A PATRIOTIC PICNIC
with Your Health in Mind

Independence Day 2008…
a day filled with great food, good friends and brilliant fireworks! It’s America’s annual birthday party and everyone is invited. It’s also an opportunity to declare our independence from the typical high-calorie, high-fat (and often boring) picnic fare and begin some new summertime traditions.

You can add a splash of pizzazz to your picnic festivities with our delicious and good-for-you recipes that your family and friends are sure to enjoy. While picnic favorites like potato salad and baked beans are always a hit, it’s fun to try different recipes and introduce new flavors and fusions that add fresh interest and excitement to summer celebrations. Good-for-you and great tasting…it’s a winning recipe for having a greater hand in your health!

RED ‘N WHITE CAPRESE SALAD

4 large red or yellow tomatoes, sliced
8 ounces fresh mozzarella cheese, drained and sliced
1 bunch fresh basil leaves
2 tablespoons olive oil
2 tablespoons balsamic vinegar
Salt and freshly ground black pepper, to taste

Arrange tomato, cheese slices and basil alternately overlapping on a blue platter. In a small bowl, whisk oil and vinegar together. Pour over tomatoes. Season to taste with salt and pepper. Serve caprese salad with crusty whole-grain bread or focaccia, if desired.

Nutrition Facts Per Serving: Calories 121, Protein 8 gm, Carbohydrate 3.5 gm, Dietary Fiber 1.5 gm, Fat 8 gm, Saturated Fat 3.5 gm, Sodium 221 mg
KNEE-HIGH-BY-THE-FOURTH-OF-JULY CORN SALAD

1 package (16-ounces) frozen white shoepeg corn, thawed
1 red bell pepper, seeded and finely chopped
1/2 cup chopped sweet onion
2 tablespoons seasoned rice wine vinegar
1 tablespoon extra virgin olive oil
Salt and black pepper, to taste
1/4 cup crumbled soft goat cheese
2 strips reduced-fat turkey or soy bacon, fried crisp and crumbled

Combine corn, bell pepper, onion, vinegar and oil in a medium bowl. Season lightly with salt and pepper. Mix well.

Toss mixture with goat cheese and bacon crumbles. Makes 4 servings.

Nutrition Facts Per Serving: Calories 195, Protein 5.5 gm, Carbohydrate 32 gm, Dietary Fiber 1 gm, Fat 5 gm, Saturated Fat 1.5 gm, Sodium 123 mg

FIRECRACKER GRILLED SALMON

8 (4 ounce) salmon fillets
2 tablespoons peanut oil
4 tablespoons reduced-sodium soy sauce
4 tablespoons balsamic vinegar
4 green onions, chopped or 1 small onion, chopped
3 teaspoons brown sugar
2 cloves garlic, minced
1-1/2 teaspoons ground ginger
3 teaspoons crushed red pepper flakes, or to taste
1 teaspoon sesame oil
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper

Place salmon filets in a medium glass dish.

In a medium bowl, combine the peanut oil, soy sauce, vinegar, green onions, brown sugar, garlic, ginger, red pepper flakes, sesame oil, salt and black pepper. Whisk together and pour over the fish. Cover and marinate the fish in the refrigerator for 4 to 6 hours.

Prepare an outdoor grill with coals about 5 inches from the grate and lightly oil the grate. Grill the fillets 5 inches from coals for 10 minutes per inch of thickness, measured at the thickest part, or until fish just flakes with a fork. Turn over halfway through cooking. Makes 8 servings.

Nutrition Facts Per Serving: Calories 174, Protein 23 gm, Carbohydrate 2 gm, Dietary Fiber trace, Fat 8 gm, Saturated Fat 1 gm, Sodium 335 mg
REVOLUTIONARY NEW POTATO SALAD

12 red skin new potatoes
1 cup cherry tomatoes
4 to 6 green onions, finely chopped
1/4 cup fresh chopped cilantro
1-1/2 teaspoons ground cumin
2 cloves crushed garlic
1/4 teaspoon sea salt
1/4 teaspoon ground white pepper
1/2 cup non-fat sour cream, drained for 30 minutes*
1/4 cup reduced-fat mayonnaise

Wash and scrub potatoes. Remove any blemishes. Place potatoes in a large saucepot with about 3 inches of water. Cover and bring to a boil over high heat. Reduce heat to medium-low and continue cooking for 20 to 25 minutes or until potatoes are tender. Drain and let cool. Cut potatoes in half when cool. Do not peel. Set aside.

