

COOKOUT CLASSICS

Delicious Recipes for a Healthy Summer



*Kid-Tested &
RD approved*

publix



**Produce
for Kids**

Creating a healthier generation



helping feed our community

Look for these brands in your local Publix produce department who are giving back to your community!



Wonderful®
PISTACHIOS



Driscoll's
Only the Finest Berries™



Marie's®



Learn more at produceforkids.com

Meet Our Registered Dietitian

Healthy Family Project collaborates with registered dietitians focusing on the important role food plays in overall health, plus sharing kid-friendly recipes to add more fresh produce to your family's diet.

"Think about ways you can add more “good” to your (family's) meals. Maybe add some berries to your morning cereal, colorful veggies like lettuce, tomato, and avocado to your sandwich, and spinach to your pasta for a nutrient boost! Small changes add up to big health benefits!"



Chelsea LeBlanc

Healthy Family Project Registered Dietitian

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Chelsea LeBlanc is a registered dietitian and a Publix shopper based in Nashville. Chelsea works alongside Healthy Family Project to bring families inspiring and nutritious content.

Learn more at produceforkids.com

what's in season for *summer*



Asparagus
Avocados
Bananas
Beets
Blueberries
Blackberries
Bok Choy
Broccoli
Carrots
Cauliflower
Celery
Cherries
Cucumbers
Leeks
Lemons & Limes
Mushrooms
Papaya
Pineapple
Potatoes
Raspberries
Strawberries
Summer Squash
Tomatoes
Vidalia Onions
Zucchini



shaved asparagus salad

INGREDIENTS

- 1 lb. Ayco asparagus
- 2 cups spinach
- ½ cup cherry tomatoes sliced
- ⅓ cup shaved parmesan
- ¼ cup dressing of choice we used a white balsamic dressing
- lemon

DIRECTIONS

1. Using a vegetable peeler, carefully shave the asparagus peeling away from your hand.
2. In a large bowl, combine the spinach, asparagus, tomatoes, and parmesan. Top with dressing and a squeeze of lemon juice right before serving.

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 6



Health Benefits of Asparagus

Asparagus is naturally nutritious and is high in manganese, a nutrient that aids processing of cholesterol carbohydrates and protein.



It is a great source of dietary fiber, which helps you feel full faster and promotes heart health.

Rich in minerals and vitamins A, C and folic acid.



no churn peanut butter apple pie ice cream

INGREDIENTS

- 2 Rainier apples peeled and diced
- 1 tbsp salted butter
- 1 tbsp granulated sugar
- 1 tbsp brown sugar
- 2 tsp cinnamon
- 13 1/2 oz room temp reduced fat canned coconut milk shaken
- 1/2 cup reduced fat creamy peanut butter
- 2 tsp vanilla extract
- 1/4 teaspoon salt
- 3 whole reduced fat graham crackers broken up into pieces

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

FREEZE TIME: 3 HOURS

SERVINGS: 9

DIRECTIONS

1. In medium skillet, combine apples, sugars, butter, and cinnamon over medium-low heat.
2. Cook and stir for about 10 minutes until apples have softened and released juices. Cool completely, chill thoroughly in fridge.
3. While apples cook, make ice cream base by adding peanut butter, coconut milk, vanilla extract and salt to food processor. Blend until smooth.
4. Pour ice cream base into a bread pan or freeze-safe container. Place in freezer.
5. Freeze the ice cream base no longer than 15 minutes. Remove from freezer and mix in apples and graham cracker crumbs, reserving a few tablespoons for serving.
6. Place back in freezer.
7. As edges begin to freeze, stir every 15 minutes to ensure an even creamy texture. Do this at least 3 times.
8. Your Peanut Butter Apple Pie Ice Cream will be ready to enjoy in about 3 hours.
9. Sprinkle with cinnamon and remaining graham cracker crumbs.
10. Serve with Rainier apple slices.



9 Creative Ways to Use Apples



Salads



Muffins



Quesadillas



Apple Donuts



Enchiladas



French Toast



Apple Nachos



Grilled Cheese



Cold Pressure Juice: Fruits & Veggie Juices that kids love

*Replace your morning OJ with a
glass of Citrus Immunity!*



*The best way to drink your veggies
and gulp your greens!*



Health Benefits of Functional Shots

Immunity Defense shots are packed with turmeric, echinacea, and live probiotics that will boost you through cold and flu season.



Immunity Shots: For a functional boost to your immune health.

