

Healthy Picnic Ideas for Memorial Day

Rhubarb-Apple Crisp

This tasty recipe makes just two servings. Adding some fruits, nuts, and whole grains to dessert makes it better for you! Eat it warm from the oven for a delicious taste of spring!

1 cup thinly diced rhubarb
½ cup chopped peeled apple
3 tablespoons sugar
1 teaspoon instant tapioca (or use 1 teaspoon cornstarch)
¼ teaspoon cinnamon

Topping:

2 tablespoons flour
2 tablespoons dry oats
1 and ½ tablespoons packed brown sugar
1 tablespoon finely chopped pecans
1 tablespoon butter, melted
2 teaspoons maple syrup
1/8 teaspoon cinnamon
1/8 teaspoon salt

Method: Preheat oven to 350 degrees F. In a small bowl, toss rhubarb and apple with sugar, tapioca and ¼ teaspoon cinnamon to combine. Divide evenly into 2 small ramekins or oven-safe soup bowls. Large custard cups will work too.

For topping, mix flour, oats, brown sugar, pecans, butter, syrup, 1/8 teaspoon cinnamon and salt until combined and crumbly. Sprinkle over the rhubarb mixture.

Bake until bubbling and topping is lightly browned, about 25-30 minutes. Serve warm.

Nutrients per serving (1/2 of recipe) - 259 calories, 9 gm fat, 4 gm sat fat, 47 gm carbs, 3 gm protein, 3 gm fiber, 153 mg. sodium. Recipe adapted from www.eatingwell.com

New Three-Bean Salad

This updated three-bean salad is made with edamame, which are green soybeans, a rich source of protein. Find them in the frozen vegetable section of your grocery store; they are available either shelled or in the pod.

2 cups frozen shelled soybeans (edamame)
1 can (15 oz) kidney beans, drained and rinsed
1 can (15 oz.) garbanzo beans (chickpeas), drained and rinsed
½ cup thinly sliced red onion
½ cup chopped fresh parsley
¼ cup olive oil
1 teaspoon finely shredded lime peel
¼ cup lime juice (from approx. one lime)
½ teaspoon salt

Cook soybeans according to package instructions. Drain and rinse with cold water. In large bowl, combine cooked soybeans, kidney beans, garbanzo beans, onion, and parsley.

In a small bowl, whisk together oil, lime peel, lime juice, and ½ teaspoon salt. Pour over bean mixture and toss to coat. Cover and store in refrigerator. Stir before serving. Makes 10 servings. Per 1/10 of recipe: 174 calories, 8 gm fat, 1 gm sat. fat, 317 mg. sodium, 21 gm carbs, 6 gm fiber, and 9 gm protein. Recipe from Better Homes and Gardens.

Grilled Asparagus

It's easy to grill asparagus along with your meat. Grilled asparagus has a delicious nutty flavor. Choose stalks about 1/2 " in diameter; pencil-thin stalks do not work well for grilling. Bend each asparagus spear – holding one end in each hand. Where it breaks is where the tender part stops and the tougher stalk begins. Use the top tender part for grilling.

Brush lightly with olive oil and sprinkle with salt and pepper. For a different flavor, you could use a little garlic butter. On a hot grill, place each stalk the opposite way of the grill grates (so it doesn't fall through!). You can also make a "raft" by placing a couple of wooden skewers sideways through several stalks of asparagus to hold them together.

Grill about 3-5 minutes on each side until stalks are lightly charred and asparagus is crisp-tender. Five medium spears of asparagus = 16 calories, 3 gm carbs, about 2 gm protein, and less than 1 gm fat.

Grilled Pineapple

Fresh pineapple tastes wonderful heated on the grill just until 'caramelized' and warmed through. It can be eaten alone as dessert, or served over frozen yogurt and/or angel food cake for a healthy, low-fat finish to your barbeque!

Cut fresh pineapple into spears. Oil grill or spray with non-stick coating before heating. Heat grill to hot. Add pineapple spears and arrange the opposite way of the grill grates, so they don't fall through. Grill about 3-4 minutes on each side or until heated through and grill marks appear. Avoid overheating. 1/2 cup fresh pineapple = 40 calories, 10 gm carbs, less than 1 gram protein, less than 1 gm fat.

Grilled Banana Boats

Kids will love to create these! They are also good for camping because they can be wrapped in foil and heated over a wood fire. Use a barely ripe banana with green tips for best results.

For each serving, cut open the banana (do not peel) lengthwise stopping about 1/2 inch from each end. Using the tip of a knife, slice the banana (not through the peel) into chunks. Now the fun begins! Add what you like, arranging it between the slices. Try a little peanut butter, miniature marshmallows, or chocolate chips or slivers of a chocolate bar. If your banana is overflowing, wrap it in foil, and grill about 5 minutes or until the chocolate is melted. You can also cook the banana directly on the grill, keeping it right side up so the ingredients don't fall out. Cook just until the skin is blackened and your ingredients are melted. Eat with a spoon right out of the peel! The nutrition information is for a 7-8" plain banana: 105 calories, 27 gm carbs, 3 gm fiber, 1 gm protein, less than 1 gm fat. One tablespoon of mini-chocolate chips would add another 70 calories. Recipe idea from www.dole.com

Marinated Grilled Ham Steak

A ham steak is a quick and easy item to grill. A one-pound steak will make about 4 servings. A marinade adds flavor and reduces those unhealthy compounds created when grilling meat.

1 one-pound center ham steak slice

Marinade:

½ cup orange juice

2 Tablespoons cider vinegar

1 Tablespoon brown sugar

½ teaspoon cloves

1 teaspoon molasses

1 teaspoon dry mustard

1 teaspoon powdered ginger

Whisk marinade ingredients together in small bowl and place in re-sealable plastic bag. Add ham steak and close bag tightly. Place in refrigerator to marinate for about 1 hour. Oil or spray grill with non-stick cooking spray and heat to medium heat. Drain and discard marinade. Grill ham for about 10-15 minutes until heated through. Per 4 oz. serving or about ¼ of ham steak: 150 calories, 9 gm fat, 3 gm sat. fat, 25 gm protein
Recipe adapted from Taste of Home.