



HEALTHY PICNIC EATS

Fresh Summer Recipes



NUTRIQUITY

Professional Nutrition Counseling

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Cucumber-Melon Salad

Makes : 4 servings



Ingredients:

- 5 cups of watermelon
- 1 medium cucumber
- 1 avocado
- 1/4 cup red onion
- 1/3 cup feta cheese
- 1/3 cup mint

Dressing:

- 2 Tbsp olive oil
- 3 Tbsp lime juice
- 1/4 tsp sea salt

Instructions:

1. In a bowl, whisk together olive oil, lime juice, and salt
2. On a serving platter, arrange watermelon cubes, diced cucumber, and thinly sliced onion and top with 1/2 of the dressing.
3. Top the salad with crumbled feta, diced avocado, and torn mint.
4. Drizzle the remaining dressing over the salad

Nutrition per serving

Calories: 235 Protein: 4g Fat: 14g Fiber: 4g Carbs: 23g

Inspired by: loveandlemons.com



The Summer Standard

Makes: 4 Servings



Ingredients:

- 10 oz spinach
- 4 cups strawberries (sliced)
- 1 cup blueberries
- 1/4 cup walnuts or almonds (slivered)
- 3/4 cup feta cheese
- 1/4 cup red onion (diced)

Instructions:

1. Soak red onion in water.
2. Cut and dice ingredients..
3. Use feta cheese as the base
4. of the salad.
5. Mix ingredients together in a large bowl.
6. Serve with a balsamic vinaigrette, raspberry vinaigrette, or poppy seed dressing.
7. Add grilled chicken for extra protein.

Nutrition per serving

Calories: 270 Protein: 13g Fat: 13g Fiber: 6g Carbs: 26g



Tangy Pineapple Salad



Makes: 6 servings

Ingredients:

- 1 small pineapple
- 1 large red bell pepper
- 1 red onion
- 2 ripe avocados
- 1 Tbsp fresh lemon or lime juice
- 1/4 tsp sea salt
- 1/4 tsp chili flakes
- 1 1/2 tbsps extra-virgin olive oil

Instructions:

1. Dice bell pepper, slice onion, and cut up avocado and pineapple.
2. Add ingredients in a serving bowl and squeeze lemon or lime juice on top.
3. Sprinkle with sea salt and chili flakes.
4. Drizzle with olive oil.

Nutrition per serving

Calories: 200 Protein: 2g Fat: 11g Fiber: 5g Carbs: 24g

Inspired by: Clean Food Crush



French-Style Potato Salad

Makes : 14 (1/2 cup servings)

Ingredients:

- 2 lbs of baby potatoes (yellow or red)
- 1 Tbsp red wine vinegar
- 1 cup diced green onion
- salt & pepper

Dressing:

- 2 1/2 Tbsp dijon mustard
- 2 cloves of garlic
- 2 Tbsp red wine vinegar
- 3 Tbsp olive oil
- 2 tsp honey
- 1/4 cup fresh dill

Instructions:

1. Cut potatoes into quarters and cover with water in a saucepan. Bring to a boil then reduce heat to medium and continue cooking for about 13 minutes or until fork tender.
2. Prepare dressing while potatoes are cooking. Whisk mustard, garlic, vinegar, olive oil, honey, salt, pepper, and dill.
3. Drain and rinse potatoes in cold water. Set aside.
4. Toss the potatoes with the dressing and garnish with green onion.



Nutrition per serving

Calories: 100 Protein: 2g Fat: 3g Fiber: 2g Carbs: 15g

Inspired by: [minimalist baker.com](http://minimalistbaker.com)



Cowboy Caviar Dip

Makes: 10 Servings



Ingredients:

- 6 Roma tomatoes
- 1 bell pepper
- 1 medium red onion
- 1 jalapeño peppers
- 1 large avocado
- 15oz can corn
- 15oz can black beans
- 1/2 cup chopped cilantro
- Optional: add mango

Dressing:

- 3-4 tbsp fresh lime juice
- 1/2 cup light Italian dressing
- 4 medium garlic cloves (pressed)
- 1 tsp salt

Instructions:

- Dice ingredients and add to a large mixing bowl.
- Mix dressing ingredients together and combine.
- Serve with tortilla chips or pita bread.

Nutrition per serving

Calories: 145 Protein: 4g Fat: 6g Fiber: 5g Carbs: 19g

Inspired by: Natasha Kitchen



Savannah Steak Salad

Makes : 4 servings



Ingredients:

- 1lb flank steak
- 2 peaches
- 1 red onions
- 3 Tbsp pecans
- 1 avocado
- 1/3 cup low sodium soy sauce or coconut aminos
- 1 tsp pepper
- 1 tsp garlic powder
- 4 cup fresh spinach or arugula

Dressing:

- 1 peach
- 2 cloves garlic
- 1/4 cup olive oil
- 4 Tbsp white wine vinegar
- 1 tsp pepper
- 1 Tbsp dijon mustard
- 1 Tbsp low sodium soy sauce

Optional: Save time with a store bought Balsamic Vinaigrette of your choice!

