

Chilled Cucumber Dill Soup

Serves: 4

Ingredients

- 3 large cucumbers (about 5 ½ c chopped)
- 1 c plain nonfat yogurt
- 1/3 c fat-free sour cream
- 2 scallions (white and light green parts only), thinly sliced
- 1 clove garlic, minced
- 2 T fresh lemon juice
- 2 T minced fresh dill
- Salt and pepper to taste
- 2 cups chicken broth

Directions

- Peel cucumbers, cut in half lengthwise and scoop out seeds. Using paper towels blot cucumbers dry, chop coarsely.
- In a blender or food processor, combine cucumber, yogurt, sour cream, scallions, garlic, lemon juice, broth, and dill.
- Blend on high speed until smooth. Add salt and pepper to taste.
- Chill soup at least 6 hours or overnight.
- Serve topped with chopped cucumber, fresh dill or mint, a dollop of sour cream or yogurt, diced avocado, snipped chives, or green onion.



Nutritional Facts: Servings: 4, Amount/Serving: Calories 129, Total Fat 5g, Sat. Fat 3g Cholesterol 22mg, Sodium 232mg, Total carbohydrates 11g, Fiber 2g, Protein 7g

Chili Bean Dip

Makes 2 ½ cups

Ingredients

- 2 cups cooked kidney beans or pinto beans
- 1/2 teaspoon cumin
- 1 tablespoon vinegar
- 1/2 small onion, grated raw vegetable sticks
- 1 teaspoon chili powder

Directions

1. Prepare beans ahead of time by sorting, rinsing and soaking by the overnight method or the quick method.
2. Add fresh water and simmer beans 2 hours or until tender. Reserve 2 cups cooked beans for this recipe.
3. Place drained beans, vinegar, chili powder and cumin in a bowl. Blend or mash until smooth.
4. Stir in onion.
5. Serve cold with raw vegetables, such as celery and carrots, or with crackers.

Note: This can be served hot, too. To do this, heat the dip in a skillet and add 1 cup grated cheese. Stir until cheese melts. Serve with corn chips or potato skins.

Source: University of Alaska Extension

Call Me Popeye



Ingredients

- 2 pitted- dates, cut in half
- 1 stalk celery
- 1 ripe kiwi
- 2 cups Kale – loosely packed
- 1 ½ cups hazel milk (or almond)
- 1 cup ice

Directions

1. Soak dates in 1 cup of warm water for 30 minutes to soften.
2. Drain dates after 30 minutes, set aside.
3. Cut celery into quarters.
4. Peel Kiwi, cut into quarters.
5. Place all ingredients in the Ninja 24 ounce cup and blend for 25 seconds.
6. Serve cold.

Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451

Lean Green Ninja

Ingredients

- ½ cup pineapple
- ½ cup fresh mango
- ½ cup ripe banana
- ¼ cup packed baby spinach
- ½ cup water
- 1 cup ice



Directions

1. If using fresh pineapple, cut into chunks – you can use canned chunk or tidbit pineapple.
2. Wash and peel mango, but into chunks.
3. Wash and pat dry spinach and kale.
4. Remove stems from kale – then chop.
5. Peel banana, cut in half.
6. Place all ingredients in the Ninja 24-ounce cup and blend for 25 seconds.



Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451

Breakfast Smoothie

Serves: 2 | Serving Size: 10 ounces

Ingredients

- 8 oz (1 cup) nonfat plain yogurt
- 1 cup 1% low fat or nonfat milk
- 2 teaspoons vanilla extract
- 1 $\frac{3}{4}$ cup whole fresh or frozen strawberries, hulled
- 1 fresh peach, peeled and sliced, or $\frac{3}{4}$ cup frozen peach slices (see Note)
- 2 tablespoons chopped walnuts
- 2 whole strawberries (optional)

Directions

1. Place first 5 ingredients in a blender, purée mixture for 15 to 20 seconds.
2. Pour into two tall glasses and top each with 1 tablespoon of chopped nuts.
3. Garnish glass with strawberry, if desired.



Notes:

- If you prefer a thicker smoothie, replace the peach with 1 small, sliced banana.
- The vanilla in this recipe adds sweetness, making any additional sweetener unnecessary.

Nutritional Information for individual food recipe: Calories 210, Fat 6 g, Saturated Fat 1 g, Cholesterol 10 mg, Sodium 135 mg, Protein 12 g, Carbohydrates 29 g

Source: Recipe courtesy of 3-A-Day of Dairy (www.3aday.org) and provided by Jennifer Meyer, RD, LMNT, Director of Nutrition Education, American Dairy Association, and Dairy Council of Nebraska.

Creamy Strawberry Chia Seed Smoothie

Prep Time: 10 minutes

Ingredients

- 1 cup frozen strawberries
- 1 medium banana
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 1 cup almond milk, unsweetened
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 tablespoon chia seeds



Instructions

1. Place all ingredients in a blender and blend until smooth!
2. Let sit for 2-3 minutes to allow chia seeds to expand. Serve cold or chill until ready to serve.

Nutrition Facts: Serving Size: $\frac{1}{2}$ of mixture Calories 159, Sugar 14 gm, Sodium 102 mg, Fat 3g, Carbohydrates 24g, Fiber 5g, Protein 9g

Recipe adapted from fitfoodiefinds.com, 2020

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2021 Cool Summer Dishes for Hot Summer Days 4

Zucchini Raspberry Smoothie

Makes 2 Servings (2 cups)

Ingredients

- 1 cup diced zucchini
- ½ cup cucumber slices
- 2 packets of Stevia
- ½ cup of raspberries
- ½ cup diced pineapple
- 1 medium peach
- 1 cup ice-cold water
- 1 cup of ice cubes
- 1 tsp vanilla

Directions

1. Add all ingredients in a blender and blend on high
2. Serve cold or chill until ready to serve.

Nutrition Facts: Per Serving: Calories 72, Total Fat 0g, Total Carbs 17g, Dietary Fiber 5g, Protein 1.4g.



Purple Potion

Ingredients

- ¾ cup beets, peeled, cut into chunks (fresh or canned)
- 1 cup frozen blueberries
- 1 ¼ cups carrot juice

Directions

1. If using fresh beets:
 - Place the beets along with 2 cups of water into a small saucepan, cook over medium heat until tender
 - Drain, cool completely, and set aside. Peel cooled beets and cut them into chunks
2. Place all ingredients into the Ninja 24 ounce cup
3. Blend for 30 seconds – serve cold

Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451

