



THE KURBO COOKBOOK: SUMMER EDITION



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Introduction



Summertime. Possibly the best time of year according to most Kurbo kids. When we considered putting together this cookbook, we asked ourselves, how can we best reflect summer and all the food, feelings, and activities that come along with it so that we present recipes the whole family will enjoy?

We started by thinking about what we associate with summer: hot, carefree, swimming, popsicles, sleeping in, beach, vacations, BBQ's, sun, play, movies, sleepovers, camp, road trips, no homework, home alone, ice cream, star gazing, watermelon, and....weight gain.

It's a hard truth. Weight gain. While the adults find themselves eating lighter and getting outside to exercise, the kiddos are in fact putting on weight during the summer months due to a lack of structure in their day which promotes mindless snacking and not enough activity. Plus, vacation indulgences and plenty of red light summer BBQs add to the upward trend.

We don't bring this up to scare you, but rather make you aware of what you can do to encourage your kids to stay

consistent and on track with their wellness goals even while school is out.

We are strong believers that simple food is the best food and there is a whole lot of tasty, feel-good food that can be made from whole foods and basic pantry staples. We imagine you using this cookbook in so many different summer situations. Perhaps you and your kids will make the Greek yogurt coleslaw to take with you to a neighbor's BBQ, or your child will make themselves a lunch kabob while you are at work. Maybe the creamy cherry pudding will be a new summer dessert tradition in your household? No matter what recipes inspire you, know that they have been carefully crafted and published with your family's health in mind.

However you use this cookbook, we wish for you to use it in great health and happiness.

In health and happiness,

Thea and Arielle

This cookbook is dedicated to all our Kurbo families who love endless summer days and our fabulous, committed, and unmatched team of Kurbo coaches.

For grocery lists, how to measure portions using your hands, and other helpful tools, check out our previous cookbooks on iTunes or Kindle.



Breakfast

It's the most important meal of the day, but it's also so easy to skip when sleeping in during the summer. These quick and simple summer breakfasts will make you excited to get up in the morning and keep you powered through the day!



Avocado Toast with a Poached Egg

This yellow-light breakfast has become all the rage, and for good reason.



Directions

Step 1

Toast your bread.

Step 2

Mash avocado on top of bread. Sprinkle with salt and pepper to taste.

Step 3

Poach your egg or cook it sunny side up. If you're cooking your egg sunny side up, use oil spray!

Step 4

Carefully place egg on top of the toast.

Step 5

Puncture with a fork and let the yolk ooze into the bread.

Ingredients

- Slice of whole wheat bread
- $\frac{2}{5}$ of an avocado
- Egg
- Salt and pepper

Makes 1 serving
Time: 10 minutes
4 yellows

Veggie Scramble

Courtesy of Coach Jennifer

Start off an “egg-cellent” day full of green lights.

Ingredients

- 2 eggs
- ½ cup onions, diced
- 1 cup spinach
- ½ cup zucchini, chopped
- Small bunch of cilantro (optional)
- Olive oil spray

Directions

Step 1

Spray olive oil spray evenly in your pan over low-medium heat and sauté the onions until golden.

Step 2

Add zucchini and mushrooms and cook until soft.

Step 3

Lastly, add the spinach and cook until it wilts.

Step 4

Add in your eggs and scramble all together until eggs are cooked through. Top with fresh cilantro (optional).



Makes 1 serving
Time: 10 minutes
2 yellows, 2 greens

Egg and Fruit Plate

Courtesy of Coach Jennifer

Have fun decorating your plate with this healthy morning meal.



Ingredients

- 1 egg
- Orange slices
- Banana slices
- Strawberry slices

Directions

Step 1

Coat a small frying pan with olive oil spray and heat pan or slice a hardboiled egg.

Step 2

Crack the egg into the pan and fry the egg until the egg white is solid (you can flip over and cook for a few seconds if you prefer your egg over-easy).

Step 3

Put egg on a plate and cover the edges with orange, banana and strawberry slices.

Makes 1 serving

Time: 10 minutes

1 yellow, 2 handfuls of fruit=2 green lights

Summer Lovin' Overnight Oats

Breakfast on the go is easy when you prep for a few minutes the night before. These oats are mouthwatering and energizing.

Ingredients

- ⅓ cup rolled oats
- ½ unsweetened coconut milk (like Calafia Farms, not the canned stuff)
- ½ cup plain nonfat or low fat greek yogurt
- 1 tsp vanilla
- Zest of one orange
- 1 handful berries
- Pinch of salt
- Pinch of cinnamon

Directions

Step 1

Mix all the ingredients together and put in a mason jar. Refrigerate overnight.

Step 2

In the morning take out a spoon and eat. If you want to add a red light, sprinkle with coconut flakes.



Makes 1 serving

Time: 10 minutes

2 yellows, 1 green, 1 red (optional)

Banana “Split”

Try dessert for breakfast and still pack in those green lights!

Ingredients

- 1 banana
- ½ cup low-fat plain yogurt
- ¼ cup strawberries
- ¼ cup blueberries
- 2 tbsp sliced almonds

Directions

Step 1

Slice the banana to get two long halves and place on plate.

Step 2

Scoop yogurt between banana halves and spread.

Step 3

Top with berries and almonds.
Feel free to more green lights if you want!



Makes 1 serving

Time: 5 minutes

2 yellow, 2 fists of fruit = 2 green lights

Healthy Green Smoothie

Take this smoothie with you when you are on the go.

Ingredients

- 1 cup strawberries or mango
- 1 cup mixed berries
- 1 cup skim or unsweetened almond milk
- ¼ cup baby spinach
- ¼ cup kale
- Ice cubes



Directions

Step 1

Blend all ingredients together until smooth. Pour into a glass and serve.

Makes 2 servings
Serving Size: 1 fist
Time: 5 minutes
2 greens

Lunches On The Go

Spice up your summer lunches with these recipes. They are designed to be taken with you wherever you go: on vacation, to summer camp or to work. You don't have to sacrifice healthy options when you're not at home.



Hummus Quesadilla

Courtesy of Coach Jennifer

A Mexican take on a Middle Eastern classic.



Makes 1 serving
Time: 15 minutes
4 yellows

TIP: Serve with jicama sticks and chopped pineapple for a balanced meal!

