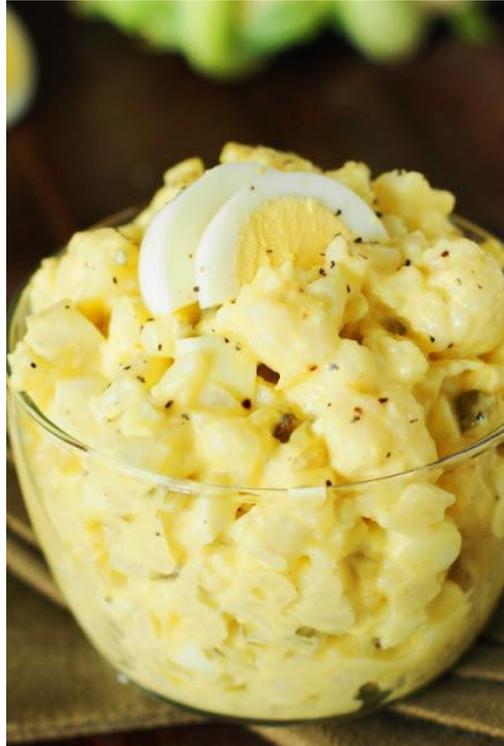


**5 HEALTHY SWAPS
FOR YOUR
FAVORITE
SUMMER FOODS**

rachelking.org



Cauliflower Mock 'Potato' Salad Recipe



Ingredients

- 1 large head cauliflower, cut into small bite-sized pieces
- 3 hard-boiled eggs, chopped
- 3 T. plain Greek yogurt
- 3 T. sour cream
- 1/4 c. sweet pickle relish
- 1 T. finely chopped onion {Vidalia onion, if available}
- 1 T. mustard
- 1 tsp. salt
- 1/4 tsp. ground black pepper

Directions

Bring a pot of lightly salted water to a boil over high heat. Add chopped cauliflower; cover and cook for 5 minutes. Drain and rinse under cold water to cool and stop the cooking process.

1. Combine cauliflower and all remaining ingredients. Chill for at least 30 minutes to allow flavors to blend.
2. When ready to serve, taste and adjust salt and pepper as desired.

Recipe adapted from <http://www.thekitchenismyplayground.com/>

Black Bean and Corn Burgers



Ingredients

- 1 small yellow onion, chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 3 cups (or 2 cans) cooked black beans, divided
- 1 ½ teaspoons cumin powder
- ½ teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon sea salt
- Black pepper or red pepper flakes, to taste
- 2/3 cup quick oats or bread crumbs, plus extra as needed
- ¾ cup fresh (or frozen and thawed) corn

Directions

1. Sauté onion and garlic in the olive oil for eight to ten minutes, or until golden, soft, and fragrant.
2. Add 2 cups of the beans, the cumin, the paprika, the chili powder, the sea salt, and pepper to taste. Stir in the sauté pan till all is warm.
3. Preheat your oven to 350° F.
4. Add the oats to the bowl of a food processor and pulse them a few times. Add the onion, garlic, and bean mixture. Process everything together, until it's well combined but still has texture.
5. Transfer mixture to a mixing bowl. Add the last cup of black beans and the corn and mix well with your hands. Check for seasoning and season to taste. If the mixture is too mushy to form into patties, add a little more oats or bread crumbs.
6. Shape mixture into four large or six smaller patties. Transfer burgers to a baking sheet and bake for 30 to 35 minutes (or until golden), flipping once through. Alternately, you can chill them for twenty minutes before transferring them to a grill and cooking through. You can also pan fry them in olive oil until golden on each side.

Recipe adapted from <http://food52.com/>

Healthy Chicken Salad with Grapes, Apples and Tarragon-Yogurt Dressing



Ingredients

- 2 cups diced, cooked, skinless chicken breasts (see note)
- 1 cup halved red grapes (or quartered if the grapes are large)
- 1 cup diced apple (we prefer crisp, sweet apples in this recipe)
- ½ cup chopped pecans
- ½ cup chopped celery
- ½ cup nonfat plain Greek yogurt
- ½ tablespoon cider vinegar
- 1 teaspoon dried tarragon
- 1 teaspoon sugar
- ½ teaspoon kosher salt
- ¼ teaspoon smooth Dijon mustard
- For serving: spinach or other leafy greens and whole grain wraps or toasted bread for sandwiches; greens as a base for a salad plate; or whole grain crackers or endive spears for serving as an appetizer

Directions

1. In a medium bowl, combine chicken, grapes, apples, pecans and celery, stirring gently to combine.
2. In a small bowl, whisk together Greek yogurt, cider vinegar, tarragon, sugar, kosher salt, and mustard. Pour dressing over chicken mixture and gently stir again, just to combine evenly.
3. Serve as desired, as a wrap, sandwich, salad plate or appetizer.

Make-ahead tips: You can prepare this salad a few hours or even a day ahead, and refrigerate until serving. Leftovers can be refrigerated for another day or two.

Recipe adapted from <http://twohealthykitchens.com/>

Honey Sweetened Lemonade



Ingredients

- 11 cups water
- 6 lemons, juiced
- ½ cup raw honey (local, if possible)- a lighter tasting honey is best

Directions

1. Warm the water and lemon juice in a pot – no need to bring to a boil or even a simmer – just warm so the honey can melt/dissolve.
2. Turn off the heat and stir in the raw honey until it dissolves.
3. Put the lemonade in the fridge to cool (or pour it over ice) – I like the spoon off the pulp that settles to the top once it cools. You won't need to shake or stir it if you do it this way. There will still be a little pulp in the lemonade so if you think your kids will fuss about that just use a strainer to grab all of it.
4. Store in the fridge.

Recipe adapted from <http://livesimply.me/>

Healthy Chocolate Banana Ice Cream



Ingredients

- 3 frozen bananas, chopped into chunks
- ¼ cup Chocolate Unsweetened Almond milk
- 1 Tablespoon almond butter
- ½ Tablespoon cacao powder (or cocoa powder)
- ½ Tablespoons cacao nibs or mini chocolate chips (optional)

Directions

1. Place bananas, almond milk, almond butter and cocoa powder into a food processor.
2. Pulse/process until smooth and creamy. You may need to turn off the motor and stir the mixture a couple times while processing.
3. Add in cacao nibs or chocolate chips (if using) and pulse once more. Scoop/spoon ice cream in to a bowl and enjoy!

Recipe adapted from <http://www.eatingbirdfood.com/>