



Healthy



Summer



Recipes

COURTESY OF GEHA®



# Summer

...is the perfect time for healthy eating. You can power up your menus with the season's abundance of fresh fruits and vegetables. From drinks to desserts, this colorful collection of nutritious, delicious recipes can help you on your way to a healthy summer ... and a healthier lifestyle year-round.

**Enjoy!**



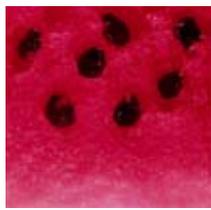
Copyright © 2020 Government Employees Health Association

# Index...



## Beverages

Iced Orange Cappuccino .....	3
Pineapple Limeade.....	4
Summer Breezes Smoothie .....	5



## Summer Soups

Gazpacho .....	6
Jeweled Watermelon Soup .....	7
Raspberry Swirl Peach Soup.....	8



## Entrees

Caribbean Red Snapper .....	9
Frittata Primavera .....	10
Grilled Chicken with Green Chile Sauce.....	11
Grilled Salmon with Pineapple Cilantro Sauce.....	12
Grilled Steak and Vegetable Salad.....	13
Lime Shrimp Kabobs .....	14
Scallop Kabobs .....	15
Summer Grilled Chicken Salad.....	16
Summer Vegetable Spaghetti .....	17
Sweet and Sour Seashells .....	18



## Sides

Broccoli and Walnut Salad.....	19
Chillin' Out Pasta Salad .....	20
Garden Vegetable Rice Salad.....	21
Grilled Corn-on-the-cob with Pepper Seasoning .....	22
Rainbow Fruit Salad.....	23
Savory Potato Salad.....	24
Snappy Green Beans with Basil Dip .....	25
Spinach Salad with Marinated Vegetables .....	26



## Desserts

Angel Food Cake with Raspberry Coulis .....	27
Patriotic Cheesecake .....	28
Quick Summer Fruit Shortcake.....	29
Tropical Fruit Compote.....	30



# Iced Orange Cappuccino

*A taste of fresh orange gives this coffee classic a cool – and sugar-free – treatment.*

Zest from one medium orange, cut into ½-inch strips

1½ cups drip grind espresso coffee

3 cups skim milk

Cocoa, ground nutmeg or cinnamon

7½ cups cold water

3 to 4 tablespoons NutraSweet® Spoonful™

Light whipped topping

1. Place orange zest in bottom of coffee pot. Brew coffee, using cold water and espresso; cool to room temperature.
2. Strain coffee and discard orange zest; stir in NutraSweet® Spoonful™ and milk. Refrigerate until chilled.
3. Pour cappuccino into chilled tall glasses; spoon small dollop of whipped topping on each and sprinkle with cocoa, nutmeg or cinnamon.

NOTE: Cappuccino can be frozen in ice cube trays; the cubes can be used with cappuccino so it will not be diluted. Also, the ice cubes can be processed in a blender to make cappuccino slush.

Makes 8 servings.

Serving size: 8 ounces

Per serving:

Calories: 45

Total fat: <1 g

Saturated fat: trace

Cholesterol: 2 mg

Sodium: 55 mg.

Carbohydrates: 7 g

Fiber: trace

Protein: 3 g



# Pineapple Limeade

- 1 medium pineapple, peeled
- 2 medium limes, peeled and seeded
- 2 tablespoons sugar
- 3 cups club soda or sparkling water

1. Extract juice from the pineapple and limes, using a juicer or juice extractor.
2. Mix juices and sugar; refrigerate until chilled.
3. Just before serving, stir in the club soda or sparkling water and serve over ice.  
Garnish with lime slices if desired.

Makes 4 servings.

Per serving:

Calories: 92

Fat: 1 g

Calories from fat: 5%

Cholesterol: 0 mg

Sodium: 39 mg

Carbohydrates: 24 g

Fiber: 2 g

Protein: 1 g



# Summer Breezes Smoothie

1 cup plain, nonfat yogurt  
6 medium strawberries  
1 cup pineapple, crushed, canned in juice  
1 medium banana  
1 teaspoon vanilla extract  
4 ice cubes

1. Place all ingredients in a blender and purée until smooth.
2. Serve in a frosted glass.

Makes 3 servings.