Immunity Elderberry shots pack live probiotics, elderberry, and guava leaf that will have you rebounding back to everyday life in no time



Quick Pickled CuteCumber Poppers™

INGREDIENTS

- 1 (9oz) container Mucci Farms CuteCumber Poppers™
- ½ cup rice vinegar
- 2 tbsp chopped dill
- 1 tbsp maple syrup
- 1 clove of garlic, minced
- 1 tsp kosher salt
- ½ tsp red chili flakes

PREP TIME: 45 MINUTES

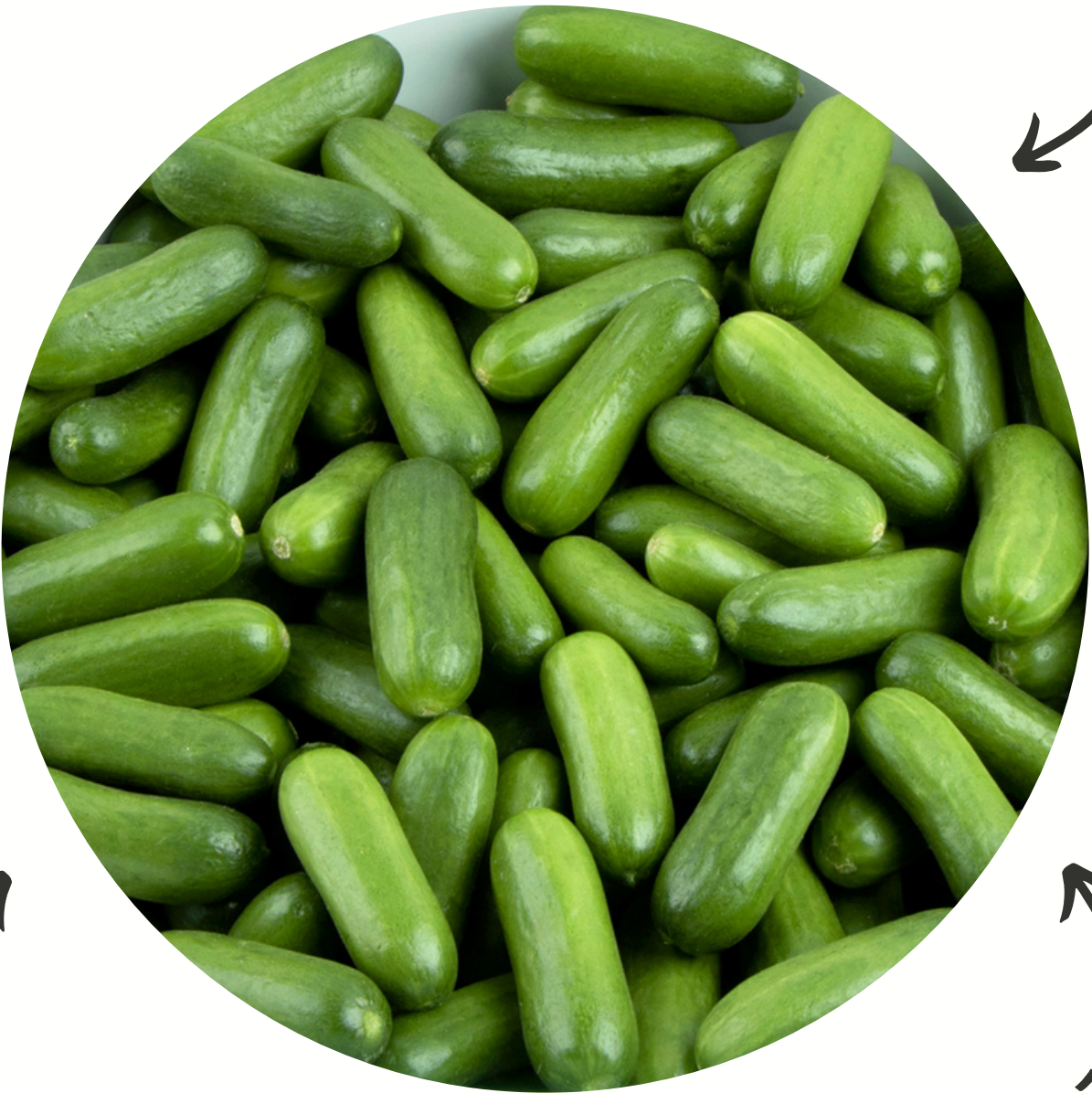
SERVINGS: 6-8

DIRECTIONS

1. Slice cucumbers in half lengthwise and place in a bowl.
2. Add vinegar, dill, maple syrup, garlic, salt and chili flakes.
3. Stir to combine and let sit for 20-30 minutes before serving.

