

Illinois Extension



Tuna-Stuffed Tomato Melt

(serves 4)

Serve these tomato melts with bread rolls and summer fruit, like peaches or melon.



Ingredients

- 1 (5 oz.) can tuna in water, drained
- 1/2 cup chopped cucumber
- 1/2 cup diced red onion
- 1 small jalapeno pepper, seeded and diced
- 1/4 cup cilantro, chopped
- 1/4 cup light mayonnaise
- 1 Tbsp lemon juice
- 4 medium tomatoes
- 2 oz reduced-fat cheese, cut into 8 pieces (Cheddar, Monterey, or Pepper Jack suggested)
- 1 avocado, sliced (optional)

Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Wash produce under cool water. Prepare as directed in *Ingredients*.
4. In a large bowl, mix tuna, cucumber, red onion, jalapeno, cilantro, mayonnaise, and lemon juice until combined.
5. Cut off stem end of tomatoes and scoop out inside with a spoon. Discard tops and insides, or use in another recipe.
6. Fill each tomato evenly with tuna salad. Top each tomato with two pieces of cheese. Place tomatoes in a 13x9-inch oven-safe pan.
7. Bake 10-15 minutes or until cheese is melted. Serve with a slice of avocado, if desired.
8. Cover and refrigerate leftovers within 2 hours. Eat within 4 days.

Nutrition Facts per serving (with 2 slices avocado): 240 calories, 15g fat, 360mg sodium, 14g carbohydrate, 5g fiber, 15g protein

Nutritional analysis per serving (without avocado): 160 calories, 8g fat, 360mg sodium, 9g carbohydrate, 2g fiber, 14g protein

Recipe adapted from Jenna Smith, University of Illinois Extension

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Citrus Kebabs

(serves 8 – 4 chicken kebabs, 4 shrimp kebabs)

Enjoy these kebabs with sweet corn, cooked rice, coleslaw, fruit, or your favorite side dishes.



Ingredients

Chicken

2 Tbsp oil
2 Tbsp lemon juice
1 tsp fresh minced garlic (or 1/2 tsp garlic powder)
1/4 tsp ground black pepper
1 lb boneless, skinless chicken breast, cut into 1-inch cubes

1. Wash hands with soap and water.
2. In a medium container with lid, combine oil, lemon juice, garlic, and black pepper.
3. Add chicken pieces and toss to coat.
4. Cover container with lid and refrigerate for at least 1 hour.

Shrimp

1 lb deveined raw shrimp (thawed if frozen)
2 Tbsp oil
2 Tbsp lime juice
1 Tbsp fresh minced cilantro (or 1 tsp dried cilantro)
1/4 tsp ground black pepper

1. Wash hands with soap and water.
2. In a medium container with lid, combine oil, lime juice, cilantro, and black pepper.
3. Add shrimp and toss to coat.
4. Cover container with lid and refrigerate for at least 1 hour.

Vegetables

1 medium fresh red onion, cut into 1-inch pieces
1 medium bell pepper (any color), cut into 1-inch pieces
1 medium fresh zucchini, cut into 1-inch slices
1 medium fresh yellow summer squash, cut into 1-inch slices
1 8-oz package fresh whole mushrooms, cut in half or keep whole

1. Wash hands with soap and water.
2. Wash vegetables under cool water.
3. Cut into the sizes indicated.

Cooking Directions

1. Pre-heat grill to medium heat.
2. Prepare 8 wood or metal kebab skewers according to directions on package.
3. Wash hands with soap and water.
4. Thread alternating pieces of chicken or shrimp with vegetables, in any combination desired.
5. Add assembled kebabs to grill. Cook on one side for 5-10 minutes. Turn and cook for another 5 minutes, or until chicken reaches 165°F and shrimp reaches 145°F.
6. Divide leftovers into small containers. Cover and refrigerate within 2 hours. Eat within 4 days.

Nutrition Facts per 1 chicken kebab: 190 calories, 7g fat, 55mg sodium, 5g carbohydrates, 1g fiber, 27 grams protein

Nutrition Facts per 1 shrimp kebab: 140 calories, 5g fat, 650mg sodium, 6g carbohydrates, 1g fiber, 17 grams protein

Recipe by Terri Rupkey, nutrition and wellness intern, 2018

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Lemon Blueberry Cheesecake

(serves 12)

Other berries would be excellent in place of blueberries. Use what you have!



Ingredients and Directions

Crust

1 1/2 cups graham cracker crumbs
3 Tbsp nonfat plain yogurt

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. In a medium bowl, mix together graham cracker crumbs and yogurt. Press into a greased 8x8-inch pan or 9-inch round pan.
4. Bake for 5 minutes and let cool.

Filling

1 (8 oz.) package Neufchatel cheese (or 1/3 less fat cream cheese)
3/4 cup nonfat plain yogurt
1/3 cup granulated sugar
2 Tbsp lemon juice
Zest of one small lemon
2 egg whites
1 teaspoon vanilla extract
2 Tablespoons all-purpose flour
1 cup fresh blueberries

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. In a large bowl, use an electric hand mixer to beat Neufchatel cheese, yogurt and sugar until smooth.
4. Add the lemon juice, zest, egg whites, vanilla, and flour and beat until fully combined. With a spoon or spatula, fold in blueberries.
5. Pour filling into prepared crust. Bake at 350°F for 30-45 minutes, or until a toothpick inserted in the center comes out clean.
6. Remove from oven, allow to cool, and refrigerate for at least 3 hours before serving.

Nutrition Facts per serving: 280 calories, 9g fat, 300mg sodium, 45g carbohydrate, 2g fiber, 6g protein

Recipe adapted from Jenna Smith, University of Illinois Extension