



Extension Nutrition Programs

FSNE/EFNEP

Cool Meals Made for Summer

Not in the mood to cook? Try these easy-does-it cool meals for warm days! Cold soups such as the Gazpacho recipe below are a great way to use the abundance of fresh produce available during the summer months. Main dish salads always hit the spot and are easy enough to pack up for a picnic in the park. Enjoy the great taste of good health and get out of the kitchen!

Gazpacho Soup

Makes four one-cup servings

3 cups chopped tomatoes (about 1 pound)

½ cup chopped onion

½ cup chopped bell pepper

1 garlic clove, minced

1 finely chopped and peeled cucumber

1½ cups tomato juice (or V-8)

1 Tablespoon red wine vinegar

1 teaspoon Worcestershire sauce

1 teaspoon vegetable oil

4 teaspoons fresh parsley or 1

Tablespoon dry parsley

Salt and pepper to taste

1. Combine first five ingredients in a blender and pulse until chopped.
2. Combine this mixture with the remaining ingredients and stir well.

Cover and refrigerate 3 hours or until chilled.

Black Bean and Rice Salad

Yield: 3 servings • Serving: 1 cup

½ cup chopped onion (about ½ medium)

½ cup chopped red **or** green bell pepper (about ½ medium)

1 cup cooked and cooled brown **or** white rice

1-15 ounce can black beans, drained and rinsed

1 avocado, cut into chunks

Dressing:

¼ cup rice vinegar **or** white wine vinegar **or** lemon juice

½ teaspoon dry mustard powder (optional)

1 clove garlic, chopped **or** ½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon pepper

2 Tablespoons vegetable oil

1. In a mixing bowl stir together the chopped onion, chopped red or green pepper, rice, beans and avocado.
2. In a jar that has a tight fitting lid add the vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until the dressing is evenly mixed.
3. Pour the dressing over the bean mixture and stir to mix evenly. Chill for at least one hour.

PER SERVING: CALORIES 307 • FAT 10 G • PROTEIN 11 G • CARBOHYDRATE 45 G • FIBER 12 G • VERY LOW IN CHOLESTEROL • GOOD SOURCE OF VITAMIN C

CHINESE CHICKEN SALAD

Serves 4

- 2 cooked chicken breasts, chopped
- 2 packages ramen noodles, uncooked and broken into small pieces
- 4 green onions, washed and chopped
- ¼ to ½ head of green cabbage, shredded
- ¼ cup carrots, grated
- 2 Tablespoons slivered almonds, toasted (optional)
- 2 Tablespoons sesame seeds, toasted (optional)

Dressing

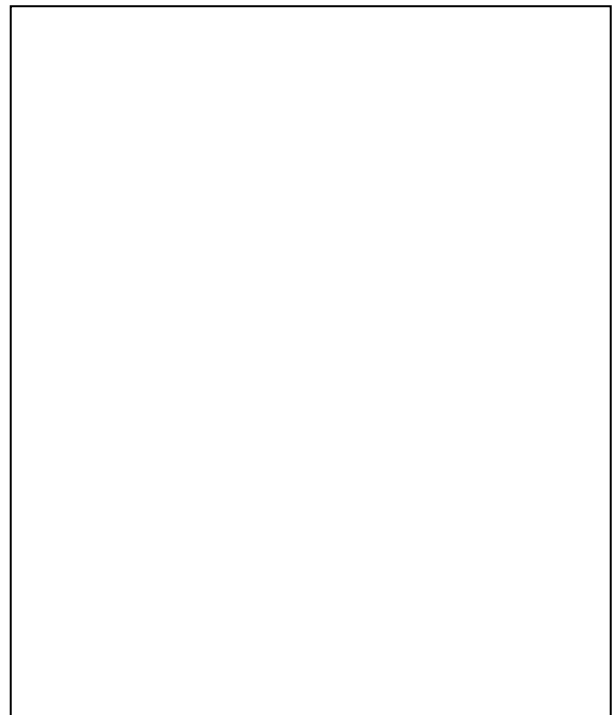
- 2 teaspoons lemon juice
 - 1 flavor packet of Oriental ramen seasoning (comes with noodles)
 - ½ cup vegetable oil
 - ¼ cup rice wine vinegar or white wine vinegar (not very good with regular white vinegar)
1. In a large bowl, mix together the chicken pieces, ramen noodles, green onions, cabbage and carrots.
 2. If you are using the almonds and sesame seeds, place nuts and seeds in a dry skillet over medium heat. Stir constantly with a wooden spoon until nuts and seeds just start to turn golden. Add to salad mixture.
 3. Mix together dressing ingredients in a clean jar and shake until thoroughly mixed. Pour over salad ingredients and toss.

Avocados

Avocados are best when the skin is almost black and the avocado feels soft. Cut the avocado in half. Remove the large pit in the middle. Use a large spoon and scoop the green flesh out of each half. Chop into bite sized pieces.



Remember to pack a ball or a Frisbee when you take the kids out for a picnic and treat yourself to a play date with your family.



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