

MAY 2025

# Made From Scratch



## Perfectly packed picnic recipes

Get ready for your next picnic with our easy and delicious recipes. They're simple to make, travel well, and are perfect for sharing with others.

### Caprese salad on a stick

#### Ingredients

- 3/4 oz fresh mozzarella cheese (approximately 3 round cheese balls)
- 3 basil leaves
- 3 cherry tomatoes
- 1 tsp extra-virgin olive oil
- 1/8 tsp sea salt (optional)
- Bamboo skewer



#### Directions

1. In order, assemble cheese, basil, and tomato onto the skewer until all ingredients are stacked beautifully.
2. Drizzle olive oil over the assembled skewer, and add a pinch of sea salt if desired.

**Servings:** 1 skewer | **Nutrition facts per serving:** Calories 110; Total fat 9g; Saturated fat 3.5g; Sodium 320mg; Carbohydrates 2g; Fiber 1g; Protein 4g

### Apple turkey gyro

#### Ingredients

- 1 cup sliced onion
- 1 Tbsp lemon juice
- 2 cups red bell pepper, sliced
- 2 cups green bell pepper, sliced
- 1 Tbsp vegetable oil
- 1/2 lb. turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- 1/2 cup low-fat plain yogurt (optional)



#### Directions

1. In a nonstick skillet, sauté the onion, lemon juice, and bell peppers in oil until they are crisp-tender.
2. Stir in the turkey and cook until the turkey is fully cooked. Remove from the heat and stir in the apple.
3. Fold the pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

**Servings:** 6 | **Serving size:** 1 gyro | **Nutrition facts per serving:** Calories 215; Total fat 4g; Saturated fat 1g; Sodium 259mg; Carbohydrates 33g; Fiber 5g; Protein 14g

## Baked potato crisps

### Ingredients

- Vegetable oil cooking spray
- 1 large sweet potato (about 1/2 lb.), peeled
- 2 to 3 red potatoes (about 1/2 lb.), scrubbed with peel on
- 2 Tbsp extra-virgin olive oil
- 1 tsp salt
- 1/2 tsp black pepper

### Directions

1. Preheat oven to 400°F.
2. Spray a large baking sheet with cooking spray.
3. Slice the potatoes very thinly. Use a food processor if you have one.
4. Place the potatoes in a bowl. Add the oil, salt, and pepper. Toss to coat.
5. Transfer the potatoes to a baking sheet. Spread them out in a single layer.
6. Bake for 10 minutes; turn the potatoes over. Bake for an additional 5 to 10 minutes or until the potatoes are slightly crisp and golden brown.



**Servings:** 4 | **Serving size:** 3/4 cup | **Nutrition facts per serving:** Calories 160; Total fat 7g; Saturated fat 1g; Sodium 590mg; Carbohydrates 23g; Fiber 2g; Protein 2g

**Recipe tips:** Scrub the sweet potatoes and slice with the skin on. It's edible and adds fiber. You can also substitute an equal weight of an Idaho or a Russet potato for the red ones; scrub well and follow the recipe.

## Fruit salad with lemon-mint yogurt dressing

### Ingredients for dressing

- 1/2 cup fat-free, no-sugar-added vanilla yogurt
- 1 Tbsp fresh mint, chopped
- 1 tsp honey
- 1 tsp grated lemon zest
- 1 Tbsp fresh lemon juice

### Ingredients for salad

- 1/2 cup cantaloupe balls
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/2 cup fresh or canned pineapple chunks, packed in their juice, drained
- 4 sprigs fresh mint (optional)



### Directions

1. In a small bowl, whisk together the dressing ingredients.
2. In a medium bowl, gently stir together the salad ingredients except the mint; be careful not to crush the berries.
3. When ready to serve, drizzle with dressing and garnish with mint sprigs.

**Servings:** 4 | **Serving size:** 1/2 cup | **Nutrition facts per serving:** Calories 66; Total fat .5g; Saturated fat 0g; Sodium 26mg; Carbohydrates 15g; Fiber 3g; Protein 2g

**Recipe tip:** Add your favorite melon or berries to put your twist on this recipe.