



American Heart Association.
Healthy for Good™

TASTE of SUMMER

RECIPES

EAT SMART MOVE MORE BE WELL



Raspberry-Lemonade Slushie

Serves 4

Ingredients

- 12 ounces raspberries
- 1 cup sugar substitute
- ½ cup fresh lemon juice
- 5 cups ice cubes

Directions

1. In a food processor or blender, process the raspberries, sugar substitute, and lemon juice until the raspberries are puréed.
2. Add the ice cubes. Process until the mixture is mostly smooth and has a slushie-like consistency. (It's okay if there are a few ice chunks. Don't overmix.)
3. Divide the slushie into cups. Serve immediately.



Add Color Swap: You can vary this recipe by using blueberries and lime juice, mangos and pineapple juice, or strawberries and orange juice instead of the raspberries and lemon juice.



Cook's Tip: If your blender is too small for the entire recipe, split the recipe into two batches, adding half the ingredients at a time.

NUTRITION ANALYSIS	Per serving
Calories	86
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	22 g
Fiber	4 g
Sugars	7 g
Protein	1 g
Dietary Exchanges: 1 fruit, ½ other carbohydrate	



Fruit Kebabs

Serves 4

Ingredients

- 1 pound hulled strawberries
- 2 cups pineapple chunks
- 2 cups watermelon chunks
- 2 medium bananas, peeled and cut into thick pieces
- 2 tablespoons balsamic vinegar
- 1 tablespoon canola or corn oil
- 2 teaspoons honey

Directions

1. Soak eight 9- to 12-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Set aside.
2. Preheat the grill on medium high.
3. Thread the fruit onto the skewers in this order: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Transfer the skewers to a platter or baking sheet.
4. In a small bowl, using a fork, whisk together the vinegar, oil, and honey. Using a basting brush, brush about half the vinegar mixture over the fruit to glaze it.
5. Grill the kebabs for about 8 to 10 minutes, or until the fruit is caramelized, turning the kebabs several times and basting with the remaining vinegar mixture.



Cook's Tip on Watermelons: Choose a firm watermelon that is heavy for its size, with no bruises, cuts, or dents. It should have a yellow spot on it, called the "ground spot."

NUTRITION ANALYSIS	Per serving
Calories	201
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	5 mg
Carbohydrates	43 g
Fiber	5 g
Sugars	30 g
Protein	2 g
Dietary Exchanges: 3 fruit, 1 fat	



To see the cooking video for this recipe, go to heart.org/recipes.



Gazpacho

Serves 6

Ingredients

- 6 small ripe tomatoes, peeled and seeded, plus 2 cups low-sodium tomato juice or 2 14.5-ounce cans no-salt-added tomatoes, undrained
- 1 medium cucumber, peeled and seeded
- 3 medium ribs of celery, chopped
- 1 medium bell pepper (red or green), finely chopped
- 1 small red onion, finely chopped
- 2 medium green onions, finely chopped
- ¼ cup red wine vinegar
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley, crumbled
- Juice from 1 medium lemon
- 1 medium garlic clove, chopped, or ½ teaspoon bottled minced garlic
- ½ teaspoon dried red pepper flakes (optional)
- ¼ teaspoon pepper
- ¼ teaspoon dried Italian seasoning, crumbled

Directions

1. In a food processor or blender, process all the ingredients until combined, but slightly chunky.
2. Transfer the soup to an airtight container. Refrigerate for up to 2 hours to overnight before serving.



Add Color Hack on Tomatoes: To peel tomatoes, place the fruit on a microwaveable plate and microwave on 100 percent power (high) for 30 seconds. Let stand for 2 minutes. The skin will be looser and easier to remove after microwaving.



Cook's Tip: If you don't have a food processor or blender, try to dice the vegetables as finely as possible. Then mix and mash them with a potato masher for about 2 minutes to allow the flavors to blend.

NUTRITION ANALYSIS	Per serving
Calories	84
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	108 mg
Carbohydrates	18 g
Fiber	5 g
Sugars	11 g
Protein	3 g
Dietary Exchanges: 2 vegetable	



To see the cooking video for this recipe, go to [heart.org/recipes](https://www.heart.org/recipes).



Blackberry Cobbler

Serves 8

Ingredients

- | | |
|--|-------------------------------------|
| 4 cups blackberries | 1 1/3 cups all-purpose flour |
| 1/4 cup sugar substitute and 1/2 cup sugar substitute, divided use | 2 1/2 teaspoons baking powder |
| 1/4 cup water | 1/16 teaspoon salt |
| Juice from 1 medium lime | 1/4 cups fat-free milk |
| 2 teaspoons ground ginger | 1/4 cup canola or corn oil |
| | 1/4 cup fat-free plain Greek yogurt |
| | 1 teaspoon vanilla extract |

Fresh fruits and vegetables are not necessary for these recipes. You can make substitutes based on what is available. All forms of fruits and veggies — fresh, frozen, canned, and dried — can be good choices.