Ingredients

- 2 tbsp low fat hummus
- 1 whole wheat tortilla
- ¼ cup black beans
- ¼ cup light shredded mozzarella cheese
- Sprinkle of taco seasoning mix

Directions

Step 1

Spray a sauté pan with olive spray and place on medium heat.

Step 2

Fold tortilla in half and spread with hummus.

Step 3

Spread black beans, cheese, and a sprinkle of taco seasoning mix on the tortilla.

Step 4

Warm on both sides until heated throughout.

Deli Roll-Ups

Courtesy of Coach Jennifer

You've seen pinwheel sandwiches at the local deli, but did you know you could make your own using just yellow and green light foods?

Ingredients

- 1 whole wheat tortilla
- 2 slices ham (or turkey, pastrami, or roast beef)
- 1 slice low-fat cheese
- ½ cup lettuce

Directions

Step 1

Layer ham slices, cheese and lettuce onto the whole wheat tortilla and roll together.



Makes 1 serving
Time: 5 minutes
3 yellows, 1 green

TIP: These wraps go great with sliced strawberries and carrot sticks!

Tuna Salad Pita

Courtesy of Coach Jennifer

There's nothing "fishy" about this sandwich that's quick to make and yummy to eat.

Ingredients

- 1 whole wheat pita
- 1 can tuna packed in water
- ¼ cup nonfat plain Greek yogurt
- ¼ green onion chopped
- Garlic powder, salt, pepper to taste
- Lettuce and cucumber (optional)

Directions

Step 1

In a bowl, combine tuna greek yogurt and onion. Add salt, pepper and garlic powder to taste.

Step 2

Fill pita with mixture.

Step 3

Add lettuce or cucumber or both for an extra crunch in your sandwich.



Makes 1 serving

Time: 5 minutes

1 fist of tuna = 1 yellow light

1 whole wheat pita = 2 yellow lights

1 handful of onion/cucumber/lettuce = 1 green

TIP: Serve with celery sticks, apples and grapes for a balanced meal!

Lunch Kabobs

Courtesy of Coach Emily

Take the summer fun of a barbecue with you to work or camp!

Ingredients

- Slices of your favorite lunch meat (i.e. ham, turkey, roast beef, etc.)
- Cherry tomatoes
- Grapes
- Cucumbers or pickles
- Low fat cheese
- Wooden skewers

Directions

Step 1

Fold or roll your lunch meat.

Step 2

Skewer lunch meat, tomatoes, grapes, cucumbers and cheese onto kabob sticks.



Makes as many servings as you need!

Time: 5 minutes

- 1 skewer with 2 slices of meat, 2 cheese cubes, and veggies = 3 yellow lights, 1 green light
- 1 palm of lunch meat = 1 yellow light
- 1 handful of veggies = 1 green light
- 1 thumb size of cheese = 1 yellow light

TIP: Mix and match with your favorite meats and low fat cheese. Intersperse these with your favorite green light fruits and vegetables. Get colorful!

TBLT (Turkey Bacon, Lettuce, Tomato) Wrap

An American summertime classic gets a yellow and green light makeover.



SERVING SUGGESTION: Pair with apple slices and non fat milk.

Ingredients

- 2 slices of lean turkey meat
- 2 slices of turkey bacon, grilled
- 1-2 leaves of lettuce
- 1 small tomato, sliced
- 1 whole wheat tortilla
- Optional: low-fat Greek yogurt or low-fat mayo

Directions

Step 1

Layer turkey, turkey bacon, lettuce and tomato on the tortilla and wrap. Spread yogurt if using.

Makes 1 serving

Time: 5 minutes

4 yellows (5 if using Greek yogurt),

1 green

Rice Cake Snacks

Transform rice cakes into creamy snacks.

Ingredients

- 1 rice cake

Topping Ideas

- 1 slice low-fat cheese
- Light cream cheese with cucumber
- Plain yogurt with sliced strawberries and/or bananas
- 2 tbsp low-fat hummus

Directions

Step 1

Spread topping onto rice cake and enjoy.

Makes 1 serving

Time: less than 5 minutes

Topping = 1 yellow

1 rice cake = 1 yellow



TIP: Add carrot sticks and grapes for a balanced snack.

Barbecues



From Father's Day to July 4th, all the way to Labor Day, the summer months are filled with opportunities to barbecue. With these simple recipes, you can focus on your loved ones, not your red light budget!

Make-Your-Own Kabobs

Courtesy of Coach Emily

Kabobs are a fun and portable way to incorporate green and yellow light food into your summer barbecue. Mix and match your favorite fruits or veggies with your favorite lean protein, then throw them on the grill and enjoy!

Protein

- Chicken Breast
- Pork Sirloin
- Shrimp
- Turkey Breast
- Trimmed Lean Sirloin
- Scallops
- Salmon

Fruit/Veggies

- Mushrooms
- Zucchini
- Onions
- Peppers
- Cherry Tomatoes
- Eggplant
- Asparagus
- Artichoke Hearts
- Corn on the Cob
- Pineapple



Makes as many servings as you need!

Time: 30 minutes

1 fist meat = 1 yellow light

1 fist veggies = 1 yellow light

Marinade

- 1 cup balsamic vinegar
- 3 tbsp of Dijon mustard
- ½ cup lemon juice
- ¼ cup water
- 2 minced garlic cloves
- Sea salt to taste
- Black pepper to taste

Directions

Step 1

Soak skewers in water to avoid burning.

Step 2

Lace alternating proteins and veggies onto stick.

Step 3

Brush marinade onto kabob and let sit for 10-15 minutes.

Step 4

Grill kabob until protein is fully cooked (approximately 10 minutes).

Step 5

Sprinkle with salt and pepper to taste.

Grilled Lemon Rosemary Chicken

This light and aromatic chicken will have guests wanting seconds.



Ingredients

- 2 chicken breasts
- 1 lemon (juiced and zested)
- 1 tbsp rosemary, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Directions

Step 1

In a bowl, combine lemon juice, lemon zest, rosemary, olive oil, salt and pepper.

Step 2

Coat chicken in marinade and refrigerate for 1 hour.

Step 3

Remove chicken from refrigerator. Heat grill on medium. Cook until chicken is golden brown, brushing with extra marinade on turns.