Why We Love CuteCumber Poppers™

CuteCumber Poppers™ are a convenient one-bite snack that are crunchy and refreshing



They are the perfect crunchy snack for kids and adults.

These “mini” cocktail cucumbers are great for dipping and snacking at parties.



easy vegetarian naan pizzas

INGREDIENTS

- 2 large naan flatbreads
- 1/4 cup pizza sauce
- 3/4 cup shredded Mexican-style cheese
- 3 green onions sliced
- 1 tomato diced
- 2 tablespoons of Marie's Ranch Dressing

PREP TIME: 15 MINUTES
SERVINGS: 4

DIRECTIONS

1. Preheat oven to 350F.
2. Place naan on baking sheet. Spread with pizza sauce and top with each with 1/4 cup cheese. Add green onions and tomatoes, then sprinkle with remaining cheese.
3. Bake 8-10 minutes, or until cheese melts.
4. Remove from oven and drizzle with Marie's Ranch Dressing before serving.

Marie's®

7 Ways To Use Marie's Dressing



Season roasted vegetables



Dress your flatbread



Pasta sauce



Marinade salmon



Sandwich spread



Top tacos



Drizzle cauliflower bites



berry sweet summer board

INGREDIENTS

- Driscoll's Strawberries
- Driscoll's Raspberries
- Driscoll's Blackberries
- Driscoll's Blueberries
- Mini white chocolate covered pretzels
- Brie
- White cheddar cheese sliced
- Honey
- Greek yogurt
- Salami sliced
- Rosemary for garnish
- Table Water Crackers

DIRECTIONS

1. Assemble board with desired ingredients.
2. Garnish with rosemary sprigs.

PREP TIME: 30 MINUTES

SERVINGS: 4-6

Driscoll's®
Only the Finest Berries™

Health Benefits of Berries

Berries provide potassium, magnesium, vitamins C and K, fiber, and prebiotics



Berries are a good source of fiber

Berries have strong anti-inflammatory properties



mini burger bites

INGREDIENTS

- 4 slices Texas toast baked according to package directions
- 12 medium-sized meatballs frozen or homemade, cooked
- 12 cherry tomatoes raw sweet onion rings, cut into 4 pieces each
- 1 leaf Romaine lettuce chopped into 12 pieces
- 3 thick raw RealSweet® Vidalia onion rings, cut into 4 pieces each

DIRECTIONS

1. Build skewers by placing Texas toast, meatball, tomato, onion, lettuce and another piece of Texas toast on skewers.
2. Serve with your favorite dipping sauce.

PREP TIME: 15 MINUTES
COOKTIME: 10 MINUTES
SERVINGS: 12



8 Ways To Use Vidalia Onions



Salads



Dressings



Salsas



Soups



Chili



Pizzas & Flatbreads



Tacos & Quesadillas



Kabobs



fresh rolls

INGREDIENTS

Peanut Dipping Sauce:

- 1/3 cup creamy peanut butter
- 2 Tbsp soy sauce
- 1 tsp sesame oil
- 1 garlic clove, minced
- 2 Tbsp rice wine vinegar
- 1 Tbsp maple syrup
- chili oil, optional, to taste

Spring Rolls:

- 12 spring roll rice papers
- 12 pieces butter lettuce
- 4 oz. vermicelli noodles, cooked according to package directions
- 1 ½ cups julienned vegetables (1 SUNSET® bell pepper, SUNSET® cucumber, carrot)
- 1 green onion, thinly sliced
- ½ cup fresh cilantro leaves
- ½ cup fresh mint leaves

DIRECTIONS

1. In a bowl, mix all of the ingredients for the peanut dipping sauce, set aside.
2. Quickly dip a sheet of rice paper in the lukewarm water to moisten the entire surface. This should take no longer than a few seconds.
3. Lay the wet rice paper on your work surface. Place a piece of butter lettuce close to the bottom edge of the rice paper. Arrange a small pinch each of rice noodles, bell pepper, carrots, cucumber, green onion, cilantro and mint leaves over the center of the lettuce leaf.
4. Arrange 3 pieces of shrimp about 1 ½ to 2 inches below the top edge of the rice paper. Make sure that the orange/pink side is facing down.
5. Grab the lower edge of the rice paper and lettuce and start rolling up the spring roll. Once you have reached the shrimp, fold in the left and right sides. Finish rolling up the spring roll all the way to the end.
6. Repeat the rolling process with the rest of the ingredients. If the chopping board is dry, brush some water over the board to avoid the wrappers from sticking.
7. Serve the spring rolls with the dipping sauce.



