

Let's go on a

Ready for some delicious outdoor adventures? You'll be set all summer long with just these healthy recipes. We've suggested simple ingredient swaps that'll transform each item on the menu into a new, international-inspired dish. Your family's taste buds will be transported!

by **Jackie Newgent, R.D.** photographs by **Ghazalle Badiozamani**

Summer sun sandwich

Prep time: 10 minutes

- 8 slices whole grain bread or 4 whole grain buns
- 3 tablespoons stone-ground mustard
- 2 tablespoons mayonnaise
- 8 ounces shredded or sliced rotisserie chicken breast or roasted turkey
- 4 slices (¾-ounce each) aged extra-sharp Cheddar cheese
- 8 Bibb or Boston lettuce leaves
- 4 thin slices red or sweet onion
- 4 slices beefsteak or heirloom tomato
- ½ teaspoon freshly ground black pepper, or to taste



On the bread slices, spread a mixture of the mustard and mayonnaise and arrange the chicken, cheese, lettuce, onion, and tomato. Season with black pepper.

SWAPS	Mexican	Middle Eastern	Italian	Asian or Indian	French or Mediterranean
whole grain bread	whole wheat tortilla	whole grain pita or lavash	whole wheat ciabatta roll	whole grain naan	whole wheat baguette or black olive bread
aged extra-sharp Cheddar cheese	Monterey Jack or Chihuahua cheese	feta cheese or thinly sliced cucumber	fresh mozzarella cheese	thin slices of smoked or Asian-flavored tofu	Muenster, Gruyere, or Manchego cheese
stone-ground mustard/mayonnaise mixture	guacamole or mashed avocado-lime juice mixture	hummus, baba ghanoush, or tzatziki	basil pesto or balsamic vinaigrette	mango chutney or mayonnaise/plain yogurt/curry paste mixture	roasted garlic aioli (mayonnaise-roasted garlic mixture)

Makes 4 sandwiches

Per sandwich: calories 340, fat 13 g, protein 30 g, carbohydrates 26 g, dietary fiber 5 g

The ingredient amounts used in the base recipes will not always be the best amounts to use in the international-inspired versions. So, when swapping ingredients, do so to taste. Nutrition info will change, too: All the swaps are healthy options, but the numbers listed here are for the base recipe.

picnic!



Picnic party pasta salad

Prep time: 25 minutes

- 8 ounces dry whole wheat corkscrew (rotini), bow tie (farfalle), or wagon wheel (rotelle) pasta
- 3 tablespoons white wine vinegar
- ¼ cup canola or vegetable oil
- 2 cloves garlic, minced
- ½ teaspoon sea salt, or to taste
- ½ teaspoon freshly ground black pepper, or to taste
- 1 cup small pieces broccoli florets
- ¾ cup halved grape tomatoes (4 ounces)
- ¼ cup finely diced red onion
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh basil

1. In a large saucepan, bring 7 cups of water to a boil over high heat. Add a pinch of salt, if desired. Add the pasta and bring back to a boil. Cook according to package directions. (Alternatively, cover with a lid and turn off the heat. You'll save energy if you "lid

cook"—cook covered while the burner is off—until the pasta is al dente, about 8 minutes for dry whole wheat pasta.) Drain the pasta and place it back into the pan along with 10–12 large ice cubes. Toss or stir until the ice is melted and pasta is slightly cooled. Drain well.

2. Meanwhile, whisk the vinegar, oil, garlic, salt, and pepper in a large serving bowl.

3. Stir the drained pasta into the vinaigrette in a serving bowl. Stir in the broccoli, tomatoes, onion, parsley, and basil. Adjust seasoning and serve cool or at room temperature.

Serves 6

Per serving: calories 220, fat 10 g, protein 6 g, carbohydrates 30 g, dietary fiber 4 g

SWAPS	Mexican	Middle Eastern	Italian	Asian or Indian	French or Mediterranean
whole wheat corkscrew pasta	corn pasta	whole wheat orzo	100 percent semolina fusilli, chiocciole, or gemelli pasta	soba (buckwheat) or udon noodles	whole wheat couscous
white wine vinegar	cider vinegar or fresh lime juice	aged red wine vinegar or fresh lemon juice	balsamic or white balsamic vinegar	rice vinegar	sherry or aged red wine vinegar
basil	cilantro	mint	oregano (or leave the basil)	scallions	rosemary



Bowl o' fruit salad

Prep time: 15 minutes

- ¾ cup diced cantaloupe
- ¾ cup diced or sliced strawberries
- ¾ cup diced nectarine (1 medium nectarine)
- ¾ cup blueberries (1 6-ounce package)
- Juice of ½ lime or ½ small lemon (1 tablespoon)
- ⅛ teaspoon sea salt (optional)

Combine the cantaloupe, strawberries, nectarine, blueberries, lime juice, and salt (if using) in a medium mixing bowl. Serve family style in a hollowed out cantaloupe half.



