

## Healthy Summertime Food Ideas

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I think that we have all enjoyed the first string of nice days that we have had in 8 months!! Last week one of my clients told me that he attended a BBQ where there really wasn't anything that he wanted to eat. That led us to brainstorming on what were some things that he could bring to a party that would make a healthier choice.

Here are some ideas for healthy BBQ choices:

- Thin chicken spread with pesto, rolled and secured with a toothpick then grilled
- Tzatziki sauce with vegetables. Simply combine plain Greek Yogurt, diced cucumber, 1 clove garlic and ground pepper for a great dip.
- Grilled pineapple
- Vegetable Kabobs
- Chocolate hummus with strawberries
- Black bean salad

I love bringing something different to a gathering. It often leads to interesting conversation and an opportunity to have guests given an opportunity to try something new.

Frank and I have had a robust conversation about recipes that contain kale. I really wanted to put in one more kale recipe, before her retired, but we just made pesto from our radish greens so I just couldn't pass on this recipe. We are trying to use everything we can in our garden. The radish green pesto was a hit!!