Makes 3-4 servings

Prep Time: 1 hour 15 minutes

Total Time: 1 hour 45 minutes

1 fist size = 1 yellow light

TIP: Serve with a green salad and corn on the cob.

Veggie Burger

Courtesy of Coach Colleen

Skip the meat, keep the flavor.

Directions

Step 1

In a food processor, add carrots, bell pepper, and garlic. Pulse until finely chopped.

Step 2

Add remaining ingredients except rolled oats and process through. Scrape down food processor as needed. Then add rolled oats and pulse through.

Step 3

Remove bowl and place in fridge to chill mixture, for about a ½ hour.

Step 4

When ready to shape patties, take out scoops of mixture and form burgers in your hands.

Step 5

To cook, place patties on a non-stick skillet over medium/medium-high heat. Let cook on one side for 7-8 minutes, or until golden brown. Then flip, and let cook for another 5-7 minutes on the other side. Alternatively, these patties can be baked at 400°F for about 20 minutes, flipping halfway through.

Makes 7-8 patties

Prep Time: 1 hour

Total Time: 1 hour 30 minutes

1 patty = 1 yellow

½ whole wheat bun = 1 yellow

Optional veggies = 1 green



Ingredients

- 1 cup carrot, cut
- ½ cup chopped red bell pepper
- 1 medium-large clove garlic
- 2 cans (14-ounces each) chickpeas, rinsed and drained
- ½ cup nutritional yeast
- 1 tbsp tomato paste (can substitute natural ketchup)
- 1 tsp red wine vinegar
- ½ tsp dijon mustard freshly ground black pepper (optional)
- 2 tsp fresh thyme
- 1 cup rolled oats
- Optional: whole wheat bun, cucumber, tomato, lettuce

Yellow Light Burger

Courtesy of Coach Colleen

No barbecue is complete without a juicy burger.



SERVING SUGGESTIONS: Try a whole wheat bun or, even better, use a lettuce wrap! Keep condiments light— if you're looking for more flavor, try adding lemon juice, tangy pineapple, crunchy apple or grilled onions.

Makes 4 patties

Time: 30 minutes

1 patty = 1 yellow

½ whole wheat bun = 1 yellow

Mayo/mustard = 1 yellow

Veggies = 1 green

Ingredients

- 1 lb lean ground beef
- ¼ onion very finely chopped
- 2 garlic cloves crushed
- 1 tbsp ketchup
- 1 tsp Worcestershire sauce (optional)
- 1 egg (optional – to bind patty together if needed)
- For assembly: mayo, mustard, tomato, lettuce, onion

Directions

Step 1

Mash all chosen ingredients together and form four patties.

Step 2

Place on grill and cook to your liking, or broil or pan fry if you prefer indoor preparation.

Step 3

Assemble your burger with lowfat mayo, mustard, tomato, lettuce and onion.

Yellow Light French Fries

No oil needed— these baked fries will fill your craving.

Ingredients

- 2 potatoes, purple or Russet
- Salt and pepper

Directions

Step 1

Preheat oven to 400 degrees.

Step 2

Slice potatoes into fries and soak in cold water for about 10 minutes.

Step 3

Place potato slices on a parchment-paper-covered baking sheet* or non-stick silicone baking sheet. Sprinkle with salt.

Step 4

Bake for about 15 minutes on one side, flip and do another 10-15 minutes on the other side – until potatoes puff up and brown.

Step 5

Sprinkle with salt and pepper to taste.



BAKING TIP:

Parchment paper is a great tool to avoid using oil! Make sure to purchase parchment paper and not wax paper (which are often confused). Wax paper will melt in the oven but parchment paper will stand up in the heat. Plus, it will save you effort when it comes time to do the dishes!

Makes 4 servings
Time: 45 minutes
1 handful = 1 yellow

Baked Sweet Potato Fries

Satisfy a sweet tooth with this healthier alternative to classic french fries.



Makes 4 servings
Time: 45 minutes
1 fist = 2 yellows

Visit our [YouTube page](#) to see the cooking video and how to make yellow light sriracha to dip.

Ingredients

- 2 large sweet potatoes
- 1 tbsp olive oil
- ½ tsp garlic powder
- Salt and pepper to taste

Directions

Step 1

Preheat oven to 425.

Step 2

In a bowl, mix olive oil, garlic powder, salt and pepper.

Step 3

Slice potatoes into fry shape and toss with oil mixture.

Step 4

Line slices on a baking sheet and bake for 30 minutes, turning once.

Healthy Potato Salad

Now potato salad can be creamy without all of the red light mayo. This version keeps the creaminess by substituting avocados instead.

Ingredients

- 3 large potatoes
- 1 avocado
- 2 tbsp Dijon mustard
- 2 tbsp diced red onion
- ½ cup cucumber, diced
- 1 tsp fresh lemon juice
- Salt and pepper to taste

Makes 4 servings

Time: 45 minutes

1 serving = 1 fist

2 yellows

[Adapted from Detoxinista](#)



Directions

Step 1

Chop potatoes into 1 inch cubes.

Step 2

Place potatoes into a large bowl and cover with water. Bring water to a simmer and cook potatoes until tender (easily pierced with a fork) or about 10-15 minutes.

Step 3

In a bowl, mash avocado, and combine with vegetables and spices.

Step 4

Let potatoes cool for at least 20 minutes in the refrigerator before combining with avocado mixture.

Greek Yogurt Coleslaw

This refreshing salad ditches the mayo and stays creamy with Greek yogurt.



Makes 6 servings

Time: 15 minutes plus cooling

Serving Size = 1 scoop of the hand

1 yellow, 3 greens

SERVING SUGGESTION:
Serve with kabobs or grilled salmon.

Ingredients

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup shredded carrots
- ½ cup Greek yogurt
- 1 tsp salt
- ½ tsp pepper
- ½ lemon squeezed for juice
- 1 tbsp apple cider vinegar

Directions

Step 1

Shred cabbage and carrots in a bowl.

Step 2

Combine greek yogurt, salt pepper, lemon juice and vinegar in a bowl.

Step 3

Toss dressing in with cabbage mixture. Cover and refrigerate.

[Adapted from Simple Life Mom](#)

Black Bean Salsa

You won't miss those baked beans cooked in sugar after you try this refreshing alternative.