Serving size: 1 cup

Per serving:

Calories: 121

Fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 1 mg

Sodium: 64 mg

Source: National Heart, Lung, and Blood Institute



# Gazpacho

*This chilled tomato soup is a classic –  
and chock full of healthy garden-fresh vegetables.*

3 medium tomatoes, peeled, chopped  
½ cup cucumber, seeded, chopped  
½ cup green pepper, chopped  
2 green onions, sliced  
2 cups low-sodium vegetable juice cocktail  
1 tablespoon lemon juice  
½ teaspoon basil, dried  
¼ teaspoon hot pepper sauce  
1 clove garlic, minced

1. In large mixing bowl, combine all ingredients.
2. Cover and chill in the refrigerator for several hours.

Makes 4 servings.

Serving size: 1¼ cup

Per serving:

Calories: 52

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 41 mg

Carbohydrates: 12 g

Total fiber: 2 g

Protein: 2 g

Potassium: 514 mg

Source: National Heart, Lung, and Blood Institute



# Jeweled Watermelon Soup

*Serve this beautiful soup chilled in shallow bowls.  
It provides each person with more than three servings  
of fruit.*

1 pink grapefruit  
1 pomegranate  
6 cups 1-inch cubes watermelon, seeded  
Juice of one lime  
2 teaspoons confectioners' sugar

1. Peel grapefruit. Slice horizontally into thin, attractive slices; discard (or eat) end pieces. Set aside.
2. Seed pomegranate and discard peel and membrane. Set aside.
3. Place watermelon, lime juice and sugar in a blender or food processor and puree until very smooth.
4. Pour into shallow bowls and garnish with a grapefruit slice or two and a sprinkle of pomegranate seeds. Serve chilled.

Makes 4 servings.

Per serving:  
Calories: 129  
Fat: 1.2 g  
Saturated fat: 0 g  
Calories from fat: 8%  
Calories from saturated fat: 0%  
Cholesterol: 0 mg  
Sodium: 6 mg  
Carbohydrates: 31 g  
Fiber: 2 g  
Protein: 2.2 g



# Raspberry Swirl Peach Soup

*Want to look like a creative genius?*

*Chilled peach soup with swirls of raspberry puree makes a healthy first course that's so tasty and so stunning.*

3 pounds peaches, peeled, seeded, sliced  
3 cups peach nectar  
1/3 to 1/2 cup NutraSweet® Spoonful™  
1 pint fresh or frozen thawed raspberries  
1/4 cup NutraSweet® Spoonful™  
Freshly grated nutmeg  
Mint sprigs

1. Process peaches, peach nectar and 1/3 to 1/2 cup NutraSweet® Spoonful™ in blender or food processor until smooth; refrigerate until chilled.
2. Process raspberries in blender or food processor until smooth; strain and discard seeds. Stir 1/4 cup NutraSweet® Spoonful™ into raspberry puree; refrigerate until chilled.
3. Spoon peach mixture into bowls; swirl raspberry mixture through soup, using 2 to 3 tablespoons raspberry puree for each bowl. Sprinkle lightly with nutmeg; garnish with mint.
4. Garnish (if desired) 1/2 cup fruit to include mixed berries (strawberries, raspberries and blackberries).

Makes 6 servings.

Per serving:  
Calories: 140  
Total fat: trace  
Saturated fat: 0 g  
Cholesterol: 0 mg  
Sodium: 9 mg  
Carbohydrates: 36 g  
Fiber: 4 g  
Protein: 1 g

# Caribbean Red Snapper

2 tablespoons olive oil  
1 medium onion, chopped  
½ cup chopped red pepper  
½ cup carrots, cut in strips  
1 clove garlic, minced  
½ cup dry white wine  
¾ pound red snapper fillet  
1 large tomato, chopped  
2 tablespoons pitted ripe olives, chopped  
2 tablespoons crumbled feta cheese or low-fat ricotta cheese

1. In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrot and garlic; sauté 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
2. Arrange fillets in a single layer in center of skillet. Cover; cook for 5 minutes.
3. Add tomato and olives. Top with cheese. Cover; cook 3 minutes or until fish is firm but moist.
4. Transfer fish to serving platter; garnish with vegetables and pan juices.

Makes 4 servings.

