



Made From Scratch

Summertime Get-Togethers

Try one of these fun and healthy summertime recipes to wow your family and friends at your next get-together.

Fiesta Hummus

Ingredients:

- 1 can garbanzo beans
- 1/2 tsp. cumin
- 1/4 tsp. salt
- 1 dash cayenne pepper
- 2 garlic cloves (minced)
- 1/2 c. yogurt (plain, non-fat)
- 1 tbsp. lime juice
- 1 tbsp. sesame oil
- 1 tbsp. jalapeno pepper (finely chopped)
- 2 tbsp. cilantro (chopped)



Instructions:

1. Drain and mash garbanzo beans in a blender, food processor, or with a fork. Add remaining ingredients.
2. Blend until smooth. Chill for one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Nutrition facts | Servings: 6 | Serving size: 1/4 cup

Calories: 123 | **Fat:** 4 g | **Saturated Fat:** 1 g | **Fiber:** 4 g | **Carbs:** 17 g | **Protein:** 6 g | **Sodium:** 231 mg

Grilled Peaches with Fresh Blueberry Compote

Ingredients:

- 1 tsp. margarine
- 1/2 tbsp. brown sugar
- 2 tbsp. plus 1 tsp. orange juice (divided use)
- 1/4 tsp. ground nutmeg
- 1 peach (cut in half, pit removed)
- 1 tsp. honey
- 1/4 tsp. cornstarch
- 1/3 c. blueberries



Instructions:

1. Lightly spray a grill rack with cooking spray. Preheat the grill to medium-high.
2. In a bowl, stir together the margarine and brown sugar. Stir in 1 tsp of the orange juice and 1/8 tsp of nutmeg.
3. Put the peach halves with the cut side up on the grill rack. Brush generously with the brown sugar mixture. Grill for 4 minutes, or until golden brown on the bottom. Turn over the peach halves. Brush generously with the brown sugar mixture. Grill for 4 or 5 minutes, or until the peach halves are heated through and golden brown.
4. Meanwhile, in a small saucepan, stir together the remaining 2 Tbsp orange juice, honey, and cornstarch. Cook over medium heat for 2 minutes, or until thickened and smooth, stirring constantly. Remove from the heat. Stir in the blueberries and the remaining 1/8 tsp of nutmeg. Serve over the peach halves.

Nutrition facts | Servings: 2 | Serving size: 1 peach half with 2 1/2 tbsp compote

Calories: 90 | **Fat:** 1.5 g | **Saturated Fat:** .5 g | **Fiber:** 2 g | **Carbs:** 19 g | **Protein:** 1 g | **Sodium:** 15 mg

Did you know grilling concentrates the flavor of the peaches and caramelizes its natural sugars. Anti-oxidant rich blueberries are lightly cooked to make a quick compote. If you don't want to fire up the grill, you cook the peaches on a grill pan indoors, or on a hot cast-iron skillet. The recipe calls for fresh blueberries, but you could easily sub in frozen blueberries.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Grilled Cheesy Eggplant

Ingredients:

- 1 tbsp. olive oil
- 2 baby eggplants (cut in half lengthwise)
- 1/8 tsp. garlic powder
- 1/8 tsp. black pepper (ground)
- 1/4 c. mozzarella cheese (part-skim, shredded)
- 1 tbsp. balsamic vinegar
- 2 tsp. parmesan cheese (freshly grated)



Instructions:

1. Preheat grill to medium-high.
2. Drizzle the olive oil evenly over the eggplant. Sprinkle eggplant evenly with garlic powder and black pepper.
3. Place eggplant halves on the grill cut side down and cook for 3-4 minutes, until tender.
4. Flip over and spread mozzarella cheese evenly over eggplant halves. Grill for an additional 3-4 minutes until the cheese is melted.
5. Remove the eggplant from the grill and place it side-by-side on a serving dish. Drizzle evenly with balsamic vinegar and parmesan cheese.

Nutrition facts | **Servings:** 4 | **Serving size:** 1/2 baby eggplant

Calories: 70 | **Fat:** 5 g | **Saturated Fat:** 1.3 g | **Fiber:** 1 g | **Carbs:** 5 g | **Protein:** 2 g | **Sodium:** 55 mg

Did you know eggplant is naturally a little bitter. Sprinkle it with salt and let it sit for 30 minutes. The salt will draw out some of the bitterness. It will also prevent the eggplant from absorbing too much oil and becoming greasy during cooking. Rinse off the salt before you cook it.

Pesto Chicken Kababs

Ingredients:

- 1/8 tsp black pepper
- 1/4 c. pine nuts (toasted)
- 2 cloves garlic (minced)
- 1 c. fresh packed basil leaves
- 1 tbsp. olive oil
- 2 tbsp. parmesan cheese (freshly grated)
- 1 1/4 lbs. boneless, skinless chicken breasts (cut into 24 cubes)
- 2 zucchinis (cut into 24 pieces)
- 24 cherry tomatoes
- 8 bamboo skewers

Instructions:

1. Soak the bamboo skewers in warm water for at least 30 minutes.
2. Preheat an indoor or outdoor grill.
3. While the skewers are soaking, blend the olive oil, garlic, basil, pine nuts, black pepper and parmesan cheese in a blender or food processor.
4. Thread alternating pieces of chicken, zucchini, and tomato onto the soaked skewers, using 3 pieces of chicken, 3 pieces of zucchini, and 3 tomatoes.
5. Brush the kabobs with the basil mixture, coating well.
6. Grill the kabobs for about 7 minutes, brushing with the basil mixture until it is all used. Turn the kabobs frequently until the chicken is cooked through and reaches 165°.



Nutrition facts | **Servings:** 4 | **Serving size:** 2 Kababs

Calories: 290 | **Fat:** 14 g | **Saturated Fat:** 2.3 g | **Fiber:** 3 g | **Carbs:** 9 g | **Protein:** 34 g | **Sodium:** 115 mg