

## Shopping List: My Tu's 4 Favorite Summer Recipes

### Fresh Produce

- 2 plums
- 2 peaches
- 2 apricots or nectarines
- 1 lime
- 2 medium ripe but firm mangos
- 1 cucumber
- 2 green bell peppers (or 1 green and 1 red)
- 1 small red onion
- 1 medium onion
- 1 fresh jalapeño pepper
- 1 bunch of cilantro
- 2 big limes (or container of lime juice)
- 1 large lemon
- 1½ pints of cherry tomatoes

### Dry Goods

- 1 bag or box of brown sugar (optional)
- 2 cups of brown rice
- 1 bottle (1 cup) of cranberry-raspberry juice
- 4 cups seltzer water

### Dairy

- 1 pint vanilla ice cream

### Meat or Substitutes

- 1 lb boneless skinless chicken breast cut into 2-inch cubes

### Pantry Staples

*Add items to list if you don't already have them*

- 12 whole bay leaves
- Balsamic Vinegar
- Salt and Ground Black Pepper
- Olive Oil

## **Grilled Chicken Vegetable Kebabs**

*Try these kabobs at your next family barbecue.*

Makes 4 servings. 1 skewer per serving.

Ready in 1 hour 25 minutes.

### **Ingredients**

2 teaspoons olive oil

3 tablespoons fresh lemon juice

Ground black pepper to taste

1 lb. boneless chicken breast without skin, cut into 2-inch cubes

4 wooden skewers

8 cherry tomatoes

12 whole bay leaves

1 medium onion, cut into

1-inch cubes

1 medium green bell pepper, cut into 1-inch cubes

2 cups cooked brown rice

### **Directions**

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over  $\frac{1}{2}$  cup of brown rice.

Nutrition information per serving: Calories 297, Total Fat 7g, Saturated Fat 2g, Carbohydrate 29g, Dietary Fiber 5g, Protein 28g, Cholesterol 68mg, Sodium 73mg

*Recipe Source: Nutrition and Obesity Prevention Branch (NEOPB)*

## **Mango Salad**

*Serve this mango salad with grilled chicken or seafood. It will add flavor and color that will please the whole family.*

Makes 6 servings.  $\frac{3}{4}$  cup per serving.

Ready in 8 minutes.

### **Ingredients**

3 cups mango (about 2 medium), ripe but firm, cubed

1 cucumber, peeled and cubed

$\frac{1}{4}$  cup red/green bell pepper, diced

$\frac{1}{4}$  cup red onion, diced

$\frac{1}{2}$  fresh jalapeño pepper, seeded and minced, adjust to taste

2 Tablespoons fresh cilantro, cut and discard bottom 2 inches of stems, chopped

$3\frac{1}{2}$  Tablespoons fresh lime juice, adjust to taste

1 Tablespoons brown sugar, optional

$\frac{1}{4}$  teaspoon salt, adjust to taste

### **Directions**

1. In a bowl: combine mango, cucumber, bell pepper, onion, jalapeño, and cilantro.
2. In a small container: dissolve brown sugar and salt in the lime juice.
3. Pour lime juice mixture over ingredients in the bowl and mix to cover evenly.
4. Serve.

Nutrition information per serving: Calories 70, Total Fat 0g, Carbohydrate 18g, Dietary Fiber 2g, Sodium 100mg

*Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)*

## **Raspberry-Lime Fizz**

*Instead of soda, make this easy, refreshing drink.*

Makes 5 servings. 1 cup per serving.

Ready in 10 minutes.

### **Ingredients**

1 cup cranberry-raspberry juice

4 cups seltzer water

1 large lime

### **Directions**

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition information per serving: Calories 80, Total Fat 0g, Saturated Fat 0g, Carbohydrate 19g, Dietary Fiber 0g, Protein 0g, Cholesterol 0mg, Sodium 20mg

*Recipe Source: Share Our Strength's Cooking Matters*

## **Roasted Stone Fruit with Ice Cream**

*Summer is stone fruit season! Make this yummy treat to cool down after a warm day.*

Makes 2 servings. 1 cup ice cream with 1 cup fruit per serving.  
Ready in 30 minutes.

### **Ingredients**

2 plums, cut in half and pitted  
2 peaches, cut in half and pitted  
2 apricots or nectarines, cut in half and pitted  
½ cup balsamic vinegar  
1 pint French vanilla ice cream

### **Directions**

1. Preheat oven to 350°F.
2. Place the fruit in a small baking dish and drizzle with balsamic vinegar, season with a little salt and pepper and transfer to the oven.
3. Roast for 15-20 minutes depending on how ripe your fruit is.
4. Remove from the oven and divide between 4 dessert bowls, drizzle with any of the balsamic vinegar that is in the baking dish.
5. Top each bowl with a scoop of ice cream.

Nutrition information per serving: Calories 183, Total Fat 2.5g, Saturated Fat 1.6g, Carbohydrate 37.3g, Dietary Fiber 2g, Protein 3.3g, Sodium 63mg

*Recipe Source: San Francisco Marin Food Bank*