

What's Your Favorite No-Oven Meal For Summer?



Gina

VEGGIE & TUNA WRAP

Layer roasted red pepper hummus, cucumber, tomatoes, spinach, 90-second microwavable grains, tuna, and spinach on a whole grain tortilla.



Kim

SPINACH & FRUIT SALAD

Toss together spinach, spring mix, strawberries, blueberries, tomatoes, cucumbers, sunflower seeds or slivered almonds.



Nikki

COLD QUINOA SALAD

Prepare quinoa, cube orange and yellow bell peppers, add favorite beans and herbs, toss in a light Italian dressing, and refrigerate.



Olivia

BLACK BEAN SALAD

Mix canned black beans, canned corn, minced garlic, shallots, cilantro, diced avocado, and red bell peppers. Dressing: 4 Tbl olive oil and 2 Tbl lime juice.



Megan

TUNA SALAD STUFFED AVOCADOS

Combine 5-oz tuna, 1 Tbl light mayo, diced celery, and pickle relish. Slice two avocados in half. Spoon tuna mixture into each.



Lisa

SPINACH & BROCCOLI SALAD

Mix spinach, shredded broccoli, almond slivers, raisins, and cottage cheese or quinoa with Raspberry Vinaigrette dressing.