

Two Fruit Ice Cream (www.chopchopfamily.org)

Yield: 4 servings

Ingredients

- 1 cup pineapple chunks or sliced strawberries
- 3 ripe bananas, sliced thickly
- ¼ cup peanut or almond butter (optional)

Directions

1. Put fruit in a single layer on a plate and freeze until just solid (about 2 hours).
2. Put the pineapple or strawberry chunks in food processor and pulse until they start to form small pieces.
3. Add the bananas, and if you are using, the nut butter. At first the bananas will want to spin around and stay icy, but keep at it, stopping the machine and using a wooden spoon to loosen the mixture if it stops moving. At some point, it will suddenly go creamy and custardy, like soft-serve ice cream.
4. Serve right away, or store in the freezer in a lidded container.

Peach Pie Smoothie (adapted from food network) Yield: 2 cups

Ingredients

- ½ cup nonfat or low-fat milk
- ½ cup nonfat plain yogurt
- 1 cup frozen unsweetened peaches (if using fresh, peel first)
- 1 TBSP maple syrup or honey or agave nectar
- ¼ tsp vanilla extract
- 1/8 tsp ground cinnamon
- Pinch of ground nutmeg and ground ginger

Directions

1. Put all ingredients into a blender and blend until smooth.
2. Serve immediately.

Rainbows and Butterflies Pasta Salad (adapted from food network) Yield: 4 servings

Ingredients

- 8 ounces bow-tie pasta (preferably whole grain)
- 3 TBSP olive oil
- 1 cup corn kernels (thawed if frozen)
- 1 cup cooked & cooled edamame (thawed if frozen)
- 1 medium red bell pepper, diced
- 2 medium carrots, diced or shredded (~1/2 cup)
- 1/3 cup grated or shredded parmesan cheese

Directions

1. Cook the pasta per the label directions. Drain and toss with 1 tsp olive oil to prevent sticking. Let cool.
2. In a large bowl, toss the cooled pasta with the corn, edamame, pepper and carrots. Drizzle 3 TBSP olive oil and toss to coat. Add the parmesan cheese and toss again.

Shredded Chicken & Avocado Nacho Salad (adapted from Cooking Light) Yield: 4 servings

Ingredients

- ¾ cup pico de gallo, divided
- 4 tsp olive oil
- 6 cups coarsely chopped mixed greens
- 2 cups shredded skinless cooked chicken breast (leftover or using a rotisserie chicken)
- 2 ripe avocados, peeled and sliced
- 1 cup grape/cherry tomatoes, sliced in half
- ~20 multi grain/ whole grain tortilla chips

Directions

1. Combine ½ cup pico de gallo and oil in a mini food processor; process until smooth. Set aside.
2. Spread greens over a large platter; top with chicken, avocado and tomatoes. Drizzle with the blended pico de gallo and remaining pico de gallo. Sprinkle with tortilla chips.