Wash tomatoes and cut in half.

In a large bowl, combine tomatoes, onions, cilantro, cumin, garlic, salt and pepper. Add potatoes. Combine drained sour cream and mayonnaise and add to mixture, tossing gently to coat. Makes 8 servings (approximately 3/4 cup per serving).

*To drain sour cream, line a colander with cheesecloth or several layers of paper towels. Spoon sour cream into lined colander and drain for 30 minutes. Discard liquid.

Nutrition Facts Per Serving: Calories 116, Protein 3 gm, Carbohydrate 20 gm, Dietary Fiber 2.5 gm, Fat 3 gm, Saturated Fat trace, Sodium 229 mg

YANKEE DOODLE FRUITED TRIFLE

2 small packages sugar-free instant vanilla or French vanilla pudding and pie mix
3-1/2 cups cold low-fat or non-fat milk
2 cans (15-ounce each) pineapple, packed in juice
2 cups fresh strawberries, tops removed and sliced
1 pint fresh blueberries
1 prepared Angel Food Cake, cut into bite-sized chunks

Combine pudding and milk in a large deep bowl. Prepare according to package directions. Drain pineapple well and fold into prepared pudding. Set aside.

Line the bottom of a trifle bowl or large deep glass bowl with a layer of strawberry slices and a layer of blueberries. Next layer 1/4 of the cake chunks and top with one-quarter of the pudding-pineapple mixture. Repeat layering three times. Finish with pudding mixture, and garnish with strawberry slices and blueberries, if desired. Makes 16 servings.

Nutrition Facts Per Serving: Calories 180, Protein 5.2 gm, Carbohydrate 40 gm, Dietary Fiber 2.5 gm, Fat trace, Saturated Fat trace, Sodium 275 mg
GIVE-ME-LIBERTY-FROM-BEEF BURGERS

1-1/2 cups canned black beans, drained and rinsed
1 cup cooked brown rice
1 tablespoon olive oil
1 small onion, finely chopped
1 small red bell pepper, seeded and finely chopped
1 teaspoon dried cumin
2 cloves crushed garlic
2 tablespoons fresh chopped parsley (or 1 tablespoon dried)
2 tablespoons tomato paste
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper
2 tablespoons extra virgin olive oil

In a medium bowl, combine beans and rice. Mash with a potato masher. Set aside.

Heat 1 teaspoon oil in a large skillet coated with no-stick cooking spray. Add onion, red pepper, cumin and garlic. Sauté until onion is tender. Add sautéed vegetables, parsley, tomato paste, salt and pepper to mashed bean mixture. Mix well. Form into 6 patties.

Coat a large piece of foil with no-stick cooking spray and drizzle with oil. Line grill grate with foil and place patties on foil. Cook patties over hot grill, turning once to brown both sides. Brush foil with another light coating of oil when turning to brown second side. Serve in a whole-wheat pita with lettuce, tomato slices and your favorite condiments. Makes 6 patties.

Nutrition Facts Per Serving: Calories 175, Protein 7 gm, Carbohydrate 24 gm, Dietary Fiber 6 gm, Fat 5.5 gm, Saturated Fat trace, Sodium 350 mg

ALL-AMERICAN PINK LEMONADE

2 cups sucralose or (equivalent) stevia sugar substitute
9 cups water
2 cups fresh lemon juice
1 cup lite cranberry juice, chilled

In large pitcher, combine sugar substitute, water, lemon juice and cranberry juice. Stir to dissolve sugar. Serve over ice. Makes 12 servings.

Nutrition Facts Per Serving: Calories 14, Protein 0 gm, Carbohydrate 4 gm, Dietary Fiber 0 gm, Fat 0, Sodium 1 mg

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