Ingredients

- 1 can black beans
- $\frac{1}{3}$ cup cooked corn
(canned or cook yourself!)
- $\frac{1}{4}$ cup diced tomatoes
- $\frac{1}{4}$ cup chopped onions
- Lime
- Salt to taste

Directions

Step 1

Remove beans from can and strain.

Step 2

Combine beans with corn, tomatoes and onions in a bowl and top with a squirt of lime juice and salt to taste.



Makes 4 servings

Time: 10 minutes

1 serving = 1 cup of the hand

1 yellow, 1 green

SERVING SUGGESTION:

Serve with yellow light
homemade corn chips.

Veggies

During the summer, fresh vegetables are plentiful and flavorful. It's the perfect opportunity to incorporate new green lights into your meals, through fun side dishes or lighter entrees that everyone in the family will enjoy.



Eggplant “Caprese”

Transport yourself to Italy with these snacks.



Ingredients

- 1 eggplant, cut in ½ inch thick slices
- Olive oil (light drizzle)
- Heirloom tomatoes, sliced thickly
- Low-fat mozzarella, sliced thinly
- Balsamic vinegar
- Salt to taste

Directions

Step 1

Spray eggplant slices with olive oil spray and sprinkle with salt. Grill eggplant on medium heat until grill marks visible (about 3-5 minutes on each side).

Step 2

Remove eggplant slices and let cool. Lay evenly on a plate.

Step 3

Top eggplant with sliced tomato and mozzarella.

Step 4

Lightly drizzle stacks with balsamic vinegar and olive oil.

Makes 8 servings

Time: 15 minutes

Serving Size = 1 stack

2 yellow, 2 greens

TIP: For a sweeter option, try substituting grilled peach for the grilled eggplant!

[Adapted from Eating Well](#)

Israeli Salad

This refreshing salad can be found all over the Middle East. It is full of green lights and flavor.

Ingredients

- 1 cup cucumber, finely diced
- 1 cup tomato, finely diced
- ½ cup red onion, finely diced
- ½ cup bell pepper, finely diced
- Sprig of mint or parsley, chopped (optional)
- 1 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper

Directions

Step 1

In a bowl, combine cucumber, tomato, onion and pepper.

Step 2

In another bowl, mix lemon juice, olive oil and optional chopped herbs.

Step 3

Pour dressing over vegetables and mix. Add salt and pepper to taste.

Step 4

Refrigerate and serve.



Time: 10 minutes

1 serving = 1 cup of the hand

1 green light

1 yellow light

Grilled Corn on the Cob

A quick way to incorporate sweet veggies into your diet.



Serving Size: ½ cob

Makes 4 servings

Time: 30 minutes

1 yellow

Ingredients

- 2 husks of corn
- Salt, pepper, garlic powder, chili powder (optional)

Directions

Step 1

Shuck and clean corn.

Step 2

Grill corn over medium heat, turning several times until corn begins to char (about 15-20 minutes depending on your grill).

Step 3

Let cool and sprinkle with optional spices if you like.

Watermelon Summer Salad

Hydrate on a hot summer's day with this fruity salad.

Ingredients

- 2 cups watermelon, cut in cubes
- ½ cup fresh mint, chopped
- Fresh squeeze juice from ½ lime
- Sea salt to taste

Directions

Step 1

Combine cubed watermelon with mint, salt, and fresh lime juice.

Step 2

Toss together gently until all ingredients are mixed in.

Step 3

Store in the refrigerator until ready to eat.

Makes 2 servings

Time: 5 minutes

Serving Size = 1 scoop of the hand

1 green light



Almond Green Beans

These green, green lights are simple and quick to whip up.



Makes 4 servings

Time: 15 minutes

Serving Size = 1 scoop of the hand

1 green, 1 yellow

[Adapted from Serious Eats](#)

Ingredients

- 2 cups green beans
- ¼ cup slivered almonds
- Olive oil spray
- Drizzle of lemon juice

Directions

Step 1

Cook green beans in lightly salted water until tender.

Step 2

In a sauté pan on medium heat, cook almonds until they are golden.

Step 3

Spray almonds with olive oil spray. Add lemon juice.

Step 4

Add green beans and cook until they are coated, about 1-2 minutes.

Step 5

Remove green beans, let cool and add salt and pepper to taste.

Grilled Pea Ponds with Mint

You'll keep coming back to this ap-pea-ling veggie dish.

Ingredients

- 1 lb snap or sugar peas
- 2 tbsp chopped mint
- 1 tsp olive oil
- 1 tbsp soy sauce
- Salt and pepper

Directions

Step 1

In a skillet or a grill pan add 1 tbsp of oil. Allow oil to get hot.

Step 2

Add pea pods. Allow to cook for 4 minutes then flip the pods over and cook for another 4 minutes.

Step 3

Add about 2 tsp of soy sauce (you can add a little more if you like) and pinch of pepper and salt.

Step 4

Turn off heat and garnish with mint.



Makes 4 servings

Time: 15 minutes

Serving Size = 1 scoop of the hand

1 green, 1 yellow

[Adapted from Budget Savvy Diva](#)

Yummy Zucchini

Put all the fresh summer squash to good use with this quick recipe.



Makes 3 servings
Time: 30 minutes
1 green, 1 yellow

TIP: Experiment with different types of squash! There are plenty of squash varieties that have different textures and flavors, so find one that suits your family.

Ingredients

- 1 large zucchini
- ½ cup light Parmesan-Romano cheese, shredded
- Tin foil
- Olive oil spray

Directions

Step 1

Coat foil with olive oil spray. Cut zucchini in thirds lengthwise and lay side by side.

Step 2

Sprinkle on a thick layer of Parmesan-Romano.

Step 3

Bake in preheated 400 degree oven for 20 minutes. Cool for a minute and enjoy.

Step 4

Any leftovers can go in the fridge. Reheat in microwave and enjoy the next day too.

Dinner

Long summer nights can make late night snacking seem inevitable. Curb the urge to snack by preparing these fresh and filling summer dinner recipes.



Green Light Tacos

Courtesy of Coach Lauren

Who knew Taco Tuesday could be a green light fiesta?



Directions

Step 1

Coat a pan with olive oil spray and sauté vegetables of your choice until golden and tender.

Step 2

In a bowl, combine tomatoes, garlic, onions and optional cilantro.

Step 3

Let vegetables cool.