Serving size: 3 ounces red snapper and ¼ cup vegetables

Per serving:

Calories: 193

Fat: 11 g

Carbohydrates: 3 g

Protein: 22 g

# Frittata Primavera

3 teaspoons olive oil  
¼ cup chopped onion  
1 clove garlic, finely chopped  
½ cup fresh asparagus pieces  
½ cup canned or frozen artichoke hearts, chopped  
½ cup sugar snap peas, strings pulled and cut in ½-inch pieces  
¼ teaspoon dried basil  
salt and pepper to taste  
¾ cup egg substitute or 3 eggs  
1 tablespoon plain low-fat yogurt  
1 tablespoon grated Parmesan cheese

Preparation Time: > 30 minutes

1. Heat 1 teaspoon of the oil in a skillet and cook the onion 2 or 3 minutes or until soft. Add the garlic and cook 1 minute more.
2. Stir in the asparagus, artichoke hearts, peas, basil and pepper and cook, stirring occasionally, until tender but still slightly crisp, 3 to 5 minutes. Set aside.
3. Preheat the broiler.
4. Beat the egg substitute or eggs with the yogurt and another pinch of pepper. Heat the remaining oil in a heavy bottom skillet. Pour in the egg mixture and cook until just set on the bottom but still wet on the top, 1 minute.
5. Scatter the vegetables over the top and set in the oven to finish cooking, 2 minutes.
6. Dust the top with the Parmesan cheese, cut into wedges and serve.

Makes 2 servings.

Per serving:  
Calories: 126  
Total fat: 3 g  
Saturated fat: 1 g  
Sodium: 388 mg  
Carbohydrates: 11 g  
Dietary fiber: 2 g

Source: National Cancer Institute

# Grilled Chicken with Green Chile Sauce

4 chicken breasts, boneless, skinless  
¼ cup olive oil  
2 limes, juice only  
¼ teaspoon oregano  
½ teaspoon black pepper  
¼ cup water  
10 to 12 tomatillos, husks removed, cut in half

½ medium onion, quartered  
2 cloves garlic, finely chopped  
2 jalapeño peppers  
2 tablespoons cilantro, chopped  
¼ teaspoon salt  
¼ cup low-fat sour cream

1. Combine oil, juice from one lime, oregano and black pepper in shallow glass baking dish. Stir.
2. Place chicken breasts in baking dish and turn to coat each side. Cover dish and refrigerate overnight. Turn chicken periodically to marinate both sides.
3. Put water, tomatillos and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender.
4. In blender, place cooked onion, tomatillos and any remaining water. Add garlic, jalapeño peppers, cilantro, salt and juice of second lime. Blend until all ingredients are smooth. Place sauce in bowl and refrigerate.
5. Place chicken breasts on hot grill and cook until done. Place chicken on serving platter. Spoon tablespoon of lowfat sour cream over each chicken breast. Pour sauce over sour cream.

Makes 4 servings.

Per serving:  
Calories: 210  
Total fat: 5 g  
Saturated fat: 1 g  
Cholesterol: 73 mg  
Sodium: 91 mg  
Carbohydrates: 14 g  
Total fiber: 3 g  
Protein: 29 g  
Potassium: 780 mg

# Grilled Salmon with Pineapple-Cilantro Sauce

*This spicy pineapple sauce is as delightful to look at as it is to eat and goes equally well over other cuts of fish as well as meat dishes.*

1 medium pineapple, peeled, cored, cut into 1-inch chunks	2 tablespoons cold water
$\frac{3}{4}$ cup unsweetened pineapple juice	2 to 3 tablespoons NutraSweet® Spoonful™
2 tablespoon lime juice	Salt
2 cloves garlic, minced	Pepper
$\frac{1}{2}$ to 1 teaspoon minced jalapeño pepper	6 salmon, halibut or haddock steaks or fillets (about 4 oz. each, grilled)
2 tablespoon minced cilantro	
1 tablespoon cornstarch	

1. Heat pineapple, pineapple juice, lime juice, garlic and jalapeño pepper to boiling in medium saucepan; reduce heat and simmer, uncovered, 5 minutes. Stir in cilantro; heat to boiling.
2. Mix cornstarch and cold water; stir into boiling mixture. Boil, stirring constantly, until thickened. Remove from heat; cool 2 to 3 minutes.
3. Stir in Nutrasweet® Spoonful™; season to taste with salt and pepper. Serve warm sauce over grilled fish.

Note: Pineapple-cilantro Sauce is also excellent served with pork and lamb.

Makes 6 servings.

