7X12 inch baking dish.

Cook sausage and sprinkle along with cheese over the bread cubes.

Beat eggs in mixer bowl. Add milk, dry mustard, salt and pepper; mix well. Pour over layers.

Chill (covered) overnight.

Bake uncovered at 350 degrees for 40 to 45 minutes or until set and golden brown.

Yield: 8 servings.

Vegetable Sandwiches

Janice Gold

1 cup cabbage
1 carrot, sliced
1 small onion
1 stalk celery
1 cucumber
8 ounce cream cheese, room temperature
Mayonnaise
Salt

Chop cabbage, carrot, onion, and celery finely in a blender. Drain and pat dry with paper towels. Chop the cucumber finely and add to the other vegetables. Mix in the softened cream cheese, mayonnaise, and salt to taste and a spreadable consistency.

Spread on your favorite bread.

Janice's Personal Note: These are great for an afternoon tea, open house, or a picnic.

Cold Chicken Gizzard and Sweet Pepper

Chinese Delicious Dish – Emma Xiangqun (Emma) Li

2 sweet peppers, cut into thin strips
1 pound of chicken gizzards
3 teaspoons salt
3 teaspoons brown sugar
2 teaspoons mushroom-flavored superior dark soy sauce
2 teaspoons SHAN XI superior mature vinegar

Bring water and chicken gizzards to a boil. Simmer 30 to 40 minutes until cooked. Drain and cool.

Add salt and stir. Add the thin pepper strips. Stir in the brown sugar and vinegar. Serve.

Vegetable Tian

Ina Garten – Barefoot Contessa

Serves 4 to 6

Good olive oil

2 large yellow onions, cut in half and sliced

2 garlic cloves, minced

1 pound medium round potatoes, unpeeled

3/4 pound zucchini

1 1/4 pounds medium tomatoes

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1 tablespoon fresh thyme leaves, plus extra sprigs

2 ounces Gruyere cheese, grated



Preheat the oven to 375 degrees F.

Brush a 9 by 13 by 2-inch baking dish with olive oil. In a medium sauté pan, heat 2 tablespoons of olive oil and cook the onions over medium-low heat for 8 to 10 minutes, until translucent. Add the garlic and cook for another minute. Spread the onion mixture on the bottom of the baking dish.

Slice the potatoes, tomatoes, and zucchini in 1/4-inch thick slices. Layer them alternately in the dish on top of the onions, fitting them tightly, making only 1 layer if possible. Sprinkle with salt, pepper, thyme leaves, and thyme sprigs and drizzle with 1 more tablespoon of olive oil. Cover the dish with aluminum foil and bake for 35 to 40 minutes, until the potatoes are tender.

Uncover the dish, remove the thyme sprigs, sprinkle the cheese on top, and bake for another 30 minutes until browned. Serve warm.

Napa Cabbage Salad

Mary Darden

1 head Napa cabbage, washed, drained, and shredded
1 bunch green onions – washed, drained, and chopped
1 can sesame seeds
1 package sliced almonds
1 package Ramen noodles, torn into small pieces prior to toasting
(Do not use the seasoning packet in the Ramen noodles package. Just throw it away.)

Set the shredded cabbage and chopped onions aside in Ziploc bags.

Toast the almonds, sesame seeds, and the Ramen noodles until light to medium brown. Set aside in another Ziploc bag.

Dressing:

1 cup canola oil
1/2 cup red wine vinegar
3 tablespoons soy sauce
1/2 cup sugar

Mix all the ingredients for the dressing and stir until the sugar is dissolved. Store overnight in a sealed container.

When you are ready to serve, mix the cabbage, onions, almonds, sesame seeds, Ramen noodles, and the dressing. Mix well and serve immediately.

How to Make Deviled Eggs

Southern Living

Basic Deviled Eggs – We like a modest amount of mayonnaise, a small amount of mustard, and a little sweet pickle. Simply hard-boil the eggs, slice them in half lengthwise, and gently scoop out the yolks. This basic formula is the foundation for some creative additions, among them bacon, shrimp, chives, crabmeat, and pimiento. You may wish to sprinkle the eggs with paprika before serving.



