

# WEEKS OF SUMMER

## HEALTHY PICNIC RECIPES

### Grilled Veggie and 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.

#### Ingredients

- 4 slices red onion, cut 1/2-inch thick
- 1 red bell pepper, seeded and quartered
- 1 12oz eggplant, cut into 1/2-inch slices
- 2 tbsp olive oil, divided
- 1/4 cup chopped fresh flat-leaf parsley
- 1/8 tsp kosher salt
- 1 8oz container hummus
- 4 whole-grain flatbreads or tortillas
- 1/2 cup crumbled feta cheese

#### Directions

1. Heat a large grill pan over medium-high heat.
2. Brush onion, bell pepper, and eggplant with 1 tbsp oil. Add onion and pepper to the pan and cook for 3 minutes on each side or until grill marks appear. Remove from the pan.
3. Add eggplant to pan, and cook for 3 minutes per side or until grill marks appear. Remove from the pan.
4. Coarsely chop the vegetables and add to a bowl. Add remaining 1 tbsp oil, parsley, and salt, and toss to combine.
5. Spread 1/4 cup of hummus over each flatbread, leaving a 1/2-inch border around edges. Divide the vegetables evenly between flatbreads. Top each with 2 tbsp of cheese. Roll wraps up and cut in half, on a diagonal. Enjoy with a side of **Light and Fresh Potato Salad** on the next page!



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### Light and Fresh Potato Salad

Healthy and delicious, this is a great alternative to a mayo-based potato salad. It's sure to please at your next picnic or cookout!

#### Ingredients

*For the Dressing:*

- 1/4 cup seasoned rice vinegar
- 2 tbsp canola oil
- 1/4 tsp salt
- 1/8 tsp freshly ground pepper

*For the Salad:*

- 5 cups cubed red potato (2 lbs)
- 1/2 tsp salt
- 1 cup chopped, peeled cucumber
- 3/4 cup each sliced cherry tomatoes & chopped green pepper
- 1/2 cup chopped green onions
- 1 (2¼ oz) can sliced ripe olives, drained

#### Directions

1. Prepare the dressing by combining all 4 ingredients in a large bowl. Whisk to combine, and set aside.
2. Add potatoes to a medium saucepan with 1/2 tsp of salt. Cover with water to 2 inches above potatoes.
3. Bring to a boil, then reduce heat and simmer for 8 minutes or until potatoes are tender. Drain water and add potatoes to a bowl.
4. Drizzle dressing over potatoes and toss gently to coat. Let stand for 15 minutes.
5. Add in cucumber, tomatoes, green pepper, onions, and olives. Toss well. Cover and chill until ready to serve.