PREP TIME: 15 MINUTES

SERVINGS:6

Health Benefits of Bell Peppers

Bell peppers are an excellent source of Vitamin A and C and a good source of Vitamin E and Vitamin B6.



Red bell peppers are also full of phytochemicals and carotenoids, like beta-carotene, that have antioxidant and anti-inflammatory benefits.

Capsaicin in bell peppers can reduce 'bad' cholesterol, control diabetes, bring relief from pain and ease inflammation.



Sweet Corn with Wonderful® Pistachios

INGREDIENTS

- 3/4 cup Wonderful Pistachios No Shells Roasted & Salted, roughly chopped
- 6 ears of corn
- 1-1/2 tablespoons olive oil
- 1 large garlic clove, sliced
- 1/4 cup red chili pepper, thinly sliced
- 1/4 cup flat-leaf parsley, coarsely chopped
- 1 lime

COOK TIME: 10 MINUTES

SERVINGS: 6

DIRECTIONS

1. Cut corn kernels off ears of corn and set aside.
2. Heat olive oil in a large sauté pan over medium-high heat and add the sliced garlic. Sauté just until the garlic starts to turn golden brown.
3. Add the corn, chilies, and Wonderful Pistachios, cooking and stirring for 3 to 4 minutes until just heated through.
4. Remove from heat and stir in coarsely chopped parsley. Garnish with more Wonderful Pistachios and a squeeze of lime.

Wonderful®
PISTACHIOS

7 Ways We Love To Use Pistachios



Hummus



Energy Bites



Salad



Trail Mix



Apple Bread



Dessert



Coconut-Crusted Chicken



fresh apple salsa

INGREDIENTS

- 2 cups diced peeled Hero apple
- ½ cup diced red bell pepper
- 1 cup cherry tomatoes quartered
- ⅓ cup fresh lime juice
- ¼ cup diced red onion
- ¼ cup minced fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 jalapeño pepper, seeded and minced