Directions

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
2. In a medium bowl, gently stir together the berries, 1/4 cup sugar substitute, the water, lime juice, and ginger. Let the berry mixture stand for at least 15 minutes so the juices can accumulate.
3. In a small bowl, stir together the flour, baking powder, salt, and the remaining 1/2 cup sugar substitute.
4. In a large bowl, whisk together the milk, oil, yogurt, and vanilla.
5. Add the flour mixture to the milk mixture, stirring just until no flour is visible. Don't overmix.
6. Pour the batter into the baking pan. Using a spatula, spread the batter in the pan. (The batter doesn't have to touch the edge of the pan; it will spread while baking.) Top with the berry mixture.
7. Bake for 50 minutes, or until a wooden toothpick inserted in the center comes out clean.



Cook's Tip on Blackberries:

This sweet-tart fruit is nutrient dense. Look for plump berries with a dark, rich color.

NUTRITION ANALYSIS	Per serving
Calories	199
Total Fat	7.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	4.5 g
Cholesterol	1 mg
Sodium	163 mg
Carbohydrates	28 g
Fiber	4 g
Sugars	6 g
Protein	5 g
Dietary Exchanges: 1 starch, 1/2 fruit,	
	1/2 other carbohydrate,
	1 fat



Avocado-Green Tea Popsicles

Serves 6

Ingredients

- 1 medium avocado, halved and pitted
- 1 medium banana, peeled, and coarsely chopped
- 1 cup fat-free milk
- ½ cup fat-free plain Greek yogurt
- 1 tablespoon matcha green tea powder
- 1 tablespoon honey

Directions

1. Put all the ingredients in a food processor or blender. Process until the mixture is smooth.
2. Carefully pour the mixture into 6 4-ounce popsicle molds. Insert popsicle sticks. Freeze until firm, at least 8 hours.
3. Just before serving, remove from the freezer. Run the exterior of the popsicle molds under warm water to loosen the popsicles and detach them from the molds.



Cook's Tip: When measuring sticky ingredients, such as honey or peanut butter, lightly spray the spoon or cup with cooking spray. The ingredient will slide right off the spoon or out of the cup.

NUTRITION ANALYSIS	Per serving
Calories	107
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.5 g
Cholesterol	1 mg
Sodium	27 mg
Carbohydrates	13 g
Fiber	3 g
Sugars	8 g
Protein	4 g
Dietary Exchanges: 1 other carbohydrate, ½ lean meat, ½ fat	



Add Color Hack on Avocados: Avocados are a versatile, healthy fruit to have on hand. When you need one to ripen quickly, put the avocado in a paper bag with a banana. Seal the bag tightly. The banana produces ethylene gas (a plant hormone that encourages ripening). Let the bag stand overnight or up to 24 hours to speed up the ripening process.



To see the cooking video for this recipe, go to heart.org/recipes.



Chilled Zucchini and Avocado Soup

with Cucumber Salsa

Serves 4

Ingredients

Salsa

- 1 medium peeled cucumber, finely diced (about 2 cups diced cucumber)
- 2 medium tomatoes, seeded and diced (about 1 cup diced tomato)
- ½ cup chopped fresh cilantro

- 3 tablespoons fresh lime juice
- 2 tablespoons chopped red onion
- 1 to 2 tablespoons chopped fresh jalapeño, seeds and ribs discarded
- *****
- Cooking spray

Soup

- 1 medium onion, chopped
- 3 medium zucchini, chopped (about 4 to 5 cups)
- 2 small garlic cloves, crushed
- 1½ cups fat-free, low-sodium vegetable broth
- 1 medium avocado, halved and pitted
- ½ cup low-fat buttermilk
- 2 tablespoons fresh lime juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions

1. In a medium bowl, stir together all the salsa ingredients. Cover and refrigerate while making the soup.
2. Lightly spray a large skillet with cooking spray. Heat over medium-high heat. Cook the onion for 5 minutes, or until very soft. Stir in the zucchini and garlic. Cook for 5 minutes, or until the zucchini is tender, stirring constantly. Remove from the heat.
3. Transfer the zucchini mixture to a food processor or blender. Process for 30 seconds, or until mostly puréed. Add the remaining soup ingredients to the zucchini mixture. Process until smooth. Transfer the soup to a container with a lid. Refrigerate until chilled.
4. At serving time, ladle the soup into bowls. Top each serving with the salsa.