Serving size: 3-ounce fish fillet

Per serving:

Calories: 185

Total fat: 3 g

Saturated fat: trace

Cholesterol: 36 mg

Sodium: 159 mg

Carbohydrates: 16 g

Fiber: 1 g

Protein: 24 g

# Grilled Steak and Vegetable Salad

1½ pounds beef flank steak, fat trimmed, scored  
 1 medium sweet onion, cut into small wedges  
 6 medium Italian plum tomatoes, cut into wedges  
 4 ears corn, cooked, cut into 1½-inch pieces  
 1 medium green pepper, sliced  
 Fresh herb vinaigrette (recipe follows)

1. Grill steak over medium-hot coals to desired degree of doneness, about 20 minutes for medium, turning steak halfway through cooking time. Slice steak, diagonally across grain, into scant ¼-inch slices.
2. Combine sliced meat and vegetables in shallow serving bowl. Pour dressing over and toss. Serve immediately or refrigerate several hours and serve chilled.

Note: If desired, steak can be broiled rather than grilled for the same amount of time.

## Fresh Herb Vinaigrette

⅓ cup red wine vinegar  
 ¼ cup water  
 3 tablespoons olive or vegetable oil  
 2 tablespoons fresh lemon juice  
 2 cloves garlic, minced  
 2 tablespoons NutraSweet® Spoonful™  
 3 tablespoons minced fresh or  
 1 teaspoon dried rosemary leaves

3 tablespoons minced fresh or ½ teaspoon  
 dried thyme leaves  
 3 tablespoons minced fresh or 1 teaspoon  
 dried oregano leaves  
 3 tablespoons minced fresh or 1 teaspoon  
 dried basil leaves  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 Combine all ingredients in a covered jar;  
 shake to mix. Makes about ¾ cup.

Makes 6 servings

Serving size: 3 ounces meat with 2 tablespoons vinaigrette

Per serving:  
 Calories: 305  
 Total fat: 16 g  
 Saturated fat: 5 g  
 Cholesterol: 56 mg  
 Sodium: 255 mg  
 Carbohydrates: 18 g  
 Fiber: 3 g  
 Protein: 25 g



# Lime Shrimp Kabobs

16 large shrimp, uncooked, deveined  
3 large limes  
2 cloves garlic, crushed and peeled  
¼ 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

1. In a glass measuring cup, squeeze limes, yielding ¼ cup of juice. Add the garlic, pepper, olive oil and cilantro and stir.
2. 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).
3. Alternate cherry tomatoes, mushrooms and shrimp on four skewers.
4. Grill the skewers over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

Makes 2 servings.

Per serving:  
Calories: 190  
Protein: 18 g  
Fat: 7 g  
Percent calories from fat: 28%  
Cholesterol: 85 mg  
Carbohydrates: 20 g  
Fiber: 5 g  
Sodium: 116 mg

Source: National Center for Chronic  
Disease Prevention and Health Promotion



# Scallop Kabobs

*These colorful skewers contain scallops, which are naturally low in total and saturated fat.*

3 medium green peppers, cut into 1½-inch squares  
1½ pounds fresh bay scallops  
1 pint cherry tomatoes  
¼ cup dry white wine  
¼ cup vegetable oil  
3 tablespoons lemon juice  
Dash of garlic powder  
Black pepper to taste

1. Parboil green peppers for 2 minutes.
2. Alternately thread first three ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine/oil/lemon mixture, place on grill (or under broiler).
5. Grill 15 minutes, turning and basting frequently.

Makes 4 servings.

Serving size: 6 ounces  
Per serving:  
Calories: 224  
Total fat: 6 g  
Saturated fat: less than 1 g  
Cholesterol: 43 mg  
Sodium: 355 mg



# Summer Grilled Chicken Salad

4 chicken thighs, skinless  
1½ teaspoons seasoned salt (optional)  
2 ears corn-on-the-cob, fresh, with husk (frozen or canned may be used)  
1 10-ounce package frozen lima beans, cooked  
1 small red bell pepper, diced  
1 16-ounce can black beans, drained  
1 tablespoon cilantro, chopped  
¼ cup Italian low-fat salad dressing

1. Start grill. Sprinkle seasoned salt over the chicken thighs and grill them until done over medium high heat, about 10-15 minutes or until juices run clear.
2. Remove the chicken from the grill and allow to cool, then remove the meat from the bone and dice into large pieces.
3. While the chicken is cooling, place the fresh corn still in the husk on the grill for 15-20 minutes. Remove the corn kernels from the cob.
4. Combine diced chicken, corn kernels and remaining ingredients. Toss with dressing and coat well.

Makes 4 servings

Serving size: 1 cup  
Per serving:  
Calories: 285  
Total fat: 5.5 g  
Saturated fat: 1.3 g  
Cholesterol: 33 mg  
Sodium: 329 mg  
Carbohydrates: 25 g  
Fiber: 6 g  
Protein: 17 g

Source: U.S. Department of Agriculture Food and Nutrition Service



# Summer Vegetable Spaghetti

- 2 cups small yellow onions, cut in eighths
- 2 cups chopped, peeled, fresh, ripe tomatoes (about 1 pound)
- 2 cups thinly sliced yellow and green squash (about 1 pound)
- 1½ cups cut fresh green beans (about ½ pound)
- ⅔ cup water
- 2 tablespoons minced fresh parsley
- 1 clove garlic, minced
- ½ teaspoon chili powder
- ¼ teaspoon salt
- black pepper to taste
- 1 can (6 ounces) tomato paste
- 1 pound uncooked spaghetti
- ½ cup grated Parmesan cheese

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Makes 9 servings.

Serving size: 1 cup spaghetti and ¾ cup sauce with vegetables

Per serving:

Calories: 279

Fat: 3 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 173 mg

Source: National Heart, Lung, and Blood Institute



# Sweet and Sour Seashells

1 pound uncooked small seashell pasta (9 cups cooked)  
2 tablespoons vegetable oil  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup cider vinegar  
 $\frac{1}{2}$  cup wine vinegar  
 $\frac{1}{2}$  cup water  
3 tablespoons prepared mustard  
Black pepper to taste  
1 jar (2 ounces) sliced pimentos  
2 small cucumbers  
2 small onions, thinly sliced  
18 leaves lettuce

1. Cook pasta in unsalted water, drain, rinse with cold water and drain again. Stir in oil.
2. Transfer to 4-quart bowl. In blender, place sugar, vinegars, water prepared mustard, salt, pepper and pimento. Process at low speed for 15–20 seconds, or just enough so flecks of pimento can be seen. Pour over pasta.
3. Score cucumber peel with fork tines. Cut cucumber in half lengthwise, then slice thinly. Add to pasta with onion slices. Toss well.
4. Marinate, covered, in refrigerator for 24 hours. Stir occasionally.
5. Drain and serve on lettuce.

Yield: 18 servings

Serving size:  $\frac{1}{2}$  cup

Per serving:

Calories: 158

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 35 mg

Carbohydrates: 31 g

Total fiber: 2 g

Protein: 4 g

Potassium: 150 mg

Source: National Heart, Lung, and Blood Institute



# Broccoli and Walnut Salad

3 cups roughly chopped broccoli florets  
½ medium head cauliflower, roughly chopped  
1 cup raisins  
¾ cup chopped onions  
1 small red bell pepper, seeded and thinly sliced  
½ cup chopped walnuts  
¼ cup red wine vinegar  
¼ cup olive oil  
6 to 12 large lettuce leaves  
2 beefsteak tomatoes, cut into wedges

1. In a large mixing bowl, combine the broccoli, cauliflower, raisins, onions, bell pepper and walnuts.
2. In a separate bowl, whisk together the vinegar and olive oil.
3. Toss with the combined salad ingredients and serve on lettuce leaves with tomato wedges.

Makes 6 servings.

Serving size: 1<sup>1</sup>/<sub>3</sub> cups

Per serving:

Calories: 271

Total fat: 16 g

Saturated fat: 2 g

Sodium: 37 mg

Carbohydrates: 32 g

Dietary fiber: 6 g



# Chillin' Out Pasta Salad

2½ cups (8 ounces) medium shell pasta  
1 cup (8 ounces) plain nonfat yogurt  
2 tablespoons spicy brown mustard  
2 tablespoons salt-free herb seasoning  
1½ cups celery, chopped  
1 cup green onion, sliced  
1 pound small shrimp, cooked  
3 cups (about 3 large) tomatoes, coarsely chopped

1. Cook pasta according to directions – but do not add salt to water. Drain and cool.
2. In large bowl, stir together yogurt, mustard and herb seasoning.
3. Add pasta, celery and green onion; mix well. Chill for at least 2 hours.
4. Just before serving, carefully stir in shrimp and tomatoes.

