PEANUT BUTTER HONEY YOGURT DIP

INGREDIENTS:
• 1 (6 oz) container plain low fat Greek yogurt
• 3 tablespoons creamy peanut butter
• 3 teaspoons honey

DIRECTIONS:
In a small bowl, combine Greek yogurt, peanut butter, and honey.
Stir until combined and smooth.
Serve with apple slices or other cut up fruit.

Note: this dip is also great with graham crackers, pretzels, or cookies!
**Greek Yogurt Ranch Dip**

**Ingredients:**
- 1 cup plain, non-fat Greek yogurt
- 3/4 teaspoon minced garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/4 teaspoon kosher salt
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon cayenne pepper

Fresh, chopped chives for garnish

**Directions:**
In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire, and cayenne. Garnish with fresh chives and serve.

Refrigerate leftover skinny ranch dip in an airtight container for up to three days.

http://www.wellplated.com/greek-yogurt-
Place ice cubes and water in a medium-sized bowl. Bring a pot of water to a boil. Add the broccoli florets and let them boil for 2 minutes. Scoop them out of the water and submerge them in the bowl with the ice and water to stop them cooking. Drain them and set them aside.

In the same pot that you used to blanche the broccoli, boil the orzo. There’s no need to change the water, just be sure and bring it back to a rolling boil and add 2 tablespoons of salt before adding the orzo. Cook the orzo according to package directions. While the orzo is boiling, chop the cooled broccoli florets into small pieces.

In a large bowl, combine the lemon juice, balsamic vinegar, 1/2 teaspoon salt and pepper. While whisking, slowly add the olive oil. Whisk until the oil is fully incorporated.

Drain the orzo and transfer it to the bowl with the dressing. Add the broccoli, bell pepper, red onion, chopped parsley, and chickpeas and toss.

Yields: 6-8, prep time: 10 min, cook
Homemade Applesauce

**Prep:** 15 Minutes   **Level:** Easy   **Cook:** 25 Minutes   **Serves:** 12

**Ingredients**

• 6 pounds Apples, Peeled, Cored, And Cut Into 8 Slices

• 1 cup Water

• Juice Of 1 Lemon

• 1/2 cup Brown Sugar, Packed

• 1 teaspoon Cinnamon, More Or Less To Taste

**Preparation**

1. Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes.

2. Carefully puree in a food processor or blender (don't fill too full; split into two portions if needed) until smooth.
Watermelon & Tomato Salad

Serves: 8  Serving Size: 1 Cup  Preparation Time: 15 Minutes  Chilling Time: 30 Minutes

Ingredients:

- 3 large red or yellow tomatoes, chopped into ½ inch cubes
- 2 cups cubed (½ inch pieces) seedless watermelon
- ½ cup sliced fresh basil
- 1/3 cup thinly sliced red onion
- 2 tbsp. olive oil
- 1 ½ tbsp. balsamic vinegar
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- ¼ tsp. chili powder
- 2 tbsp. minced fresh chives

Directions:

1. In a large bowl, mix together the tomatoes, watermelon, basil, and red onion.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, salt, pepper, and chili powder. Add the dressing to the tomato-watermelon mixture. Cover and refrigerate for 30 minutes.
3. Before serving, top the salad with the chives. Pack in an airtight container for transport.
Chili Lime Sweet Corn Salad

Serves: 4-6

Ingredients:

- 6 ears of corn, husk and silk removed
- 2 tablespoons melted butter
- 2 tablespoons freshly squeezed lime juice
- 1/2 teaspoon chili powder
- 1 tablespoons chopped cilantro
- 1/2 cup crumbled feta
- 1/4 teaspoon salt (or to taste)

Directions:

1. In a large pot, bring water to a boil. Boil the corn for 3 minutes, then remove and allow to cool slightly so that they can be handled.
2. Cut kernels off the cob into a large bowl. Set aside.
3. In a small bowl, whisk together butter, lime juice, chili powder, and chopped cilantro.
4. Pour the chili lime mixture over the corn and mix to coat.
5. Add the crumbled feta and stir. Season with salt to taste.
Fresh Green Bean Salad with Balsamic Dressing

Yield: Serves 4-6 as a side dish

Ingredients

- 2 pounds fresh green beans, ends trimmed if desired
- 1 pint cherry or grape tomatoes, halved
- 1/4 cup olive oil
- 3 tablespoons freshly squeezed lemon juice (from about 2-3 lemons)
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 4 ounces feta cheese