Step 4

Pull off one piece of lettuce to use as a wrap, then fill with sautéed vegetables and top with salsa.

Ingredients

- Vegetables to sauté (pick your favorites)
 - Eggplant
 - Peppers
 - Mushrooms
 - Broccoli
 - Cauliflower
 - Zucchini
 - And more!
- Head of romaine lettuce
- Salsa
 - 2 large tomatoes, diced
 - 1 tsp garlic, diced
 - 1 tbsp onions, diced
 - Sprig of cilantro, diced (optional)

Makes 4 servings

Time: 20 minutes

As many greens as you want!

SERVING SUGGESTION: Add grilled chicken, shrimp or tofu to round out your plate.

Fish Sticks

Bring back a taste of the beach with this summer hit.



Ingredients

- Kosher salt and ground black pepper
- 1 lb firm-flesh white fish, such as cod, sliced into sticks about 1 inch by 3 inches
- ½ cup whole grain pastry flour (or whole wheat flour)
- 1 tsp granulated garlic
- 2 slices whole grain bread (or sub 1 cup whole grain breadcrumbs)
- 1 tsp dried Italian herbs (optional; if kids don't freak out)
- 1 large egg
- Olive oil spray

Makes 4 servings • Time: 30 minutes • Serving Size = 2 sticks • 2 yellow lights

[Adapted from Melissa D'Arabian](#)

Directions

Step 1

Preheat the oven to 400 degrees.

Step 2

Salt and pepper the fish sticks.

Step 3

Place the flour on a rimmed plate and season with the garlic, mixing with a fork, and set aside.

Step 4

Place the bread and herbs (if using) in a food processor and pulse until uniform, but not too small. Season with salt and pepper. Transfer the breadcrumbs to a shallow baking dish or rimmed plate and set aside. (You can skip this step if you use pre-made breadcrumbs.)

Step 5

Whisk the egg and 1 tbsp water in a medium bowl.

Step 6

Dredge a piece of fish in the flour, gently shake off excess. Dip the fish in the egg mixture, then the breadcrumbs, gently pressing into the crumbs. Repeat with the remaining pieces of fish.

Step 7

Place a metal cooling rack on top of a baking sheet, and mist with olive oil. Place the fish sticks on the rack and bake until the fish is cooked through, about 12 minutes. (For even browning, you can turn the fish over halfway through cooking time and spray the second side with olive oil.)

Barbecue Chicken Sloppy Joes

The sandwich may be messy but the flavors are strong.

Ingredients

- 2 chicken breasts (or shredded rotisserie chicken)
- ¼ cup low-sugar barbecue sauce
- 4 whole wheat buns

Directions

Step 1

Steam or boil chicken breasts: place chicken breasts in lightly salted water or chicken broth, enough to completely cover chicken.

Step 2

Bring water to a simmer and cook for 10-15 minutes.

Step 3

Once chicken has cooled, shred into pieces.

Step 4

Mix in barbecue sauce with chicken.

Step 5

Create a chicken sandwich with whole wheat hamburger buns.



SERVING SUGGESTION:
Serve with Greek yogurt coleslaw
and melon.

Makes 4 servings
Time: 20 minutes
Serving Size = 1 fist of chicken, 1 bun
3 yellow lights

Grilled Steak Sliders

Mini sandwiches with major flavor in just a few simple steps.



Makes 4 servings

Time: 30 minutes

1 sandwich = 4 yellows, 1 green

Ingredients

- 1 lb flank steak
- 1 onion, sliced
- 1 avocado
- 4 mini whole wheat buns

Directions

Step 1

Grill flank steak to desired doneness, flipping several times throughout.

Step 2

While flank steak cools, grill onion until caramelized. Dice the onion after cooked.

Step 3

Once cooled, slice flank steak. Slice avocado. Sprinkle with salt and pepper.

Step 4

Fill whole wheat buns with steak, avocado and grilled onions.

Salmon in Parchment

This delicious fish recipe is interchangeable with any kind of fish. Get creative with the veggies, too!



Ingredients

- ½ Yukon Gold potato, very thinly sliced
- ½ cup cherry tomatoes, halved, trimmed, each stalk cut in half
- 1 tbsp thinly sliced red onion
- 4, 4-oz, weight center cut salmon fillets
- Olive oil spray
- 3 slices (thin) lemon
- Kosher salt and black pepper

Directions

Step 1

Preheat oven to 375°F. Prepare a large oval of parchment paper and fold it in half so there is a line in your parchment.

Step 2

Place thinly sliced pieces of potato on the bottom half of the parchment. Add tomatoes and red onion slices. Spray with olive oil spray and then sprinkle with kosher salt.

Step 3

Place salmon fillets on the vegetables. Spray salmon with olive oil and sprinkle with salt and pepper. Top with lemon slices and thyme leaves.

Step 4

Fold the parchment paper over starting at one corner and pinch the edges over to close the packet. When the edges are completely closed, it will look like a calzone!

Step 5

Bake the fish for 14 minutes on the center rack in the oven, and then remove and unwrap or cut the top of the packet and serve in the paper. Serve immediately.

TIP: Try fresh corn, pearl onions, and fresh herbs, artichoke hearts, peas, and fresh spinach as other sides in the parchment.

Makes 4 servings

Time: 30 minutes
2 yellows, 1 green

[Adapted from The Pioneer Woman](#)

Grilled Shrimp Foil Packets

These seafood packets are brimming with flavor and simple to throw on the grill.

Ingredients

- 1 ½ lbs large shrimp, peeled and deveined
- 1 (12.8-oz) package chicken sausage, thinly sliced
- 2 ears corn, each cut crosswise into 4 pieces
- 1 lb baby red potatoes, halved
- 2 tbsp olive oil
- 4 tsp cajun seasoning
- Kosher salt and freshly ground black pepper, to taste

Directions

Step 1

Preheat a gas or charcoal grill over high heat.

Step 2

Cut four sheets of foil, about 12-inches long. Divide shrimp, sausage, corn and potatoes into 4 equal portions and add to the center of each foil in a single layer.

Step 3

Fold up all 4 sides of each foil packet. Add olive oil, cajun seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the shrimp, covering completely and sealing the packets closed.

Step 4

Place foil packets on the grill and cook until just cooked through, about 12-15 minutes.