Makes 12 servings.

Serving size: ½ cup

Per serving:

Calories: 140

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 60 mg

Sodium: 135 mg

Carbohydrates: 19 g

Total fiber: 1 g

Protein: 14 g

Potassium: 295 mg



# Garden Vegetable Rice Salad

2 cups long grain rice	½ cup yellow squash, diced
4½ cups water	¼ cup red pepper, diced
1 bay leaf	½ cup eggplant, diced
2 lemons	½ cup tomato, diced
2 teaspoons margarine	2 tablespoon olive oil
2 tablespoon olive oil	1 clove garlic
½ cup fresh basil, shredded	¼ cup fresh basil
½ cup zucchini, diced	Juice of 1 lemon

1. Bring water to a boil in saucepan. Add the bay leaf, one lemon cut in half, rice and margarine. Turn down heat to low and cover. Cook for approximately 20 minutes until the rice is tender. Place cooked rice in refrigerator to cool. Discard bay leaf and lemon halves.
2. Heat a large skillet over medium heat. Place 2 tablespoons olive oil in skillet and add zucchini and yellow squash. Stir-fry for 8 minutes over medium heat. Add half of basil and remove to serving bowl.
3. Place remaining 2 tablespoons olive oil in skillet. Add red pepper, eggplant, tomato and garlic. Cook for 5-10 minutes over medium heat until the eggplant is tender, but not mushy.
4. Toss all vegetables together with remaining basil and juice of one lemon. Add rice and toss together for a great summer salad.

Makes 12 servings.

Serving size: 1 cup

Per serving:

Calories: 176

Total fat: 5.6 g

Saturated fat: 0.8 g

Sodium: 12 mg

Carbohydrates: 30 g

Dietary fiber: 2 g

Protein: 3 g

Source: U.S. Department of Agriculture Food and Nutrition Service



# Grilled Corn-on-the-cob with Pepper Seasoning

To roast bell pepper, place on baking sheet; broil in oven until blistered and charred. Put in heavy plastic or paper bag, seal; let set for 20 minutes. Peel skin; don't worry if all the charred parts don't come off. (If you don't have time to roast the pepper, purchase roasted peppers or omit peppers entirely.)

1 red bell pepper, roasted, peeled, seeded and diced (optional)	¼ teaspoon salt
1 tablespoon margarine	1/8 teaspoon freshly ground black pepper
¼ cup chopped fresh cilantro (optional)	1/8 teaspoon Tabasco® pepper sauce (optional)
2 tablespoons chopped green onions (scallions) or chives, snipped	4 ears fresh sweet corn

Preheat outdoor grill.

1. In a blender or food processor, combine the red pepper, margarine, green onions and cilantro (optional). Add salt, pepper and Tabasco, if desired.
2. Husk and clean the corn. Place each ear individually in the center of a piece of aluminum foil, shiny side up. Coat each ear with a quarter of the pepper seasoning mixture. Wrap the foil around the corn, making sure the ear is well sealed by the foil. (Refrigerate until ready to grill.)
3. Place corn on grill near the edges or cooler areas. Grill until tender, turning frequently, about 10 to 15 minutes. Carefully unwrap the corn and serve.

Makes 4 servings.

Per serving:  
Calories: 103  
Total fat: 3.9 g  
Saturated fat: 0.6 g  
Sodium: 192 mg  
Carbohydrates: 17 g  
Dietary fiber: 3 g  
Protein: 3 g



# Rainbow Fruit Salad

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled and sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwifruit, peeled and diced

## **Honey Orange Sauce:**

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1½ tablespoons honey
- ¼ teaspoon ground ginger
- Dash of nutmeg

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour Honey Orange Sauce over fruit.

Makes 12 servings.

- Per serving:
- Calories: 97
- Fat: 1 g
- Percent calories from fat: 6%
- Cholesterol: 0 mg
- Sodium: 2 g
- Fiber: 2 g



# SIDES

## Savory Potato Salad

- 6 (about 2 pounds) medium potatoes
- 2 stalks celery, finely chopped
- 2 stalks scallion, finely chopped
- ¼ cup red bell pepper, coarsely chopped
- ¼ cup green bell pepper, coarsely chopped
- 1 tablespoon onion, finely chopped
- 1 egg, hard-boiled, chopped
- 6 tablespoons light mayonnaise
- 1 teaspoon mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dill weed, dried

1. Wash potatoes, cut in half and place in saucepan in cold water.
2. Cook covered over medium heat for 25–30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

Makes 10 servings.