PREP TIME: 10 MINUTES
SERVINGS: 6

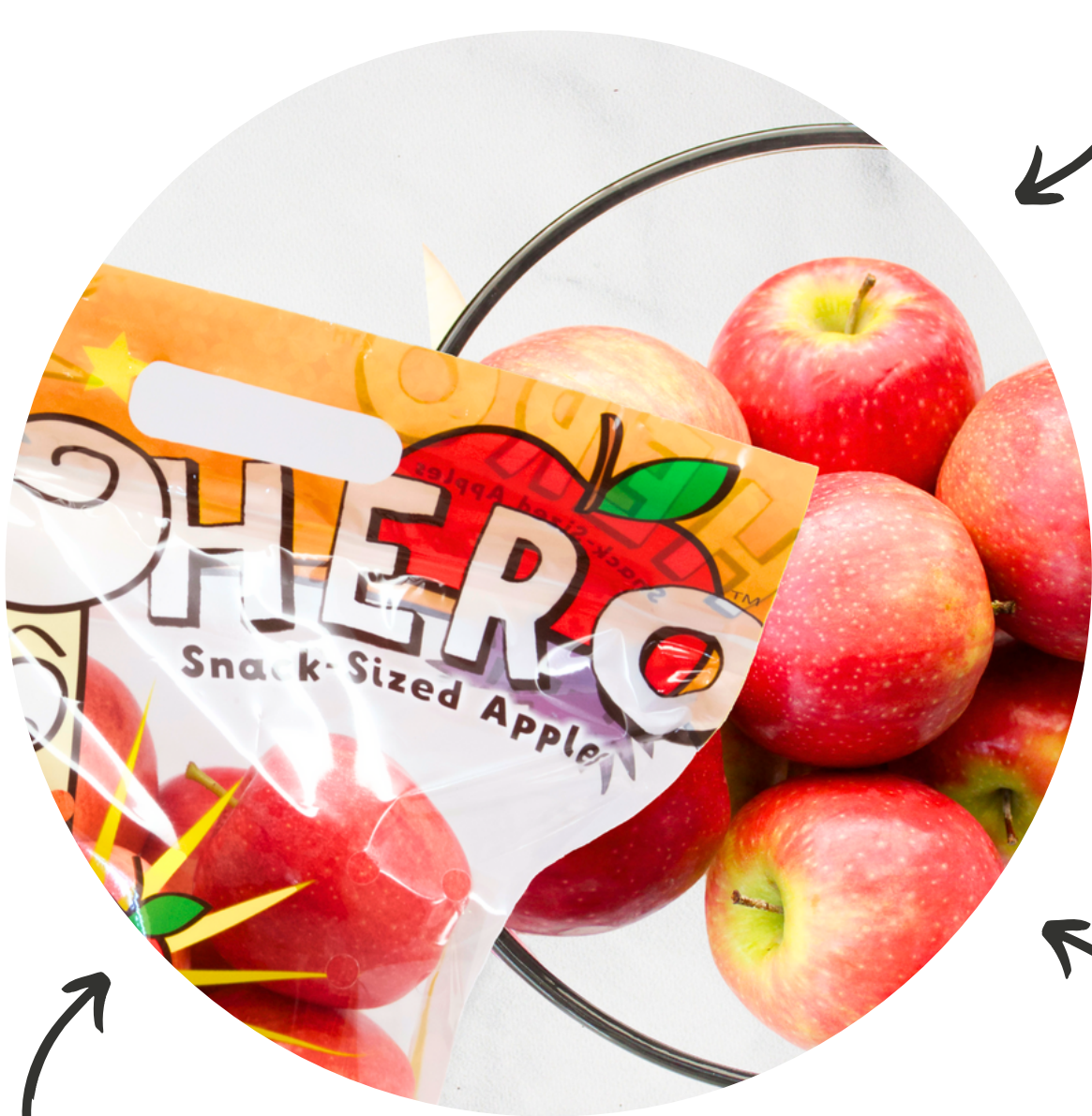
DIRECTIONS

1. Mix apples, bell peppers, lime juice, red onion, cilantro, jalapeño, pepper and salt in large bowl. Cover and refrigerate before serving.



Why we love Gala Apples

Gala apples are a significant source of antioxidants, which may help lower the risk of heart disease, diabetes and cancer.



Snack-sized apples for small hands.

Gala apples are prized for their sweet, crisp texture and delightfully mild flavor.



roasted sweet potato taco bowls

INGREDIENTS

- 2 small sweet potatoes peeled, diced
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 pkg. Fresh Express Chopped Kit Salad, Chipotle Cheddar
- 1 avocado chopped
- 1 cup low-sodium black beans drained, rinsed
- 1/2 cup frozen sweet corn thawed
- 1/2 cup chopped tomatoes

DIRECTIONS

1. Preheat oven to 400F.
2. Toss potatoes in oil, chili powder, cumin, garlic powder and salt. Add to baking sheet and bake 15-20 minutes, flipping halfway, until tender.
3. Assemble salad kit with included toppings and dressing. Top with sweet potatoes, avocado, black beans, corn and tomatoes.

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVINGS: 4



7 Ways To Use A Salad Kit



Wraps



Tacos



Buddha Bowls



Stir Fry



Salad



Wonton Cups



Flatbread



The GT's Living Smoothie

INGREDIENTS

- 16 oz GT's Trilogy SYNERGY Raw Kombucha
- Mixed berries
- Banana
- Pineapple
- Peaches
- Spinach or kale
- GT's Pure COCOYO Living Coconut Yogurt
- Water

