

## Summer Recipes

### Avocado Smoothie

**Ingredients:**

- 1 avocado, peeled and pitted
- 1 cup milk
- 1 cup ice cubes
- 2 tablespoons sugar
- ½ teaspoon vanilla

**Directions:**

In a blender, combine all ingredients. Blend until smooth.

### Orange Cream Slush

**Ingredients:**

- 1 ⅓ cups orange juice
- 1 tablespoon honey
- 1 cup vanilla nonfat yogurt
- ¼ cup frozen orange juice concentrate

**Directions:**

Pour the orange juice into an ice cube tray and freeze until solid, about 3 hours. Empty the tray into a blender and combine with the honey, yogurt, and frozen orange juice concentrate; blend until smooth. Makes 2 ½ cups.

## Watermelon Salad

### Ingredients:

8 cups cubed watermelon  
2 to 4 ounces cubed or crumbled feta  
1 tablespoon lime juice  
1 tablespoon extra-virgin olive oil  
Salt and pepper  
Fresh basil or mint



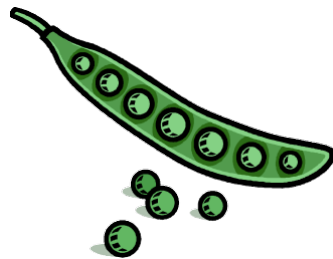
### Directions:

Mix the watermelon and feta. Toss with a dressing made from the lime juice, olive oil, and salt and pepper to taste. Sprinkle with slivered fresh basil or mint.

## Shells and Peas

### Ingredients:

½ pound medium shell pasta  
1 ½ cup frozen peas  
1 cup shredded part skim mozzarella  
½ cup shredded cheddar cheese  
1 cup low-fat milk  
1 tablespoon butter  
2 tablespoons all-purpose flour  
Salt and pepper



### Directions:

Place frozen peas in a large colander in the sink. In a medium pot bring water to a boil and cook pasta shells for 7 minutes. Meanwhile, over medium-low heat, melt butter in a small saucepan. Whisk in flour until thick. Add milk and continue to whisk. Slowly add the mozzarella and cheddar cheeses and keep up the whisking until thick and creamy.

Turn heat to low. Drain pasta over the top of the frozen peas. Shake off excess water and return shells and peas to pot. Pour in the cheese mixture and stir to combine. Season with salt and pepper to taste.

## Chicken Pasta Salad

### Ingredients:

4 bone-in chicken breast halves, with skin  
Coarse salt and pepper  
Juice of half a lemon  
2 tablespoons canola oil  
4 cups pasta  
2 cups broccoli florets  
¼ cup mayonnaise  
1 tablespoon Dijon mustard  
1 cup edamame  
1 cup diced carrots  
1 cup spinach, chopped

### Directions:

Heat the oven to 350° F. Line a baking sheet with foil. Season the chicken with salt and pepper and transfer it to the baking sheet. Drizzle on the lemon juice and oil. Bake the chicken about 1 hour. Transfer the meat to a plate to cool, reserving the cooking juices.

Cook the pasta according to the package instructions, adding the broccoli to the pot for the last 2 minutes. Drain, reserving ¼ cup of the water. Transfer the pasta and broccoli to a large bowl. Add the reserved cooking juices and pasta water and toss to coat the ingredients.

When the chicken has cooled, remove the skin. Pull the meat from the bone, tear it into bite-size pieces, and add it to the pasta. In a small bowl, stir together the mayonnaise and mustard until well blended. Add the mixture, along with the remaining ingredients, to the bowl and toss well. Season with salt and pepper, if desired.

## Lemon Angel Hair Pasta

### Ingredients:

12 ounces angel hair pasta  
½ cup pine nuts  
¼ cup olive oil  
3 cloves garlic, finely chopped  
2 tablespoons lemon zest  
Juice of 1 to 2 lemons (¼ cup or so)  
1 tablespoon table salt  
2 cups grape tomatoes, halved  
½ cup chopped fresh herbs such as basil, parsley, and mint  
¼ teaspoon coarse salt  
⅛ teaspoon freshly ground pepper



### Directions:

Bring a large pot of water to a boil for the pasta. Meanwhile, in a large skillet over medium-high heat, toast the pine nuts, stirring often, until they are golden brown, about 3 to 5 minutes. Then transfer to a bowl.

Reduce the heat under the skillet to medium and pour in the olive oil. Add the garlic and stir often, until it softens. Remove the skillet from the heat and add the lemon zest and juice. Set the pan aside.

When the water boils, season it with 1 tablespoon of salt and bring it back to a rolling boil. Add the pasta and cook it al dente. Spoon 2 tablespoons of water from the cooking pot into a small bowl and set it aside. Drain the pasta well. Return the pasta to the pot. Pour the reserved cooking water and the lemon juice mixture over the pasta and toss it well. Add the tomatoes, herbs, and pine nuts. Season the mixture with the salt and pepper. Serve warm or at room temperature. Makes 6 servings.

## Chicken and Blueberry Salad

### Ingredients:

1 pound boneless, skinless chicken breast  
8 ounces fusilli pasta  
3 tablespoons extra-virgin olive oil  
1 large shallot  
½ cup reduced-sodium chicken broth  
⅓ cup crumbled feta cheese  
3 tablespoons lime juice  
1 cup fresh blueberries  
1 tablespoon chopped fresh thyme  
1 teaspoon freshly grated lime zest  
¼ teaspoon salt



### Directions:

Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

Bring a large pot of water to a boil. Cook pasta according to package directions. Drain. Place in a large bowl.

Place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened. Add broth, feta, and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest, and salt and toss until combined.

## Tuna Salad

### Ingredients:

4 (5-ounce) cans tuna, packed in water  
1 cup mayonnaise  
⅓ cup finely chopped celery (about 1 rib)  
2 tablespoons red onion, minced  
2 tablespoons sweet pickle relish  
1 tablespoon fresh lemon juice  
1 clove garlic, minced  
Salt and freshly ground pepper



### Directions:

In a medium bowl, combine tuna, mayonnaise, celery, onion, relish, lemon juice, and garlic. Season to taste with salt and pepper. Serve immediately on rolls or refrigerate until chilled.

## No Bake Chocolate Truffle

### Ingredients:

½ cup pecans, toasted and coarsely chopped  
1 ready-to-fill, chocolate-flavored crumb crust  
17 squares individually wrapped caramels, unwrapped  
¼ cup canned evaporated milk  
1 ½ cups semisweet chocolate chips  
1 cup heavy cream  
3 tablespoons unsalted butter  
Whipped cream

### Directions:

Sprinkle the pecans on the crust. In a medium saucepan, cook the caramels and milk over medium-low heat, stirring often until the caramels melt and the mixture is smooth. Pour over the pecans.

Clean the saucepan and cook the chocolate chips, cream, and butter over low heat until the chocolate melts and the mixture is smooth. Pour over the caramel and refrigerate until set, about 4 hours. Serve with whipped cream.