Serving size: ½ cup

Per serving:

Calories: 98

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 21 mg

Sodium: 212 mg

Carbohydrates: 18 g

Total fiber: 2 g

Protein: 2 g

Potassium: 291 mg

Source: National Heart, Lung, and Blood Institute



# Snappy Green Beans with Basil Dip

½ pound (8 ounces) fresh green beans, washed and stemmed

⅓ cup low-fat mayonnaise

2 tablespoons 1% milk

1 teaspoon onion powder

1 tablespoon fresh basil, chopped

Seasonings to taste

1. Mix all ingredients except green beans.
2. Put in small bowl placed in center of serving platter; surround by green beans. Serve.

Makes 4 servings.

Per serving, dip only:

Calories: 66

Fat: 6.2 g

Saturated fat: 1.3 g

Sodium: 138 g

Carbohydrates: 2 g

Fiber: 0 g

Protein: 0 g



# Spinach Salad with Marinated Vegetables

- 1 cup small, bite-sized cauliflower pieces (use fresh or thawed frozen)
- 1 cup sliced button mushrooms
- 8 stalks fresh asparagus, sliced on the diagonal into bite-sized pieces (about 1 cup)
- 1 14-ounce can quartered artichoke hearts in water, drained
- ½ cup reduced-fat red wine vinaigrette or Italian dressing, divided
- 4 slices white or sourdough bread, with crust cut off and bread sliced into bite-sized cubes
- 5 cups tightly packed spinach leaves (about 6 ounces), sliced into bite-sized pieces

1. Preheat oven to 350 degrees F.
2. Steam or microwave together cauliflower, mushrooms and asparagus until asparagus is tender-crisp. Place in a medium bowl with artichoke hearts and toss with 3 tablespoons dressing. Cover and refrigerate.
3. Spread bread cubes in a shallow glass pan and toss with 2 tablespoons vinaigrette. Bake 10 minutes, until golden brown. Let cool.
4. Toss spinach leaves with remaining dressing and croutons in a large serving bowl. Top with marinated vegetables and serve.

Makes 4 servings.

Per serving:  
Calories: 166  
Fat: 5.6 g  
Saturated fat: 0.6 g  
Cholesterol: 0.3 mg  
Sodium: 448 mg  
Carbohydrates: 25 g  
Fiber: 9 g  
Protein: 8.5 g



# Angel Food Cake with Raspberry Coulis

## Cake

14 egg whites  
1½ teaspoons cream of tartar  
¼ teaspoon salt  
1 cup granulated sugar  
18 packets Sweet One®  
½ teaspoon almond extract  
½ teaspoon vanilla extract  
¾ cup cake flour

## Raspberry Coulis

Pureed raspberries  
Water (to desired consistency)  
Sweet One® to taste

1. Use 1 10-inch tube pan. Sift flour, ½ cup sugar and Sweet One® together 3 times.
2. Measure egg whites, cream of tartar and salt into large mixing bowl; beat until foamy. Gradually add remaining ½ cup sugar, sprinkling 1 tablespoon at a time over froth. Continue beating until meringue will hold stiff peaks. Fold in flavorings.
3. Gradually sift flour, sugar, Sweet One® mixture over meringue. Fold in gently, just until flour is absorbed.
4. Pour batter into ungreased pan. Gently cut through batter with knife to remove any air pockets.
5. Bake at 375°F. 30-35 minutes, until top springs back when touched lightly. Invert pan, cool completely and remove cake.
6. Garnish (if desired) ½ cup fruit to include mixed berries (strawberries, raspberries and blackberries).

Makes 16 servings.