Makes 4 servings

Time: 30 minutes

Serving Size = 1 fist of meat, 1 fist of corn and potato
3 yellow

[Adapted from Delish](#)

Gazpacho

This cold Spanish soup epitomizes summer, packs rich flavor and tons of nutrition, and will become a family classic.



Ingredients

- 2 large tomatoes, peeled
- ½ medium cucumber, peeled and seeded
- ¼ red bell pepper
- 1 garlic clove
- 1 tsp red wine vinegar
- Kosher salt and fresh black pepper to taste

Directions

Step 1

Combine all ingredients in a blender and chill in the refrigerator for at least 30 minutes.

TIP: Refrigerate any leftovers for the next day, or freeze to store it long-term.

[Adapted from Skinny Taste](#)

Time: 35 minutes
Serving Size = 1 fist
1 green light

SERVING SUGGESTION: Serve with turkey burgers or seafood packets.

Avocado Pesto Pasta

Bring an Italian flair to your pasta with this avocado and basil-based sauce.

Ingredients

- 1 large bunch fresh basil
- 2 ripe avocados
- ½ cup almonds
- 2 tbsp lemon juice
- 3 cloves garlic
- ½ tsp salt
- Silken tofu
- Whole wheat pasta

Directions

Step 1

Wash and remove stems from basil.

Step 2

In a food processor, pulse basil, avocados, almonds, lemon juice, garlic and salt. Add tofu and blend until it forms a paste. Add pepper to taste.

Step 3

In a pot, boil pasta and strain.

Step 4

Mix in 2 tbsp pesto per serving of pasta. Pesto can be stored and refrigerated.



Makes 16 servings of pesto

Time: 30 minutes

Serving Size = 1 scoop of the hand of pasta
3 yellow lights

[Adapted from Eating Well](#)

Chicken Ratatouille

This classic French dish is as fun to eat as it is to say!

Ingredients

- Olive oil spray
- 1 zucchini, quartered
- 1 onion, halved
- 4 tomatoes, halved
- 1 eggplant, quartered
- 4 small chicken breasts, pounded
- Salt, pepper
- 1 tbsp red wine vinegar
- 2 tsp extra-virgin olive oil
- 3 tbsp chopped fresh basil

Makes 4 servings

Time: 45 minutes

1 fist of chicken = 1 yellow

1 scoop of the hand of veggies

= 1 green, 1 yellow

[Adapted from Eating Well](#)



Directions

Step 1

Spray a sauté pan with olive oil and set to medium heat. Cook vegetables until tender (about 5 minutes each side).

Step 2

Remove vegetables and seal in a plastic bag to soften.

Step 3

Sprinkle chicken with salt, pepper and olive oil spray and sauté (about 5 minutes each side).

Step 4

Remove vegetables from bag and chop into 1-inch pieces.

Step 5

Toss vegetables with red wine vinegar, olive oil and basil.

Step 6

Plate chicken on top of vegetables and sprinkle with salt and pepper to taste.

Vichyssoise (Cold Summer Soup)

You might think of soup as something to warm you up in the fall or winter but its summer counterpart can actually cool you off on a hot summer's day.



Ingredients

- 3 leeks (white part only and sliced into rings)
- 5 Russet potatoes, peeled and thinly sliced
- 1 onion sliced
- 5 cups chicken broth
- 1 bayleaf
- Salt and pepper to taste
- 1% milk
- 1 tsp olive oil

Directions

Step 1

In a large stock pot, heat olive oil and add leeks and onions. Cover and cook for 10 minutes. Stir to make sure they don't stick to the sides.

Step 2

Add potatoes and bay leaf and season with salt and pepper. Cover and cook for another 10-12 minutes.

Step 3

Add chicken broth and bring to a boil. Then reduce heat and cook partially covered for 30 minutes.

Step 4

Puree soup in blender or food processor. Be careful of the steam causing an explosion of soup! Let cool.

Step 5

Prior to serving, add milk. You can eat cold or warm!

Makes 4 servings

Time: 1 hour

1 fist size = 1 yellow light

Summer Cobb Salad

This hearty salad delivers tons of nutrients and still feels light on a hot day.

Ingredients

- 1 chicken breast, grilled and chopped
- 2 hardboiled eggs, chopped
- 3 cups Romaine lettuce, chopped (about 2 small heads)
- 2 slices turkey bacon, cooked and crumbled
- ¼ cup low-fat feta cheese
- ½ avocado, diced
- 4 tbsp balsamic vinegar
- Salt and pepper

Directions

Step 1

Place chopped lettuce in a big bowl.

Step 2

Place eggs, avocado, chicken, bacon, cheese artfully on top of lettuce.

Step 3

Sprinkle with salt and pepper. Pour balsamic over.

Step 4

Toss all ingredients in a large bowl and serve.



Time: 20 minutes

Serving Size = Scoop of one hand

1 green, 1 yellow

Orzo and Cherry Tomato Pasta Salad

“My favorite summer salad that I take to every barbecue” – Thea

Ingredients

- 1 lb orzo
- 2 cups red and yellow cherry tomatoes, halved (or quartered if large)
- ½ cup pine nuts, toasted
- ¼ cup extra-virgin olive oil
- 3 tbsp finely chopped fresh basil
- 1 cup scallions, finely chopped (white and light green parts only)
- 1.7oz. package crumbled lowfat feta cheese
- Salt and pepper
- For vinaigrette
 - ¼ cup red wine vinegar
 - 2 tbsp fresh lemon juice
 - ¼ cup olive oil

For Vinaigrette

Step 1

Whisk vinegar, lemon juice, then gradually whisk in oil.

Step 2

Season vinaigrette with salt and pepper. (Can be made 2 days ahead. Cover and chill.)



Directions

Step 1

Bring a large saucepan of heavily salted water to a boil over high heat and cook the pasta until al dente, about 8 minutes.

Step 2

Drain and rinse under cold water until cool. Drain the pasta well and transfer it to a large, nonreactive bowl.

Step 3

Add the tomatoes, pine nuts, olive oil, basil and scallions to the orzo. Add vinaigrette and toss. Add feta; season with salt and pepper to taste.

Makes 6 servings

Time: 20 minutes

Serving Size = fist of one hand

2 yellow light, 1 red light

Frozen Snacks



Ditch the sugary popsicles and, instead, try our green and yellow light frozen desserts that will still keep you cool! Make them ahead or whip them up in just a few minutes using pantry ingredients and fresh summer produce.

