

Summer Safety: Week 3 – Healthy Picnic Recipes

Grilled Veggie & Hummus Wrap

Don't let the delicious, fresh vegetables available right now pass you by! This wrap is great to make ahead of time and pack for a picnic. Serve with a side of *Light & Fresh Potato Salad!*

Ingredients:

4 (½ inch thick) slices red onion
1 red bell pepper, seeded & quartered
1 (12 oz) eggplant, cut into ½ inch thick slices
2 T olive oil, divided
¼ cup chopped, fresh, flat-leaf parsley
1/8 t kosher salt
1 (8 oz) container of plain hummus
4 (2 oz) whole-grain flatbreads (can substitute tortillas)
½ cup crumbled feta cheese



1. Heat a large grill pan over medium-high heat. Brush onion, bell pepper and eggplant with 1 T oil. Add onion and pepper to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan. Add eggplant to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan; coarsely chop vegetables. Combine vegetable with remaining 1 T oil, parsley and salt; toss to combine.
2. Spread ¼ cup hummus over each flatbread, leaving a ½ inch border around edges. Divide vegetables over each flatbread; top each serving with 2 T cheese. Roll up wraps, and cut diagonally in half.

Light & Fresh Potato Salad

Healthy, delicious and a safer option than mayo-based potato salad – try this at your next picnic or cookout!



Ingredients:

¼ cup seasoned rice vinegar
2 T canola oil
¼ t salt
1/8 t freshly ground pepper

Salad:

5 cups cubed red potato (2 lbs)
½ t salt
1 cup chopped, peeled cucumber
¾ cup each sliced cherry tomatoes & chopped green pepper
½ cup chopped green onions
1 (2 ¼ oz) can of sliced ripe olives, drained

1. Prepare dressing by combining first 4 ingredients in a large bowl; stir with a whisk.
2. Prepare salad by placing potato and ½ t salt in a medium saucepan. Cover with water to 2 inches above potato; bring to a boil. Reduce heat and simmer 8 minutes or until tender; drain.
3. Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill.