



Dietitian at **Duke Integrative Medicine**  
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# Summertime Recipe Pack

This collection of healthy,  
summertime recipes  
includes simple, delicious  
options for breakfast,  
lunch, snack and dinner



# Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on my digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!

*Kenlyn*

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Visit [www.kenlynyoung.com](http://www.kenlynyoung.com)  
for free digital meal plans



# Recipes

## BREAKFAST

Individual Peach Oat Crisps

Frozen Berry Yogurt Bark

Tomato Herb Omelet

## LUNCH

Gazpacho

Herbed White Bean Dip with Vegetable

Green Goddess Salad

## DINNER


Grilled Salmon with Mango Salsa


Simple Quinoa Tabbouleh

Grilled Vegan Caesar Salad

## NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein

# Individual Peach Oat Crisps

Prep: 10 mins. | Total: 30 mins.

Serves 8

## Ingredients

- 8 peaches, halved and pits removed
- 1 cup oats, quick-cooking (gluten-free oats if needed)
- 3/4 cup almond meal, blanched
- 1/3 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 tsp cinnamon
- 1/4 tsp cardamom, ground
- 1/4 tsp salt

Per serving:

C	234 calories
C	30g carbohydrates
F	12g total fat
P	4g protein

## Directions

### Prep

1. Preheat the oven to 400°F and grease a 13"x9" baking dish with 1 1/2 tablespoons coconut oil.
2. Halve peaches and remove pits. Slice a small amount of flesh from the bottom so halves sit firmly in the pan.

### Make

1. Arrange fruit halves to fit tightly in the pan.
2. To a small bowl add the oats, almond flour, cinnamon, cardamom, and salt. Whisk to combine. Mix in the rest of the coconut oil and maple syrup. Spoon the mixture on top of each half of the fruit.
3. Bake for about 20 minutes or until the topping is golden brown and the fruit has softened.





# Frozen Berry Yogurt Bark

Prep: 10 mins. | Total: 4 hours

Serves 6

## Ingredients

- 6 strawberries, hulled and sliced
- 1 cup raspberries, halved
- 1/4 cup pecans, raw, crushed
- 1/2 cup blueberries
- 2 cup Greek yogurt, full-fat
- 1 Tbs maple syrup
- salt, to taste

Per serving:

<span>C</span>	135 calories
<span>C</span>	9g carbohydrates
<span>F</span>	8g total fat
<span>P</span>	7g protein

## Directions

### Prep

1. Line a shallow baking pan with parchment paper.
2. Slice strawberries, halve raspberries, and crush pecans.
3. Whisk together yogurt, maple syrup, and a pinch of salt.

### Make

1. Spread the yogurt over the parchment paper in the baking pan.
2. Cover with berries and sprinkle with crushed pecans.
3. Place in the freezer for at least 3-4 hours to firm.
4. Remove from the freezer and break into pieces using a chef's knife.



# Tomato Herb Omelet

Prep: 10 mins. | Total: 20 mins.

Serves 2

## Ingredients

- 2 tsp olive oil
- 2 tomatoes, chopped
- 1/4 cup basil, fresh, chopped
- 2 eggs, large
- 4 egg whites
- salt and black pepper to taste
- 1/2 avocado, sliced
- 2 Tbs parsley, fresh, chopped

Per serving:

- C** 251 calories
- C** 10g carbohydrates
- F** 17g total fat
- P** 16g protein

## Directions

### Prep

1. Wash and chop tomatoes and basil.
2. Slice avocado

### Make

1. In a medium skillet heat the olive oil over medium heat. Add the tomatoes and cook until they have given up most of their liquid, about 3 minutes. Stir in the basil and reduce the heat to low.
2. In a small bowl, whisk together the eggs, salt, and pepper. Pour the eggs over the vegetables. Tilt the pan and lift the edges of the omelet with a spatula as it starts to cook in order to allow the uncooked parts in the middle to flow out to the edges of the pan and cook quicker and more evenly. Cook until the bottom of the omelet is cooked, about 3 minutes.
3. Use a spatula to fold the omelet and cook for an additional minute before transferring it to a plate and garnishing it with avocado slices and fresh parsley.



# Gazpacho [Chilled Tomato Vegetable Soup]

Prep: 30 mins. | Total: 40 mins.

Serves 10

## Ingredients

- 2 cucumbers, seedless, seeded and chopped, not peeled
- 3 red bell peppers, cored, seeded and chopped
- 8 tomatoes, chopped
- 2 red onions, chopped
- 6 cloves garlic, minced or pushed through parlic press
- 6 cup tomato juice
- 1/2 cup sherry vinegar
- 1/2 cup olive oil
- salt, to taste

Per serving:

**C** 174 calories

**C** 17g carbohydrates

**F** 12g total fat

**P** 3g protein

## Directions

### Make

- 1.Run each vegetable through food processor until finely chopped but not pureed
- 2.After each vegetable is processed, place in a large bowl and mix in balance of ingredients
- 3.Chill for at least 4 hours or overnight
- 4.Puree 1/2 of the soup and add back to bowl
- 5.Ladle into bowls and finish with some fresh herbs before serving



# Quick Herb White Bean Dip with Vegetables

Serves 4

Prep: 10 mins. | Total: 10 mins.

## Ingredients

- 1 1/2 cups white beans, canned, drained and rinsed
- 3 Tbs olive oil
- 1 Tbs rosemary, fresh
- 1/2 tsp garlic powder
- Salt, to taste

Per serving:

- C 165 calories
- C 13g carbohydrates
- F 11g total fat
- P 5g protein

## Directions

### Prep

1. Drain and rinse white beans.

### Make

1. Place the white beans, olive oil, rosemary, and garlic in the bowl of a food processor. Process until smooth. Season to taste with salt and blend again.
2. Serve with fresh summer vegetables like carrots, celery, bell pepper, or endive.
3. For a fun presentation, spread dip in a shallow serving dish and top with tomato sauce and pizza-like toppings.





# Green Goddess Salad

Prep: 10 mins. | Total: 10 mins.

Serves 4

## Ingredients for Dressing

- 1/4 cup parsley, leaves, chopped
- 1/4 cup basil, leaves, chopped
- 1 scallion, chopped
- 1 clove garlic, chopped
- 1 lemon, juiced
- 1/4 cup olive oil
- 1/4 cup cashews, raw
- 1/4 cup water
- salt and black pepper, to taste

Per serving:

- C** 242 calories
- C** 8g carbohydrates
- F** 23g total fat
- P** 5 gprotein

## Directions

1. Roughly chop herbs, scallion, and garlic
2. Juice lemon.
3. Add all ingredients to a blender and process until creamy adding more water as needed to thin to desired consistency.
4. Season with salt and pepper to taste.

## Ingredients for Salad

- 8 cup romaine lettuce, chopped
- 1 cucumber, seedless, chopped
- 1 pnt tomatoes, cherry, halved
- 1 1/2 cup chickpeas, canned, drained and rinsed
- 1 cup artichoke quarters, canned, drained and rinsed
- 1/4 cup sunflower seeds, raw

## Directions

1. Chop romaine and cucumbers.
2. Halve tomatoes.
3. Add romaine to a large bowl and top with chopped vegetables, chickpeas, and artichoke hearts.
4. Toss with desired amount of dressing and serve topped with sunflower seeds.



# Grilled Salmon with Mango Salsa

Prep: 20 mins. | Total: 30 mins.

Serves 4

## Ingredients

- 2 cups mango, chopped
- 1/2 cup tomato, chopped
- 1/2 bell pepper, red, chopped
- 1/4 cup scallions, minced
- 1/2 tsp jalapeño pepper, minced
- 1 lime, juiced
- 3 Tbs cilantro, fresh, chopped
- salt, to taste
- 1 1/2 lb salmon
- 2 Tbs olive oil

Per serving:

C	312 calories
C	13g carbohydrates
F	14g total fat
P	34g protein

## Directions

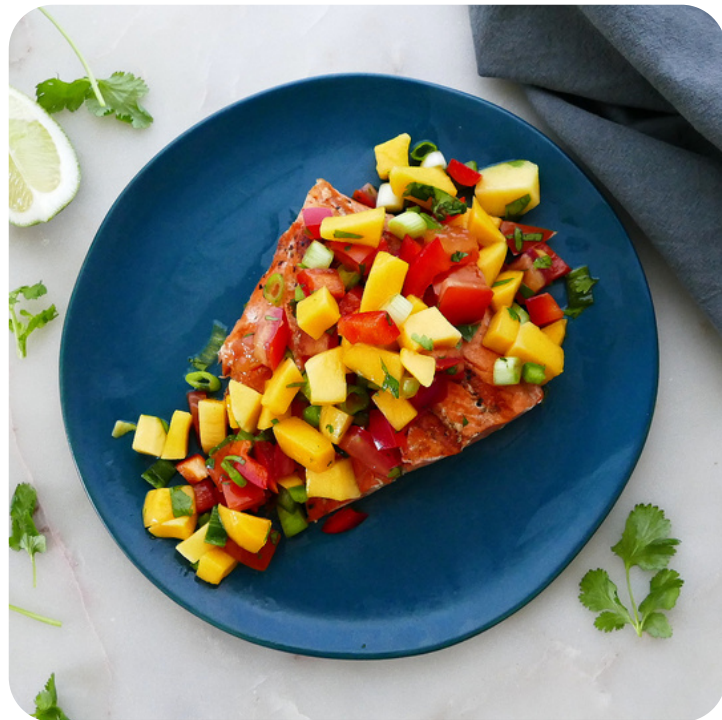
### Prep Salmon

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal fillets with skin on.
3. Brush each salmon fillet with 1/2 tablespoon of olive oil and sprinkle with salt and pepper to taste.
4. Place on the grill, skin side down. Grill salmon for 4 minutes then flip and cook for an additional 4 minutes. This can also be done in a grill pan.
5. Transfer salmon to a serving platter.

### Prep Salsa

1. Dice the mango, tomato, and bell pepper.
2. Mince scallions and jalapeño.
3. Juice lime and finely chop cilantro.
4. Mix all ingredients in a bowl and season with salt.

Spoon salsa over warm salmon filets just before serving.



# Simple Quinoa Tabbouleh

Serves 4

Prep: 20 mins. | Total: 40 mins.

## Ingredients

- 1 cup quinoa, uncooked
- 1 pint cherry tomatoes, halved
- 1 bell pepper, yellow, chopped
- 1 cucumber, seedless, diced
- 2 cup parsley, fresh, chopped
- 1/4 onion, red, chopped
- 1/4 cup pepitas, raw
- 5 Tbs olive oil
- 2 lemons

Per serving:

C	398 calories
C	39g carbohydrates
F	24g total fat
P	11g protein

## Directions

### Prep

- 1.To cook quinoa: Place quinoa and water in a small saucepot in a ratio of 2:1, quinoa: water. For 1 cup quinoa, add 2 cups of water. Bring to a boil, reduce heat to simmer for about 8 minutes. You may need to crack the lid a bit to prevent overflow. Once the water has been absorbed. remove from heat, fluff with a fork, and return the lid. Set aside.
- 2.Prepare cherry tomatoes, pepper, cucumber, parsley, and onion according to directions.
- 3.Juice lemons [each lemon yields ~ 3 Tbsp. of juice.]
- 4.Whisk together lemon juice and olive oil.

### Make

- 1.Add cooked quinoa and vegetables to a large bowl and toss to combine.
- 2.Drizzle with enough dressing to coat and toss again. Season with salt and pepper.
- 3.Top with pepitas and serve.



# Grilled Vegan Caesar Salad

Prep: 15 mins. | Total: 20 mins.

Serves 6

## Ingredients

- 12 romaine hearts, halved (or 6 whole cut in quarters)
- olive oil spray
- 6 lemons (1 cup lemon juice)
- 4 Tbs capers, drained
- 4 Tbs white miso paste
- 4 Tbs tahini paste if there is an allergy concern replace with vegenaïse
- 1 1/3 cup water
- 2 Tbs Worcestershire sauce use wheat-free if gluten-free
- 4 Tbs macadamia nuts, raw
- salt and black pepper, to taste

Per serving:

C	286 calories
C	45g carbohydrates
F	12g total fat
P	12g protein

## Directions

### Prep

1. Preheat grill to high.

### Make

1. Lightly spray both sides of romaine hearts and place cut side down on grill.
2. Grill for about 1-2 minutes until grill marks appear on lettuce. Flip and grill for an additional minute. The goal here is to sear the lettuce quickly, you don't want to cook it.
3. Remove hearts to platter cut sides up.
4. For dressing, place all ingredients - lemon juice through macadamias - in a high-speed blender and process until smooth. Season with salt and pepper.
5. Just before serving, drizzle hearts with dressing. Pass extra dressing at table.