Directions

1. Bring a large pot of water to a boil. Add 1 teaspoon salt. Cook green beans until tender, 5-10 minutes. While they cook, prepare a large bowl with an ice water bath. Immediately drain the beans into a colander (or scoop them out with a slotted spoon) and place the drained beans in the ice water for a few minutes to stop the cooking. This will keep them bright green and perfectly tender.
2. Drain the beans and pat them dry. Toss them in a bowl with the tomatoes.
3. For the dressing, whisk together the olive oil, lemon juice, vinegar, salt, garlic powder, and pepper. Pour the mixture over the green beans and toss to coat. Cover the bowl and chill for at least an hour or up to 3 hours before ready to serve.
4. Stir in the feta cheese right before serving. Serve chilled or at room temperature.
Pico De Gallo

• Prep 20 m
• Ready In 50 m

Ingredients

• 1 medium tomato, diced
• 1 onion, finely chopped
• 1/2 fresh jalapeno pepper, seeded and chopped
• 2 sprigs fresh cilantro, finely chopped
• 1 green onion, finely chopped
• 1/2 teaspoon garlic powder
• 1/8 teaspoon salt
• 1/8 teaspoon pepper

Directions

1. In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.
Graham Cracker Yogurt Bars

Nutritional Information:
Serving Size: 1 piece
Calories: 50
Fat: 1 g
Carbohydrates: 9 g
Protein: 2 g
Sodium: 45 mg
Fiber: 1 g

Ingredients:
14 Graham crackers broken into quarters
1 1/2 cup vanilla Greek nonfat yogurt
1 1/2 cup fat free whipped topping
1 tsp vanilla extract
1 cup chopped fruit pieces of your choice

Directions:
• Line 9” pan with tin foil
• Break apart graham crackers and arrange half of the graham crackers in the pan
• Mix yogurt, whipped topping, vanilla extract, and chopped fruit pieces until fluffy
• Refrigerate for 30 minutes
• Spoon mixture over graham crackers and top with remaining graham cracker pieces
• Freeze for 2 hours
**Rhubarb Dream**

- 6 cups fresh chopped rhubarb, washed
- ½ cup water
- ½ cup brown sugar
- 2 packages low calorie raspberry Jell-O
- 2 cups low calorie whipped topping
- Raspberries for garnish

In a saucepan over medium heat, combine rhubarb, brown sugar, and enough water to cover the bottom of the pan (about 2 tablespoons).

Bring to a boil, stirring occasionally. Cover and simmer gently for about 5 minutes (rhubarb will be mushy). Taste mixture to ensure tartness.

In a medium bowl, stir together Jell-O and hot rhubarb mixture until Jell-O is dissolved. Stir in 1 cup cold water and refrigerate until nearly set.

Fold whipped topping in to Jell-O, and allow to set overnight. Garnish with raspberries.
Mediterranean Potato Salad

- Prep 15 m
- Cook 45 m
- Ready In 1 h

Ingredients

- 2 pounds potatoes
- 1 green bell pepper, minced
- 1 cucumber, sliced and quartered
- 1/2 cup sliced red onion
- 8 ounces crumbled feta cheese
- 1 lemon, juiced
- 1/2 cup Italian-style salad dressing
- salt and pepper to taste
- 3 pita breads, cut into wedges

Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and chop.
2. In a large bowl, combine the potatoes, green peppers, cucumbers, red onion and cheese.
3. Whisk together the lemon juice, salad dressing, salt and pepper. Pour over salad and toss to coat. Serve with pita bread wedges if desired.
Lemon Herb Zucchini Noodle Salad

Prep time: 10 mins  
Total time: 10 mins

Ingredients

- 3 large zucchinis (or summer squash), spiralized or julienned
- 1 large celery stalk, thinly sliced
- 1 tbsp finely chopped fresh basil
- 2 tsp extra-virgin olive oil
- 2 tsp freshly squeezed lemon juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp freshly grated lemon zest
- 1/4 tsp ground cumin
- Pinch crushed red pepper flakes
- Sea salt and freshly ground black pepper, to taste

Instructions

1. Spiralize the zucchinis into noodles  
2. In a large bowl, combine all the ingredients, toss to coat, and serve.

Nutrition Information

Serving size: 2
German Cucumber Salad

Prep Time: 10 minutes  Total Time: 10 minutes  Yield: 2 servings

Ingredients

• 1/2 cup sour cream or plain Greek yogurt (Low Fat)
• 1 cucumber
• 1 medium to large tomato
• 2 slices onion (slice like you would for onion rings)
• 2-4 tsp lemon juice
• 1/2 - 3/4 tsp dill
• Pinch of salt

Instructions

1. Peel and slice your cucumber, slice your tomato, and slice your onion. I like to slice, then quarter the onion because it’s easier to eat.

2. In a bowl, combine dill and salt.

3. Add sour cream or yogurt and lemon juice to taste. Mix well.

4. Add onion, cucumber, and tomato to the mixture and stir until the veggies are coated with the dressing.