Per serving (with 1 tablespoon coulis):

Calories: 142  
Total fat: 0 g  
Cholesterol: 0 mg  
Sodium: 77 mg  
Carbohydrates: 30.5 g  
Protein: 5 g



# Patriotic Cheesecake

- |   |                                      |
|---|--------------------------------------|
| 3 cups vanilla wafer crumbs                                   | 2 tablespoons lemon juice            |
| 4 tablespoons margarine, melted                               | 1 tablespoon grated lemon rind       |
| 3 tablespoons NutraSweet® Spoonful™                           | 2 teaspoons vanilla                  |
| 1 envelope (¼ ounce) unflavored gelatin                       | 1/3 to 1/2 cup NutraSweet® Spoonful™ |
| 1 cup skim milk   | 1 pint blueberries                   |
| 2 packages (8 ounces each) reduced fat cream cheese, softened | 2 pints raspberries                  |
| 1 package (3 ounces) reduced fat cream cheese, softened       |                                      |

1. Mix crumbs, margarine and 3 tablespoons Nutrasweet® Spoonful™ in medium bowl; pat evenly on bottom of jelly roll pan, 15 X 10 inches.
2. Sprinkle gelatin over milk in small saucepan; let stand 2 to 3 minutes. Heat over medium low heat, stirring constantly, until gelatin is dissolved. Cool to room temperature.
3. Beat cream cheese until fluffy in large bowl; gradually beat in milk mixture. Beat in lemon juice and rind, vanilla and 1/3 to 1/2 cup NutraSweet® Spoonful™. Pour mixture over crust; refrigerate until set, 3 to 4 hours.
4. Before serving, decorate to look like a flag, using the blueberries for the stars, the raspberries for the stripes.

Makes 16 servings.

Serving size: 1 piece (approximately 1/16 recipe)

Per serving:

Calories: 170

Total fat: 10 g

Saturated fat: 3 g

Cholesterol: 22 mg

Sodium: 202 mg

Carbohydrates: 16 g

Fiber: 3 g

Protein: 5 g



# Quick Summer Fruit Shortcake

1 pint strawberries, cleaned and hulled  
1 cup grapes, seedless, cleaned and halved  
2 peaches, diced  
3 tablespoons sugar  
¼ cup orange juice  
4 slices angel food cake

1. The kids can help with this step. If using strawberries, quarter them first. Combine berries, grapes, peaches, sugar and orange juice in a large bowl. Mix well. Cover with plastic wrap; refrigerate for 20 minutes.
2. Put one slice of cake on each plate; then portion the fruit and juices from the bowl on top of each slice of cake. Serve.

Makes 4 servings.

Per serving:  
Calories: 148  
Total fat: 0.4 g  
Saturated fat: 0.1 g  
Cholesterol: 0 mg  
Sodium: 210 mg  
Carbohydrate: 36 g  
Dietary fiber: 2 g  
Protein: 2 g  
Calcium: 46 mg



# Tropical Fruit Compote

$\frac{3}{4}$  cup water  
 $\frac{1}{2}$  cup sugar  
2 teaspoons fresh lemon juice  
1 piece lemon peel  
 $\frac{1}{2}$  teaspoon rum or vanilla extract (optional)  
1 pineapple cored and peeled, cut into 8 slices  
2 mangos peeled and pitted, cut into 8 pieces  
3 bananas peeled, cut into 8 diagonal pieces  
fresh mint leaves (optional)

1. In a saucepan, combine  $\frac{3}{4}$  cup of water with the sugar, lemon juice and lemon peel (and rum or vanilla extract if desired). Bring to a boil, then reduce the heat and add the fruit. Cook at a very low heat for 5 minutes.
2. Pour the syrup in a cup. Remove the lemon rind and cool the cooked fruit for 2 hours.
3. To serve the compote, arrange the fruit in a serving dish and pour a few teaspoons of syrup over the fruit. Garnish with mint leaves.
4. Serve with homemade sour cream.

Makes 8 servings.

Serving size: 1 cup

Per serving:

Calories: 148

Total fat: Less than 1 g

Saturated fat: Less than 1 g

Cholesterol: 0 mg

Sodium: 3 mg

Calcium: 15 mg

Iron: Less than 1 mg

Source: National Heart, Lung, and Blood Institute

GEHA<sup>®</sup>

[geha.com](https://geha.com)

[!\[\]\(e51810ff30b37de53380ac76c06eed8d\_img.jpg\) !\[\]\(91f1bb7292c8cc58f14491bccea28702\_img.jpg\) !\[\]\(38d8e39920b091af7506b9a91a3d21a2\_img.jpg\) !\[\]\(0faea09d8a3d820df69ec80b214a4c1a\_img.jpg\) !\[\]\(38d337e4ce52474576f162e1ad9c21c1\_img.jpg\) /gehahealth](#) [!\[\]\(c7b7c78b2c68330f694bd33d36616cce\_img.jpg\) /company/gehahealth](#)