

Cran-Strawberry Margarita Punch

A cold, refreshing drink is a must-have for any outdoor meal on a warm day. This one is a fruity combination guaranteed to please everyone.

Serves 18

- 6 cups cran-strawberry juice cocktail, chilled
- 2 cups water
- 3/4 cup frozen limeade concentrate (from 6-ounce can)
- 1/4 cup frozen orange juice concentrate (from 6-ounce can)

1. Mix all ingredients in 1-gallon container.
2. Serve in chilled glasses or on ice.
3. For an adults-only variety, stir 1 tablespoon of tequila into each 1/2 cup serving.

Per serving (1/2 cup without alcohol):

75 calories, 0 g total fat, 0 mg sodium, 19 g carbohydrate.



Gone Grilling

Nothing marks summer more than donning the apron and stepping outdoors to cook your favorite foods on the backyard grill. With the Fourth of July just around the corner, we've offered a menu that's healthy, tasty, and proven to satisfy your family and friends. So pull out the checkered tablecloth, raise the umbrella, and fire up the grill. And if your home doesn't accommodate an outdoor grill, don't fret. These recipes work just as well on any indoor grill. And to quench your thirst, stir up a batch of our punch!

Veggies on the Grill

Vegetables marinated and cooked on the grill make a wonderful side dish. You can substitute any of the vegetables below for more of your favorites—the more the better, since it's important to have at least five servings of vegetables or fruits a day! **Serves 6**

- 1 small eggplant, sliced 1/2-inch thick
- 2 yellow summer squash, halved lengthwise
- 1 zucchini, halved lengthwise
- 2 sweet red peppers, cut lengthwise into 2-inch wedges
- 2 small onions, sliced 1/2-inch thick
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, minced
- 1/2 cup chopped fresh basil
- 4 teaspoons lemon juice
- 1/4 teaspoon ground black pepper

1. In a large bowl, combine eggplant, squash, zucchini, red peppers, onions, oil, and garlic; toss.
2. Place vegetables in a single layer directly on a grill rack. Grill for 6 to 8 minutes, turning once.
3. In a large bowl, toss grilled vegetables with basil, lemon juice, and black pepper.

Per serving: 71 calories, 3.7 g fat, 0 mg cholesterol, 4 mg sodium.



Grilled Tuna Burgers with Ginger Sauce

These tuna fillets are the perfect alternative to the everyday grilled hamburger. We've made them even more nutritious by serving on whole wheat pita bread! **Serves 6**

1/3 cup nonfat mayonnaise
1 tablespoon fresh lemon juice
1/8 teaspoon oriental sesame oil
1 1/2 teaspoons grated fresh ginger
1 1/2 tablespoons whole grain mustard
1/8 teaspoon garlic powder
freshly ground pepper
3 6-inch whole wheat pita loaves
6 5-ounce fresh tuna fillets

1. Prepare the coals for grilling or light the grill.
2. In a small bowl, combine mayonnaise, lemon juice, sesame oil, ginger, mustard, garlic powder, and pepper. Set aside.
3. Cut each pita bread in half to form 6 pita pockets. Lightly brush the insides of the pita pockets with ginger sauce. Wrap in aluminum foil and place on grill to warm. Remove to outside edge of grill just to keep warm.
4. Lightly coat the tuna filets with cooking spray. Pat with pepper and grill on both sides until pink in middle, about 3 minutes per side. Remove from grill.
5. To serve, place a fillet in each pocket. Top with lettuce, tomato, and onion slice if desired. Top with ginger sauce and serve immediately.

Per serving: 253 calories, 3 g fat, 67 mg cholesterol, 400 mg sodium.

—Glenda Fautleroy

Recipes adapted from *Betty Crocker's Picnics and Potlucks* and www.applesforhealth.com.