Healthy Summer Recipes

Summer is a great time for a nutrition makeover. Many fruits and vegetables are at their peak of ripeness during this time, meaning a wide variety of fresh, healthy, and delicious recipe options are available.

eni’s experts have scoured the web to bring you healthy summer recipes that feature fresh ingredients for breakfast, lunch, dinner and even dessert.

Fruit & Yogurt Parfait

This breakfast recipe is so simple that you can even make it before work! This parfait is delicious and packed with fiber and protein.

Ingredients

- 1/2 cup of fat free vanilla yogurt
- 1 - 2 cups of your favorite berries. Use whatever you like strawberries, raspberries, blackberries, blueberries
- 2/3 cup of low fat granola

Directions

Mix the vanilla yogurt with berries. Top it with granola.

308 calories, 3.5 grams of fat per serving

Courtesy of SPARKPEOPLE

Grilled Chicken Breasts with Spicy Peach Glaze

This healthy dinner features two summer classics – grilled chicken and peaches!

Ingredients

- 2 cups peach preserves or jam
- 3 tablespoons olive oil, plus more for brushing
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon finely chopped garlic
- 1 small jalapeno, finely chopped
- Kosher salt and freshly ground pepper
- 8 chicken breasts
- 4 ripe peaches, cut in half and pitted

Directions

Combine the first 6 ingredients in a medium bowl and season with salt and pepper. Reserve 1/2 cup. Brush the chicken with olive oil and season with salt and pepper. Place the chicken skin-side down and cook until golden brown, 6 to 7 minutes. Turn over and cook for 5 to 6 minutes. Brush both sides with the peach glaze and continue cooking until done, an additional 4 to 5 minutes. Place the peach halves cut side down on the grill and grill for 2 minutes. Turn over, brush with the reserved 1/2 cup of peach glaze and grill until the peaches are soft, 3 to 4 mins.

420 calories, 8.5 grams of fat per serving

Courtesy of Food Network
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For log in assistance call 1 800 327 2255

Blueberry Coffeecake with Almond Streusel

This summer dessert is decadent yet it features two healthy superfoods – blueberries and almonds!

**Ingredients**

- 9 ounces unbleached all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups fresh blueberries
- 1/3 cup packed brown sugar
- 1/4 cup old-fashioned rolled oats
- 2 tablespoons sliced almonds
- 1 tablespoon unbleached all-purpose flour
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter, melted
- 3/4 cup granulated sugar
- 1/4 cup butter, softened
- 2 tablespoons canola oil
- 1 large egg, lightly beaten
- 1 cup nonfat buttermilk
- 2 teaspoons grated lemon rind
- 1 tablespoon fresh lemon juice

**Directions**

Preheat oven to 375°.

Place granulated sugar, 1/4 cup butter, and oil in a large bowl; beat with a mixer at medium speed until blended (about 2 minutes). Add egg; beat well. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Stir in rind and juice. Spoon half of batter into a 9-inch square light-colored metal baking pan coated with cooking spray. Drizzle with 2 tablespoons melted butter; toss to combine. Spoon remaining batter over blueberries. Sprinkle with brown sugar mixture. Bake at 375° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack.

264 calories, 9.5 grams of fat per serving

Summer Squash Pizza

This fun and healthy grilled “pizza” is the perfect weekend lunch. It is loaded with antioxidants and vitamins while providing that tasty pizza essence.

**Ingredients**

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt & pepper
- 1 medium zucchini, cut lengthwise into slices
- 1 medium yellow squash, cut lengthwise into slices
- Cooking spray
- 1 (12-inch) packaged pizza crust
- 2 plum tomatoes, cut into (1/8-inch-thick) slices
- 1/4 cup finely grated pecorino Romano cheese
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

**Directions**

Combine first 5 ingredients in a large bowl, tossing gently to coat.

Place squash mixture on grill rack coated with cooking spray; grill 2 mins each side. Reduce grill temperature to medium.

Lightly coat pizza crust with cooking spray; grill 1 minute on each side.

Arrange zucchini and squash over crust then arrange tomatoes over squash; sprinkle with pecorino Romano cheese.

Grill 5 minutes or until thoroughly heated.

Remove from grill; sprinkle with basil and oregano.

165 calories, 6.1 grams of fat per serving

For more information about summer recipes contact the work/life experts at BalanceWorks® by calling 1.800.327.2255

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