

## **Chocolate Covered Fruit Kabobs**

The perfect healthy party treat, these easy chocolate covered fruit kabobs will please kids and adult alike.

Serves: 10-12

### **Ingredients**

- 2 large bananas, sliced thick
- 2 cups sliced strawberries, sliced thick
- $\frac{3}{4}$  cup blueberries
- $\frac{3}{4}$  cup raspberries
- $\frac{1}{2}$  cup semi-sweet chocolate chips (I used mini)
- $\frac{1}{2}$  tsp coconut oil
- $\frac{1}{4}$  cup unsweetened shredded coconut
- $\frac{1}{3}$  cup roasted salted almonds, finely chopped
- 10-12 wooden skewers

### **Instructions**

1. First, have all your fruit sliced and ready so you can easily build the kababs. Line a dish or baking sheet with parchment paper for easy clean up.
2. Place chocolate chips in a small bowl and microwave in increments of 20 seconds, stirring each time. Once melted, stir in coconut oil and set aside.
3. Thread fruit onto skewers leaving a couple inches open at the bottom. Start by placing a blueberry followed by a banana slice, strawberry slice, blueberry, and raspberry, repeating 3 times ending with a blueberry (see pictures). Repeat with remaining skewers. You may have fruit leftover. Place skewers on lined baking sheet.
4. Using a fork, drizzle skewers with desired amount of melted chocolate. (It will harden nicely at room temperature thanks to the coconut oil!) Sprinkle with desired amount of coconut and almonds. You can store any leftovers in the fridge or freezer.

## **Green Bean Summer Salad**

Total Time: 30 minutes

Yield: 8 servings

Ingredients

For the Salad

- 1 1/2 pounds fresh green beans, trimmed and halved
- 2 medium zucchini, diced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cup corn kernels
- 1 pint cherry tomatoes, halved
- 6 green onions, thinly sliced (optional)

For the Fresh Herb Dressing

- 1/2 cup fresh basil
- 1/4 cup parsley
- 1/4 cup lemon juice (from about 2 lemons)

- 1/4 cup apple cider vinegar
- 1/4 cup olive oil
- 1 clove garlic
- Pinch of salt

#### Instructions

1. Place the green beans and zucchini in a large pot and lightly steam (for 10-15 minutes) or boil (for 5-7 minutes) until tender but still somewhat firm. Remove from heat, strain and rinse the vegetables with ice cold water, then set aside.
2. Meanwhile, make the dressing by combining all of the ingredients in a food processor and blending until the herbs are finely chopped.
3. In a large bowl, combine the drained chickpeas, corn, tomatoes and green onion. Add the blanched green beans and zucchini, then pour the dressing on top. Stir together until everything is well-coated. Serve immediately or store in an airtight container in the refrigerator for up to 2 days.

### **Shrimp, Chorizo, and Corn Salad**

#### Ingredients

- 12 ounces large shrimp, peeled
- 2 cups fresh corn kernels
- 1/3 cup chopped green onions
- 1 1/2 tablespoons Sriracha (hot chile sauce, such as Huy Fong)
- 2 teaspoons minced garlic
- 1/2 teaspoon kosher salt
- 1 3/4 ounces thinly sliced Spanish chorizo sausage
- 1/2 cup chopped fresh basil leaves, divided
- 12 red grape tomatoes, halved and divided
- 12 yellow teardrop tomatoes, halved and divided
- 1 1/2 tablespoons olive oil
- 2 teaspoons grated lemon rind
- 2 tablespoons fresh lemon juice

#### Preparation

1. Combine first 7 ingredients in a large bowl. Add 1/4 cup chopped basil, 12 red tomato halves, and 12 yellow tomato halves; toss shrimp mixture gently to combine.
2. Heat a large skillet over high heat. Add olive oil to pan; swirl to coat. Add shrimp mixture to pan, and cook for 4 minutes or until shrimp turn pink, stirring frequently. Place about 1 1/2 cups shrimp mixture in each of 4 shallow bowls, and sprinkle each serving with 1/2 teaspoon grated lemon rind, 1 1/2 teaspoons lemon juice, 6 tomato halves, and 1 tablespoon chopped basil.