Instructions:

1. Place steak in a zip lock bag. In a bowl, whisk soy sauce, pepper, and garlic. Pour mixture into the bag, over the steak. Optional: refrigerate for 30 minutes or overnight.
2. Preheat grill to 425°F.
3. Slice peaches, onions, and avocado. Set aside.
4. To prepare dressing, blend together pitted peach, garlic cloves, olive oil, vinegar, pepper, dijon mustard, and soy sauce. Blend until smooth.
5. Add flank steak and peach slices to the grill.
6. Cook steak 7-8 minutes each side. Let steak rest on a cutting board and cover with foil for about 10 minutes. Remove peaches once they have grill marks.
7. Toss together spinach, onions, pecans, avocado, peaches, and dressing.
8. Top the salad with sliced steak.

Nutrition per serving

Calories: 475 Protein: 30g Fat: 30g Fiber: 6g Carbs: 21g

Inspired by: healthylittlepeach.com



Spicy Tofu Taco

Makes : 4 servings



Ingredients:

- 1 block extra firm tofu
- 1 Tbsp olive oil
- 1 Tbsp hot sauce
- 1 Tbsp corn starch
- 1 cup shredded cabbage
- 8 whole grain taco shells
- dill pickle chips

Dressing:

- 1/2 cup non fat plain greek yogurt
- 1/2 tsp dried dill
- 1/2 tsp dried parsley
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tbsp pepper
- 1/2 tbsp rice vinegar
- 1/2 tbsp water

Optional: Save time with a store bought yogurt-based Ranch dressing!

Instructions:

1. Preheat oven at 400 °F.
2. Drain tofu and cut block into 1/2 inch cubes
3. Press tofu with paper towel to absorb any excess moisture
4. Transfer tofu into a bowl and toss with olive oil, hot sauce, and corn starch
5. Distribute tofu onto a baking sheet and bake for 25-30 minutes
6. To prepare dressing, combine all ingredients in a food processor or blender
7. Heat taco shells using microwave or stove
8. Fill tortillas with tofu and top with dressing
9. Garnish tacos with shredded cabbage and pickle chips

Nutrition per serving

Calories: 285 Protein: 13g Fat: 16g Fiber: 8g Carbs: 22g

Inspired by: cookieandkate.com



Peppers Verano

Makes: 3 servings



Ingredients:

- 3 green bell peppers
- 1 tbsp extra-virgin olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 lb chicken breast (cut)
- 2 tsp chili powder
- 1 tsp cumin
- Salt and black pepper
- 1 cup of precooked brown rice
- 2 tbsp fresh cilantro
- 1 tbsp fresh lime juice
- 3/4 cup shredded cheese
- Sour cream and pico de gallo for serving (optional)

Instructions:

1. Preheat oven to 375°F and cut peppers in half lengthwise.
2. Heat oil in skillet. Sauté onions until softened.
3. Add garlic, chicken, chili powder, cumin, and season with salt and pepper. Stir occasionally until chicken is cooked completely.
4. Add rice, cilantro, lime juice, and stir.
5. Scoop chicken and rice mixture into pepper halves. Pour water into baking dish to fill the bottom.
6. Cover baking dish with foil and bake for 20 minutes.
7. Sprinkle cheese on peppers and bake for an additional 5 minutes.
8. Top with pico de gallo and sour cream, if desired.

Nutrition per serving

Calories: 570 Protein: 60g Fat: 17g Fiber: 3g Carbs: 45g

Inspired by: Feel Good Foodie



Hawaiian Shrimp Kabobs

Makes: 4 Servings



Ingredients:

- 1/2 cup coconut milk
- 4 tsp Tabasco
- 2 tsp soy sauce
- 1/4 cup fresh orange juice
- 1/4 cup fresh lime juice
- 1 lb large shrimp (30-40 ct)
- 3/4 lb pineapple chunks
- Oil of choice (for grilling)
- Cilantro or green onion

Instructions:

- In a medium bowl, combine the first 5 ingredients then coat the shrimp. Cover and place in fridge for 1-2 hours to marinate.
- If using wooden skewers, soak in warm water.
- Cut pineapple into 1 inch-cuts
- Thread shrimp onto skewers, alternating with pineapple.
- Lightly brush grill with oil
- Grill skewers for 3 minutes, brushing with the leftover marinade, then turn and cook for an additional 3 minutes.
- Repeat until shrimp are cooked through, then garnish.

Nutrition per serving

Calories: 165 Protein: 24g Fat: 2g Fiber: 1g Carbs: 12g

Inspired by: Well Plated



Smoothie Pops

Makes: 10 servings



Ingredients:

- 1 cup coconut water
- 1 cup orange juice
- 2 cups baby spinach (optional)
- 1 banana
- 1 cup frozen pineapple
- 1 cup frozen strawberries
- 1 tbsp fresh ginger

Instructions:

1. Place ingredients in blender and blend until smooth.
2. Pour smoothie into popsicle mold, cover, and freeze for 1 hour.
3. Insert wooden sticks into molds and freeze for an additional 4 hours or overnight.

Nutrition per serving

Calories: 40 Protein: 1g Fat: 0g Fiber: 1g Carbs: 10g

Inspired by: As Easy as Apple Pie



Mellow Mojito

Makes : 1 serving



Ingredients:

- 2/3 cup brewed green tea
- 10 mint leaves
- juice of 1/2 lime
- 1 tsp sugar
- club soda

Instructions:

1. In a highball glass, muddle mint and sugar
2. Add the lime juice
3. Fill the glass with ice
4. Pour brewed tea over ice and top with club soda
5. Garnish with lime wedge

Nutrition per serving

Calories: 30 Protein: 0g Fat: 0g Fiber: 0g Carbs: 8g

Inspired by: food.com