

SUMMER LIVING

Easy No-Cook Recipes Moms Love



Watermelon Soda & mint

Servings: 4

Preparation time: 10 min

Ingredients

- Seeded watermelon chunks, 3 cups
- Fresh lime juice, 2 tbsp
- Honey, 1 tbsp
- Sparkling water, 1 cup

Directions

1. Puree together seeded watermelon chunks, a generous squeeze of lime juice and a couple of drizzles of honey.
2. Muddle a few fresh mint leaves in tall glasses and then add the watermelon mixture.
3. Top with ice and sparkling water.



Waldorf Salad

Servings: 4

Preparation time: 10 min

Ingredients

- Slightly toasted walnuts, chopped, 1 cup
- Celery, thinly sliced, 1 cup
- Red seedless grapes, sliced, 1 cup
- Sweet apple, cored and chopped, 1 cup
- Light mayonnaise or plain yogurt, 1/3 cup
- Fresh lemon juice, 2 tbsp
- Salt, 1/2 tsp
- Fresh Ground Pepper, to taste
- Lettuce, 4 cups

Directions

1. In a medium sized bowl, whisk together the mayonnaise (or yogurt) and the lemon juice. Add salt and pepper.
2. Mix in the apple, celery, grapes, and walnuts.
3. Serve with whole wheat crackers on a bed of fresh lettuce.

How do you get started on healthy eating?

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar. A change to healthier eating also includes learning about balance, variety, and moderation.



Berry Greek Yogurt Pops

Servings: 4

Preparation time: 10 min

Ingredients

- Plain Greek yogurt, 0% or 2% fat, 1.5 cups
- Mixed berries, 1 cup
- Banana, 1

Directions

1. In a blender, mix all ingredients until smooth.
2. Pour into pop mold and add sticks, making sure they're covered by the yogurt mixture.
3. Cover and freeze for at least 3-4 hours



Mango Avocado Shrimp Salad

Servings: 6

Preparation time: 10 min

Ingredients

- Fresh lime juice, 3 tbsp
- Olive oil, 2 tbsp
- Honey, 1 tbsp
- Large firm-ripe mangoes, 2 or 2 lbs. total
- Medium firm-ripe avocados, 2 or 1 lb. total
- Green onion, thinly sliced, 2/3 cup
- Fresh cilantro, 2/3 cup
- Dried red Chile flakes, 1/2 tsp
- Peeled pre-cooked shrimps, 1 lb

Directions

1. In a large bowl, whisk together lime juice, oil, and sugar until sugar dissolves.
2. Dice mangoes and avocados into 3/4-in. cubes; add to bowl.
3. Add green onion, cilantro, Chile, and shrimp. Mix gently. Serve or cover and chill for up to 1 hour.

Where can you get support?

Ask family and friends to practice healthy eating with you. Have them help you make meals, and share healthy, delicious recipes and cooking tips.

If you need more help, talk to a registered dietitian:

Kateri Memorial Hospital Centre

Nutrition and Food Services

(450) 638-3930 ext. 350