6 large eggs
2 tablespoons mayonnaise
1 1/2 tablespoons sweet pickle relish
1 teaspoon prepared mustard
1/8 teaspoon salt
Dash of pepper
Garnish: paprika

Place eggs in a single layer in a saucepan; add water to depth of 3 inches. Bring to a boil. Cover, remove from heat, and let stand 15 minutes.

Drain immediately and fill the saucepan with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold running water.

Slice eggs in half lengthwise and carefully remove yolks. Mash yolks with mayonnaise. Add relish, mustard, salt, and pepper. Stir well.

Spoon yolk mixture into egg whites. Garnish, if desired.

Chive-Tarragon Deviled Eggs

24 halves
1 dozen large eggs, hard-cooked and peeled
1/2 cup mayonnaise
1 tablespoon lemon juice
1/8 teaspoon hot sauce
2 tablespoons finely chopped fresh chives
2 teaspoons finely chopped fresh tarragon
1/2 teaspoon salt
1/2 teaspoon dry mustard

Garnishes - chopped fresh chives, fresh flat-leaf parsley sprigs



Cut eggs in half lengthwise and carefully remove yolks. Mash egg yolks. Stir in mayonnaise, lemon juice, hot sauce, and next 4 ingredients.

Spoon or pipe the egg yolk mixture evenly into egg white halves. Cover and chill at least 1 hour or until ready to serve. Garnish, if desired.

Tex-Mex Deviled Eggs

12 halves

6 hard-cooked eggs, peeled
1 tablespoon diced green onions
1 tablespoon chopped fresh cilantro
1 small serrano or jalapeno pepper, seeded and finely chopped
1/4 cup mayonnaise
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 cup (1 ounce) shredded Cheddar cheese
Chili powder



Cut eggs in half crosswise and carefully remove yolks. Mash yolks and stir in green onions and next 5 ingredients.

Spoon mixture into the egg whites. Sprinkle with cheese and chili powder. Cover and chill.

Carol Sue's Salsa

Makes about 1 1/2 cups

1 Medium Onion, Chopped
2 Scallions, Chopped
2 Cloves Garlic, Minced
2 Tablespoons Cilantro, Chopped
2 Cans Diced Tomatoes with Green Chiles
1 Tablespoon Olive Oil
1 Tablespoon Vinegar
Salt And Pepper
1/4 Teaspoon Cumin Powder
1/4 Teaspoon Cayenne Pepper
1/4 Teaspoon Chili Pepper

Mix all ingredients together well and chill. You can add corn or black beans or anything else you like to make it your own. Add more cayenne if you like it hot.

Serve with chips or fresh celery. You can also put it over eggs.

Gazpacho (Cold Soup)

Ree Drummond

Serves 8

2 cloves garlic	1/2 red onion
5 Roma tomatoes	2 stalks celery
1 large cucumber	1 zucchini
1/4 cup extra-virgin olive oil	2 tablespoons red wine vinegar
2 tablespoons sugar	Several dashes hot sauce
Dash salt	Dash black pepper
4 cups good-quality tomato juice	1 pound shrimp, peeled and deveined
Avocado slices, for serving	2 hard-boiled eggs, finely minced
Fresh cilantro leaves, for serving	Crusty bread, for serving



Mince up the garlic, cut the onion into slices, and dice up the tomatoes, celery, cucumber and zucchini.

Throw all the garlic, all the onion, half of the remaining diced vegetables and the oil into the bowl of a food processor or, if you like, a blender.









Splash in the vinegar and add the sugar, hot sauce, salt and pepper. Finally pour in 2 cups of the tomato juice and blend well. You'll basically have a tomato base with a beautiful confetti of vegetables.










Pour the blended mixture into a large bowl and add in the other half of the diced vegetables. Stir it together. Then stir in the remaining 2 cups tomato juice. Give it a taste and make sure the seasoning is right. Adjust as needed. Refrigerate for an hour if possible.

Grill or sauté the shrimp until opaque. Set aside.

Ladle the soup into bowls, add the grilled shrimp and garnish with avocado slices, egg and cilantro leaves. Serve with crusty bread on the side.