SWAPS	Mexican	Middle Eastern	Italian	Asian or Indian	French or Mediterranean
nectarine	papaya or banana	apricot	peach	mango	pear or apple
blueberries	pineapple	figs	plums	lychees or kiwis	grapes

Makes 4 servings

Per serving: calories 50, fat 0 g, protein 1 g, carbohydrates 12 g, dietary fiber 2 g

Crowd-pleaser bean dip

Prep time: 10 minutes

- 1 clove garlic
- 1 15-ounce can great northern or navy beans, drained
- Juice of 1 small or ½ large lemon (2 tablespoons)
- 1-2 tablespoons cold water, or to taste
- 2 teaspoons extra virgin olive or peanut oil
- ¼ teaspoon sea salt, or to taste
- ⅛ teaspoon hot pepper sauce (optional)
- Fresh herbs (optional)
- 1 pint cherry tomatoes or 2 cups seasonal veggies of your choice

Puree the garlic, beans, lemon juice, water, oil, salt, and hot pepper sauce (if using) in a blender or food processor. Garnish with fresh herbs and serve as a dip with tomatoes.



SWAPS	Mexican	Middle Eastern	Italian	Asian or Indian	French or Mediterranean
great northern or navy beans	black or kidney beans	garbanzo or gigante beans	cannellini or zolfini beans	soybeans or red lentils	flageolet or garbanzo beans
cherry tomatoes	bell peppers or jicama	cucumber	zucchini	snow pea pods	green beans or carrots

Makes 4 servings

Per servings: calories 120, fat 2.5 g, protein 6 g, carbohydrates 19 g, dietary fiber 6 g

Secret spice fudgy brownie

Prep time: 22 minutes

Bake time: 18 minutes

- 1½ cups turbinado sugar
- ¼ cup canola or peanut oil
- 3 tablespoons unsweetened applesauce
- ½ teaspoon sea salt
- 3 ounces unsweetened baking chocolate, chopped
- ⅓ cup unsweetened cocoa powder
- 1½ teaspoons instant espresso powder, or finely ground instant coffee (optional)
- ¼ teaspoon ground cayenne pepper, or to taste
- 2 large eggs
- 1¼ teaspoons pure vanilla extract
- ⅔ cup whole wheat flour

1. Line the bottom of a 6½-by-8½-inch or similar size toaster oven pan with unbleached parchment paper. Toaster ovens waste less energy than conventional ovens, but you can make this recipe in either. (For a regular oven, use an 8-by-8-inch pan.)

2. Stir together the sugar, oil, applesauce, and salt in a large microwave-safe bowl. Microwave on high for 2½ minutes, or until the mixture rapidly bubbles, stirring once midway through. (Mixture will be very hot!) Stir in the chocolate, cocoa, espresso powder (if using), and cayenne until the chocolate is melted.
3. Whisk the eggs and vanilla in a small bowl. Vigorously whisk the egg mixture into the chocolate mixture. Stir in the flour until just combined.
4. Pour the batter into the prepared pan. Place the pan in the toaster oven, turn heat to 400°, and bake until the brownies are springy to the touch, about 18 minutes. (If baking in a conventional oven, check for springiness sooner.) Cool the brownies completely in the pan on a rack.

Makes 20 brownies

Per brownie: calories 120, fat 6 g, protein 2 g, carbohydrates 20 g, dietary fiber 2 g

SWAPS

applesauce

cayenne pepper

Mexican

mashed banana

ground chipotle pepper

Middle Eastern

apricot jam

ground cinnamon or fresh mint

Italian

pureed plums

freshly grated orange zest

Asian or Indian

mashed mango

wasabi powder or ground ginger

French or Mediterranean

pureed grapes

dried lavender or fresh mint

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