PREP TIME: 5 MINUTES

SERVINGS: 2

DIRECTIONS

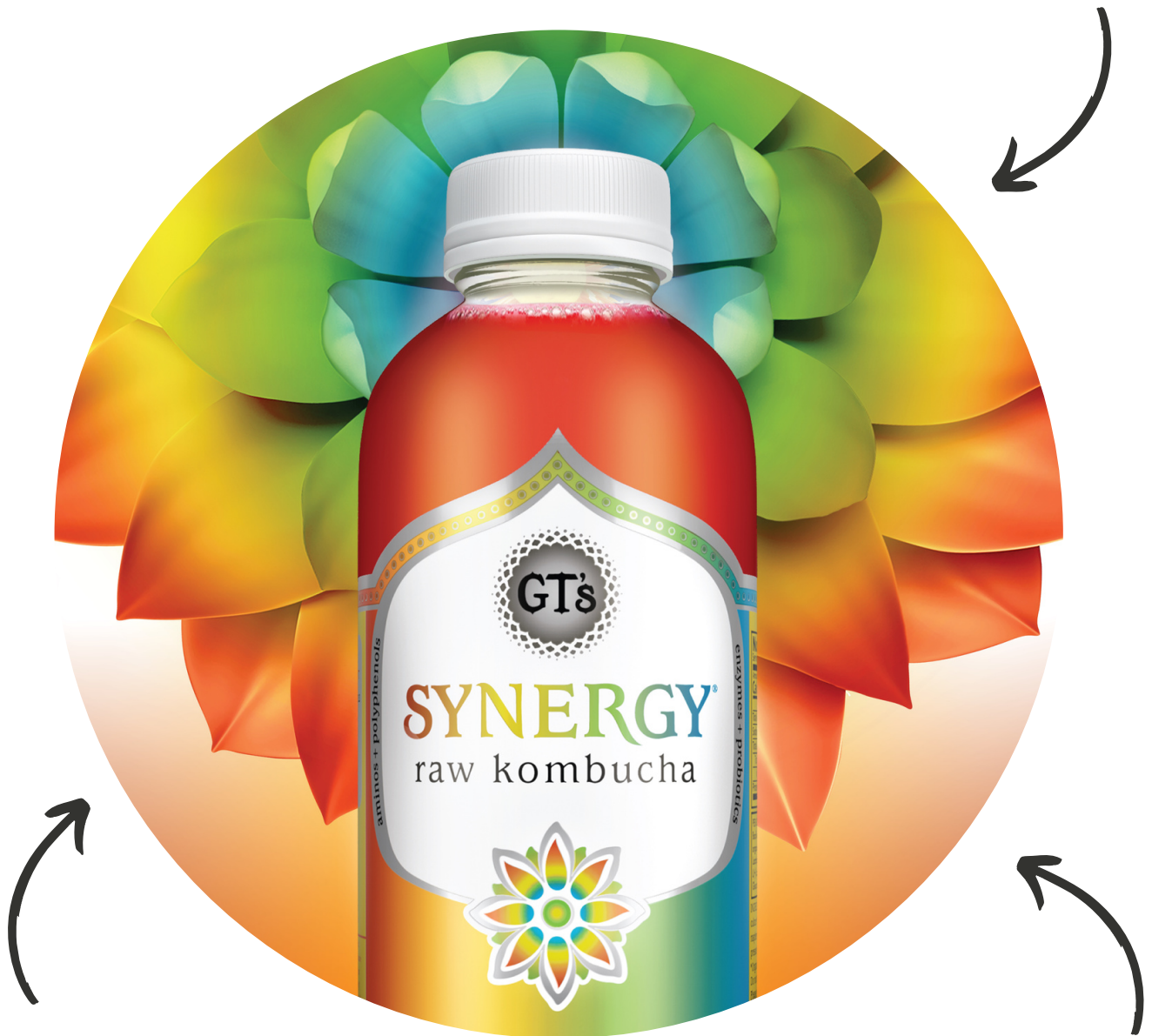
1. In a blender: combine fresh seasonal berries (blueberries, raspberries, strawberries, and/or blackberries), bananas, pineapple, or peaches, spinach or kale, a large dollop of GT's Pure COCOYO Living Coconut Yogurt and a generous portion of GT's Trilogy SYNERGY Raw Kombucha to mix!
2. Blend until thick, smooth, and fragrant. Enjoy this living, beneficial, naturally, sparkling probiotic smoothie for breakfast, a midday snack, or just because!



SYNERGY is safe for children*, supports microbiome diversity, and can be a better-for-them alternative to sugary juices & soda. Children aged 10 and below should limit intake to about 4 to 6 ounces per day. *If you are unsure of introducing something new to your child's system, we recommend consulting your healthcare professional or pediatrician before consuming.

Health Benefits of Kombucha

9 Billion living probiotics that are naturally developed during fermentation to replenish the gut and boost immune health.



No Added Sugar.
Organic kiwi juice is
used during
fermentation as an
energy source for the
SCOBY.

Pure, Potent,
and Unfiltered.
100% Raw and
100% Real
Kombucha.



Have you listened to our **Healthy Family Podcast?**

We chat with experts, fellow parents, friends, and more covering all of the hot topics in the world of healthy, food, and family. **Our topics range from food and nutrition and mental and physical health too.** Tune in where ever you listen to your favorite podcasts.

— “ —

We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; This isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children.

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