Healthy Snacks From Real Simple

	<p style="text-align: center;">Cheese Melt</p>	<p>Spread ½ teaspoon of spicy mustard on a cocktail-size slice of thin whole-grain rye bread. Add a thin square of sharp Cheddar (about the same size as the bread) and broil until the cheese melts, then top with a slice of tomato and a sprinkling of caraway seeds.</p>
	<p style="text-align: center;">One-Minute Antipasto Plate</p>	<p>Roll a thin slice of prosciutto or ham around a part-skim mozzarella string cheese. Eat with a few olives and grapes, or add roasted bell peppers (from a jar) drizzled with balsamic vinegar.</p>
	<p style="text-align: center;">Celery Sticks With Hummus and Olives</p>	<p>Dividing evenly, top 3 celery sticks with 3 tablespoons hummus and 3 sliced kalamata olives.</p>
	<p style="text-align: center;">Ham and Jicama Wraps</p>	<p>Dividing evenly, wrap 6 jicama or celery sticks with 3 slices ham. Serve with 1 teaspoon whole-grain mustard for dipping.</p>
	<p style="text-align: center;">Beet Chips With Curried Yogurt</p>	<p>Mix together 2 tablespoons plain low-fat Greek yogurt and ⅛ to ¼ teaspoon curry powder. Serve with 1 cup beet chips.</p>
	<p style="text-align: center;">Sweet Potato Fries With Chipotle Yogurt</p>	<p>Cook 14 frozen sweet potato fries according to the package directions. Mix together 2 tablespoons plain low-fat yogurt and ½ teaspoon chipotles in adobo sauce and serve for dipping.</p>
	<p style="text-align: center;">Lemony Avocado With Endive Dippers</p>	<p>Mash ⅓ chopped avocado with 2 teaspoons fresh lemon juice and a pinch of kosher salt. Serve with endive leaves.</p>
	<p style="text-align: center;">Cherry Tomatoes With Goat Cheese</p>	<p>Divide evenly, top 5 halved large cherry tomatoes with 2 tablespoons fresh goat cheese. Sprinkle with 2 teaspoons chopped herbs (such as chives, basil, or parsley).</p>

	Roast Beef and Horseradish Cream on Pear	Mix together 1 tablespoon low-fat sour cream and 1 teaspoon prepared horseradish. Dividing evenly, top ½ sliced pear with 3 slices deli roast beef, the horseradish cream, and fresh herbs (such as chervil, parsley, or tarragon).
	Whole-Grain Bread With Almond Butter and Peaches	Spread 2 teaspoons almond butter on 1 slice toasted whole-grain bread. Top with ½ sliced peach.
	Crackers With Chocolate-Hazelnut Spread and Banana	Dividing evenly, spread 2 crisp bread crackers with 1 tablespoon chocolate-hazelnut spread. Top with 1 sliced small banana.
	Bagel With Ricotta and Strawberries	Spread ½ toasted whole-grain “flat” bagel with 2 tablespoons fresh ricotta. Top with ½ cup sliced strawberries. Drizzle with 1 teaspoon honey or agave nectar.
	Dark Chocolate and Nut Clusters	Mix together ¼ cup unsalted roasted nuts and 1 ounce melted dark chocolate (70 to 80 percent cocoa). Drop onto wax paper; refrigerate until set.
	Spicy Watermelon and Pistachios	Toss 2 cups cut-up watermelon with 1 tablespoon fresh lime juice and ½ teaspoon grated lime zest. Sprinkle with a pinch of cayenne pepper and 2 teaspoons chopped unsalted roasted pistachios.
	Frozen Yogurt With Blueberries and Cardamom	Top ½ cup vanilla frozen yogurt with ½ cup blueberries and a pinch of cardamom.
	Tropical Yogurt Parfait	Top ½ cup plain low-fat Greek yogurt with 1 cut-up kiwi and ¼ cup cut-up mango. Sprinkle with 1 tablespoon chopped unsalted roasted cashews.
	Mango and Raspberry Smoothie	In a blender, puree ½ cup coconut water, ½ cup frozen mango, ½ cup frozen raspberries, 2 ounces tofu, and 1 teaspoon agave nectar until smooth.