Frozen Pineapple Whip

Courtesy of Coach Jennifer

Transport yourself to a tropical island with this cool snack.



Ingredients

- 1 cup frozen pineapple
- 1/3-1/2 cup unsweetened almond milk
- 1 tbsp unsweetened shredded coconut (optional and a red light)

Makes 1 serving
Time: 5 minutes
1 yellow, 1 green,
1 red (optional)

Directions

Step 1

Blend almond milk and pineapple until creamy.

Step 2

Pour into bowl and top with optional shredded coconut.

Frozen Grapes

This cold snack tastes “grape!”



Ingredients

- Seedless grapes (red or green—pick your favorite!)

Directions

Step 1

Rinse grapes and remove from stems.

Step 2

Spread along baking sheet or plate (depending on the size of your freezer) and freeze for at least 4 hours.

TIP: For an even sweeter option, try “Cotton Candy grapes,” available at many grocery stores. They taste like the sweet carnival snack but are really a green light!

Makes as many servings as you want!

Time: 5 minutes plus freezing

Scoop of one hand = 1 green

Creamy Cherry Pudding

Courtesy of Coach Jennifer

Who says pudding has to be a red light?

Ingredients

- 1 cup frozen cherries
- 1/5 avocado
- 1/3 cup unsweetened almond milk or nonfat milk
- Shaved dark chocolate (optional red light)

Directions

Step 1

Blend all ingredients.

Step 2

Add more milk if necessary to achieve desired creaminess and consistency.

Step 3

Pour into bowl and top with optional shaved chocolate.



Makes 1 serving
Time: 5 minutes
2 yellows, 1 red (optional)

5 Minute Watermelon Sorbet

All you need is fruit and a blender to make this quick frozen snack yourself.



Makes 1 serving

Time: 10 minutes plus overnight freezing

2 greens

Ingredients

- 2 cups of diced watermelon, frozen overnight
- ½ lime, juiced

Directions

Step 1

Place watermelon and lime juice in a food processor.

Step 2

Pulse until watermelon is sorbet-like texture. Add more juice if desired.

Step 3

Pour into a bowl and serve immediately.

[Adapted from Oh the Things We'll Make](#)

Frozen Yogurt and Fruit Bites

Courtesy of Coach Jennifer

Frozen yogurt meets fresh fruit.

Ingredients

- 1 small container of plain Greek yogurt
- Blueberries
- Banana, sliced
- Any other fruit you like!

Directions

Step 1

Using a toothpick or spoon, dip every piece of fruit in the Greek yogurt until well coated and place on a dish lined with parchment paper.

Step 2

Place dish in the freezer for about an hour until fruit is frozen through and yogurt has hardened.



Time: 15 minutes plus 1 hour to freeze

Serving Size = 1 scoop of the hand

1 green, 1 yellow

Tropical Frozen Smoothie Pop

Courtesy of Kurbo Kid Ava

Store-bought popsicles are packed with sugar but this popsicle gets its sweet flavor from your favorite green light fruits.



Ingredients

- 6 oz non-fat Greek yogurt
- 8 oz skim milk or unsweetened almond milk
- 1 cup favorite fruits like: strawberries, blueberries, pineapple and banana

Directions

Step 1

Blend all ingredients until smooth.

Step 2

Pour into popsicle molds.

Step 3

Freeze for at least 8 hours.

TIP: If you don't have popsicle molds, try pouring your smoothie into ice cube molds or drinking it cold!

Makes 1 serving

Time: 10 minutes plus 8 hours to freeze
1 yellow, 1 green

Green Light Banana Ice Cream

Courtesy of Kurbo Kid Eli

A one-ingredient-wonder you'll keep coming back to.

Ingredients

- 1 banana
- Optional toppings: cocoa powder, cinnamon, chopped almonds, rice crispie cereal

Directions

Step 1

Chop banana into slices.

Step 2

Place slices into a plastic container and seal. Place container in the freezer for at least 6 hours or until frozen.

Step 3

Remove banana from freezer and blend chunks for 5-10 minutes or until they reach a creamy, ice cream-like texture. Add toppings if desired.



Makes 1 serving

Prep Time: 15 minutes

Total Time: 6 hours 15 minutes

1 green (add a yellow light if adding toppings)

Dessert

Tame that sweet tooth with these healthier alternatives that will keep your friends and family coming back for seconds. You'll wow guests with these simple treats that could become family summer dessert staples.



Baked Almond *Peach Pie

Courtesy of Coach Lauren

This take on a fruit pie will leave you feeling “peachy”.



Directions

Step 1

Coat a casserole or baking dish with canola spray oil and preheat oven to 350 degrees. Line peaches skin side down in coated dish.

Step 2

Combine remaining ingredients in a food processor until mixture is crumbly. Fill each peach (where the pit used to be) with the oat mixture.

Step 3

Bake 30-35 minutes. Serve warm with a dollop of greek yogurt if desired.

Serving Size = 1 whole peach

Time: 45 minutes

1 yellow, 1 green

Ingredients

- ½ cup whole wheat flour
- ½ cup oats
- ⅓ cup chopped almonds
- ½ tsp pure almond extract
- ½ tsp sea salt
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- ½ tsp ground cinnamon
- 4 large, ripe, fresh peaches, cut in half with the pit removed

Don't love peaches? Try berries instead (pour berries into a ramekin and top with oat mixture)!

Fruit Kabobs with Chocolate Drizzle

Pair these with your favorite savory skewers for a kabob blowout!

Ingredients

- Sliced fruit (try pineapple, strawberries, grapes, etc.)
- 1/8 cup dark chocolate
- Wooden skewers

Directions

Step 1

Slice fruit into chunks and layer them onto wooden skewers.

Step 2

In a small bowl, microwave chocolate until smooth and melted.

Step 3

Lay fruit kabobs onto a baking sheet lined with parchment paper and lightly drizzle chocolate over fruit.

Step 4

Place baking sheet in the refrigerator until chocolate has hardened.



Makes as many servings as you want!

Time: 30 minutes

1 scoop of hand of fruit = 1 green

1 thumb size of chocolate = 1 red

Berry Bark

You don't know what you've been missing out on until you try this surprising recipe.