Add Color Hack on

Avocados: To safely and easily pit an avocado, cut the fruit in half lengthwise, slicing around the pit. Separate the halves. Insert a waiter's corkscrew into the pit and pull it out. Or, hit the pit with the blade of a sharp kitchen knife to embed the blade in the pit. Wiggle the knife to free the pit.

NUTRITION ANALYSIS	Per serving
Calories	164
Total Fat	8.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.0 g
Cholesterol	1 mg
Sodium	137 mg
Carbohydrates	21 g
Fiber	7 g
Sugars	10 g
Protein	6 g
Dietary Exchanges: ½ fat, 4 vegetable	



Mustard

Potato Salad

Serves 6

Ingredients

1½ pounds potatoes, such as red potatoes, cut into wedges	¼ teaspoon pepper (freshly ground preferred)
2 tablespoons canola or corn oil	⅛ teaspoon salt
1½ tablespoons Dijon mustard (lowest sodium available)	1½ cups chopped fresh parsley
1 tablespoon white vinegar	3 medium green onions, dark green parts only, finely chopped

Directions

1. Fill a medium heavy-duty pot three-fourths full with water. Put the potatoes in the water.
2. Bring to a boil over high heat. Boil for 8 to 10 minutes (depending on the size of the potato pieces), or until the potatoes are fork-tender. Transfer to a colander. Run under cold water to cool. Drain well.
3. In a large bowl, whisk together the oil, mustard, vinegar, pepper, and salt. Add the potatoes, parsley, and green onions. Toss the potatoes to coat with the dressing.



Add Color Hack on Green Onions: For recipes that call for only the dark green parts of the green onion, cut off the green tops to about 3 inches above the white bulbs, and set the green onions in a glass, root end down. Add about 2 inches of water. Place the glass on a sunny windowsill and change the water daily. You'll have new green tops in about a week.

NUTRITION ANALYSIS	Per serving
Calories	137
Total Fat	5.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	157 mg
Carbohydrates	21 g
Fiber	3 g
Sugars	2 g
Protein	3 g
Dietary Exchanges: 1½ starch, 1 fat	



To see the cooking video for this recipe, go to [heart.org/recipes](https://www.heart.org/recipes).



Grilled Cuban Mojo Pork Tenderloin with Plantains

Serves 4

Ingredients

- | | |
|---|--|
| ½ cup tightly packed fresh cilantro | 1¼ pounds pork tenderloin, all visible fat discarded |
| ½ cup fresh orange juice (juice from 1 medium orange) | 1½ tablespoons canola or corn oil and 1½ teaspoons canola or corn oil, divided use |
| 2 medium green onions, coarsely chopped | ⅛ teaspoon pepper and ⅛ teaspoon pepper (freshly ground preferred), divided use |
| ¼ cup fresh lemon juice (from 1 to 2 medium lemons) | ⅛ teaspoon salt |
| ¼ cup fresh lime juice (from 2 to 3 medium limes) | 2 ripe plantains, peeled and cut diagonally into slices about ½-inch thick |
| 8 medium garlic cloves | Cooking spray |
| 1 teaspoon ground cumin | |
| 1 teaspoon dried oregano, crumbled | |

Directions

1. In a food processor or blender, process the cilantro, orange juice, green onions, lemon juice, lime juice, garlic, cumin, and oregano. Process for about 1 minute, or until smooth. Transfer the marinade to a large shallow dish, reserving ¼ cup. Add the pork, turning to coat. Cover and refrigerate for 2 to 24 hours, turning occasionally.
2. About 30 minutes before the pork is ready to grill, preheat the oven to 450°F and preheat the grill on medium high.
3. In a large bowl, whisk together 1½ tablespoons oil, ⅛ teaspoon pepper, and the salt until combined. Add the plantain slices, turning to coat.
4. Cover a large baking sheet and two smaller ones with aluminum foil. Lightly spray all three sheets with cooking spray. Arrange the plantains in a single layer on the baking sheets. Bake for 15 minutes. Remove from the oven.
5. Turn over the plantains. Bake for 10 to 15 minutes, or until the plantains are crisp and caramelized on the outer edges. Watch carefully so they don't burn.
6. Meanwhile, drain the pork, gently wiping off most of the marinade. Discard the marinade.
7. Sprinkle the remaining ⅛ teaspoon pepper over the pork. Using a basting brush, brush the remaining 1½ teaspoons oil over the pork. Transfer to the grill.
8. Grill the pork for 15 to 20 minutes, or until the thickest part of the pork reaches an internal temperature of 145°F, turning every few minutes.
9. Transfer the pork to a cutting board. Let stand for at least 5 minutes. Cut into slices. Transfer to a large platter. Spoon the reserved marinade over the pork. Serve with the plantains.



Add Color Hack: When shopping for produce, try something new — especially because some grocery stores might be out of some fresh produce.

NUTRITION ANALYSIS	Per serving
Calories	317
Total Fat	11.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	6.0 g
Cholesterol	75 mg
Sodium	135 mg
Carbohydrates	29 g
Fiber	2 g
Sugars	13 g
Protein	28 g
Dietary Exchanges: 2 fruit, 4 lean meat	



Frozen Yogurt Bark

Serves 8

Ingredients

- 1½ cups low-fat plain Greek yogurt
- 2 tablespoons honey or pure maple syrup
- 2 tablespoons chopped unsalted almonds
- ½ cup finely chopped mango
- ½ cup blueberries
- ¼ cup raspberries or blackberries, chopped if large

Directions

1. In a medium bowl, whisk together the yogurt and honey until combined.
2. Line a 13 x 9 x 2-inch baking dish with parchment paper. Using a spatula or knife, spread the yogurt mixture over the paper as thinly as possible.
3. Sprinkle the almonds over the yogurt mixture. Using your fingertips, gently press the almonds into the mixture.
4. Sprinkle the mango, blueberries, and raspberries over all. Using your fingertips, gently press the fruit into the yogurt mixture.
5. Cover the dish with plastic wrap or aluminum foil. Freeze overnight.
6. At serving time, remove the baking dish from the freezer. Gently lift the parchment paper from the dish and transfer to a cutting board. Using your hands, break the bark into pieces (or you may need to hit it lightly on the surface of the cutting board). It's best to eat the bark immediately. It begins to melt 15 minutes after being removed from the freezer.



Add Color Swap: Most fruits can be used to make this bark, from pomegranate arils (seeds) in the fall to diced peaches in the summer.



Cook's Tip: Any leftover bark can be wrapped in parchment paper, put in a resealable plastic freezer bag, and frozen for up to one month.

NUTRITION ANALYSIS	Per serving
Calories	70
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	3 mg
Sodium	15 mg
Carbohydrates	8 g
Fiber	1 g
Sugars	9 g
Protein	4 g
Dietary Exchanges: ½ other carbohydrate, ½ lean meat	



To see the cooking video for this recipe, go to [heart.org/recipes](https://www.heart.org/recipes).

FRUIT EQUIVALENTS GUIDE

Apples	1 lb = 3 to 4 medium = 2½ to 3 cups chopped or sliced 1 medium = ¾ cup chopped = 1 cup sliced
Apricots	1 lb = 8 to 12 medium = 2 to 2½ cups sliced or halved 2 medium = ½ cup sliced
Bananas	1 lb = 3 to 4 medium = 2 to 3 cups sliced = 1¾ cups mashed
Berries: blue, black	1 pint = 2 cups
Cherries	1 lb unpitted = 2½ to 3 cups pitted
Grapes	1 lb = 2½ to 3 cups
Kiwifruits	1 medium = 5 to 6 slices = ½ cup sliced
Lemons	1 lb = 4 to 6 medium or 2 to 3 large = 1 cup juice 1 medium = 2 to 3 Tb juice = 2 to 3 tsp zest
Limes	1 lb = 6 to 8 medium = ½ to 1 cup juice 1 medium = 1 to 2 Tb juice = 1 to 2 tsp zest
Mangoes	1 medium = 12 oz = ¾ cup chopped
Oranges	1 lb = 3 to 4 medium 1 medium = ⅓ to ½ cup juice = 2 Tb zest = ½ cup sections
Peaches, nectarines	1 lb = 3 to 4 medium = 2 to 2½ cups chopped or sliced 1 medium = ⅔ to ¾ cup chopped or sliced
Pears	1 lb = 3 to 4 medium = 2 cups sliced
Pineapples	1 medium = 1½ to 2 lb = 3 cups chunks
Plums	1 lb = 6 medium or 5 large = 2 cups pitted and quartered
Raisins	1 lb = 2¾ to 3 cups
Raspberries	½ pint = scant 1 cup
Rhubarb	1 lb = 4 to 8 stalks = 2 cups chopped and cooked
Strawberries	1 pint = 24 to 26 medium = 2 cups chopped or sliced
Tomatoes	1 lb = 3 medium = 1½ to 2 cups chopped 1 medium = ½ cup chopped 1 medium Roma (plum) = 3 oz = ⅓ cup chopped 1 lb cherry = 1 pint = 25 to 35



REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1. Lots of the Good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.



2. Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3. Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.



4. Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

5. A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.





This summer let's enjoy the bounty of the season! How do you take steps to eating healthy wherever you spend your days?

Trying a new recipe is a great first step.

These recipes not only taste delicious but also can help add nutrition to your meals and snacks in new ways.

This is the season to be Healthy for Good.



American Heart Association.

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