Makes 8-10 servings

Prep Time: 10 minutes

Total Time: 4 hours 10 minutes

Serving Size = palm of one hand

1 yellow (add 1 red if adding chocolate)

TIP: if you prefer a crunchier texture, try adding rolled oats into the yogurt, too!

[Adapted from Hello, Wonderful](#)

Ingredients

- 2 cups low-fat plain Greek yogurt
- ½ cup freeze dried strawberries
- Optional: chocolate chips (red light warning)

Directions

Step 1

Pour yogurt into a parchment-paper-lined 8 inch x 8 inch pan, spreading evenly. Yogurt should be about ½ inch thick.

Step 2

Sprinkle freeze dried strawberries on top of yogurt. If adding chocolate chips, sprinkle these too.

Step 3

Freeze for at least 4 hours, or until yogurt is hardened.

Step 4

Remove from freezer and break yogurt into small, bark pieces. Store extra in the refrigerator.

Greek Yogurt Mango Cheesecake

A healthy cheesecake? Count me in!



Ingredients

Graham Cracker Crust

- 8 graham cracker sheets (rectangles)
- 3 tbsp almond milk

Filling

- 2 cups nonfat plain Greek yogurt
- 2 eggs
- 2 tsp vanilla extract
- 1 tbsp cornstarch
- Pinch of salt
- 3 mangoes

Directions

Step 1

Blend the graham crackers into crumbs. Add almond milk to graham crackers and mix together.

Step 2

Pour the crumb mixture into an 8 inch spring form pan. Press the crumbs flat so that they cover the bottom of the dish.

Step 3

Preheat oven to 350 degrees.

Step 4

In a blender, puree the mangoes until it forms a liquid-like consistency. Then set aside in a bowl.

Step 5

In a blender or food processor, combine eggs, yogurt and vanilla.

Step 6

Scoop out 2 cups of the mango puree and add to the egg-yogurt-vanilla mixture. Continue to blend. Add cornstarch and pinch of salt and blend again.

Step 7

Pour filling on top of the graham cracker crust in your dish.

Step 8

Bake in oven for 35 minutes or until it's slightly jiggly in the center and the sides pull away slightly from the edge of the pan. Let cool at room temperature.

Step 9

Pour the rest of the mango puree on top and refrigerate for 2-3 hours.

Makes 8-10 servings • Prep Time: 45 minutes • Total Time: 5 hours 15 minutes

Serving Size = palm of the hand • 1 red, 1 yellow, 1 green

[Adapted from A Baking Girl](#)

Berry Trifle

The perfect colorful and refreshing dessert. Try serving it on the 4th of July at a patriotic picnic!

Ingredients

- 1 cup nonfat plain greek yogurt
- Zest of one lemon or lime
- ½ cup strawberries, sliced
- ½ cup blueberries
- Sprig of mint for garnish (optional)

TIP: Get creative with your toppings! Experiment with different local berries.



Directions

Step 1

In a bowl, mix yogurt and zest.

Step 2

In a tall glass, add a layer of fruit and top it with a layer of yogurt. Continue to alternate fruit and yogurt until the glass is full and garnish with mint.

Makes 1 serving
Time: 10 minutes
1 yellow, 2 greens

Grilled Fruit

When time is tight, what's more simple and delicious than throwing some green light fruit slices on the grill?

Ingredients

- Slices of your favorite fruit (try peaches, plums, pineapple)

Directions

Step 1

Turn grill on medium heat.

Step 2

Grill slices of fruit, turning every few minutes, until grill marks are visible and fruit is tender.

Step 3

Let fruit cool.

Makes as many servings as you want!

Time: 15 minutes

3 rings = 1 green light



Strawberry-Banana Ice Cream Sandwiches

Skip the sticky s'mores and instead fill your graham crackers with refreshing strawberry banana ice cream.



Ingredients

- 5 bananas, sliced
- $\frac{3}{4}$ cup diced fresh strawberries
- 11 sheets low-fat graham crackers

Makes 11 servings

Time: 30 minutes plus freezing time

Serving Size = 1 sandwich

2 greens, 1 yellow, 1 red

Directions

Step 1

Freeze banana slices on baking sheet lined with parchment paper for at least 2 hours.

Step 2

Blend frozen banana slices until they become a creamy and ice cream-like texture.

Step 3

Pour banana mixture into a bowl and fold in diced strawberries.

Step 4

Pour banana and strawberry mixture into an 8 x 8 pan lined with parchment paper. Freeze pan overnight.

Step 5


Remove pan from freezer and carefully cut out rectangles of strawberry-banana ice cream, placing them between graham crackers to form a sandwich.

Step 6

Wrap any extra sandwiches in plastic wrap and store in the freezer.

[Adapted from Divas Can Cook](#)

Drinks



These drinks pack a flavorful and cool “punch” on a hot day. Mix them up in minutes or make them ahead and store in the refrigerator to take out on a hot day.

Tropical Pineapple Drink

Transport yourself to the islands of Hawaii with this smoothie.



1 fist = 1
green light

Ingredients

- 2 cups of water
- ½ cup frozen pineapple
- ½ cup frozen mango
- ½ banana (fresh or frozen)

Directions

Step 1

Blend all ingredients together and serve.

Icy Strawberry Lemonade

When life gives you lemons, make this green light drink.



1 fist = 1
green, 1 red

Ingredients

- 1 cup fresh squeezed lemon
- 1 cup water
- 1 handful of frozen strawberries
- 1-2 tsp of raw honey

Directions

Step 1

Blend all ingredients together and serve.

Fruit Infused Sparkling Water

Make your own fruity soda in just a couple of simple steps.



Ingredients

- Sparkling water (no sodium, no sugar, no artificial flavors)
- Sliced fruit (try cucumber, pineapple, apple, berries, watermelon or citrus)

Directions

Step 1

Fill a large sealable water bottle with sparkling water and sliced fruit. Seal tightly and refrigerate for at least 2 hours.

DIY Vitamin Water

Fruit, nutrients and hydration in a simple sip.



Ingredients

- 2 cups of water
- 1 handful of frozen berries like blueberries, raspberries, strawberries
- 1 slice of lemon

Directions

Step 1

Add frozen berries and squeeze of lemon to cold water. Refrigerate and enjoy.