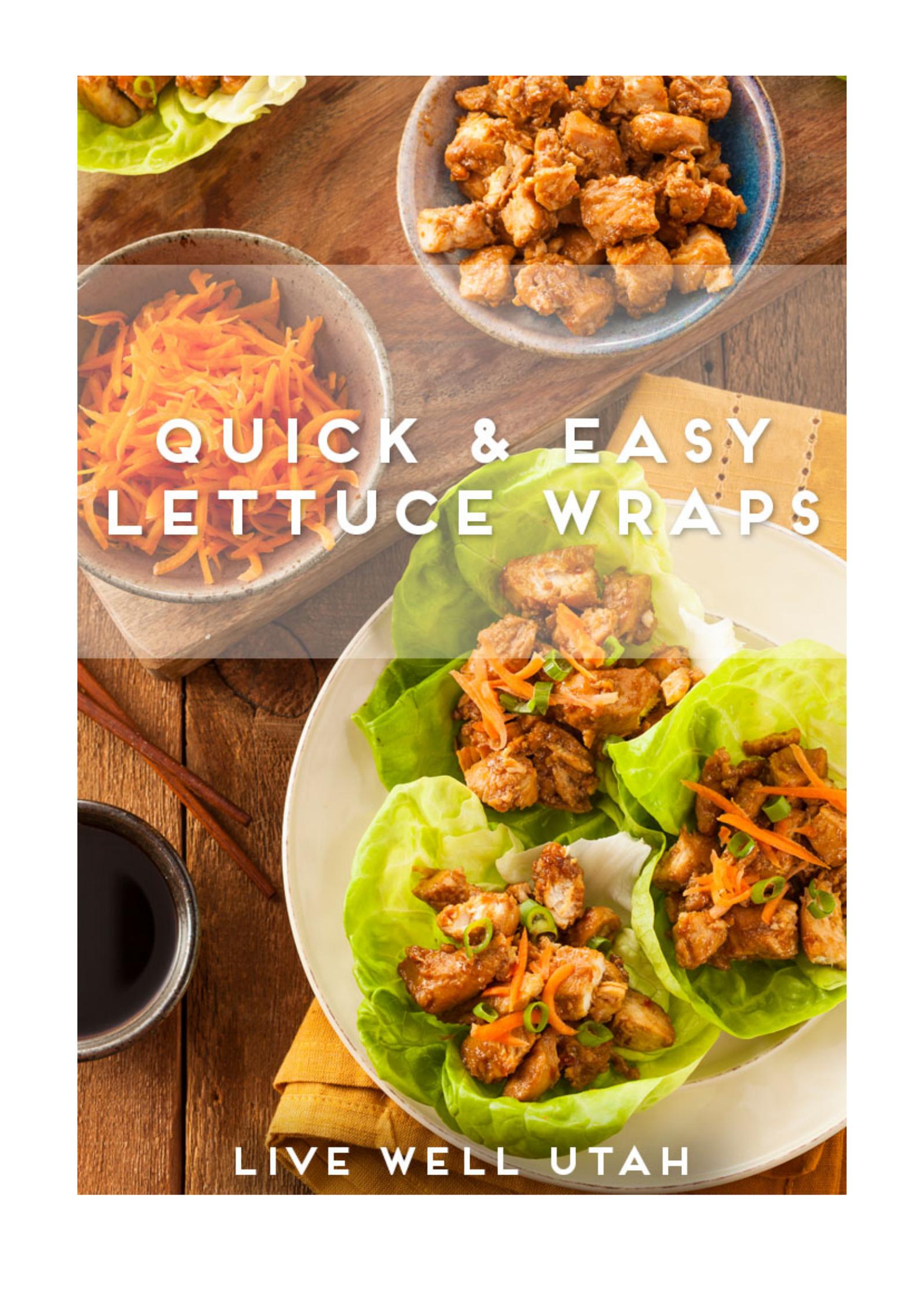


Quick and Easy Lettuce Wraps

A top-down view of a wooden table. In the upper right, a blue bowl contains cooked, cubed chicken. In the upper left, a grey bowl is filled with shredded orange carrots. In the center, a white plate holds several lettuce wraps, each filled with the chicken, carrots, and green onions. A small dark bowl and wooden chopsticks are visible in the lower left. The text "QUICK & EASY LETTUCE WRAPS" is overlaid in white, bold, sans-serif font across the middle of the image.

**QUICK & EASY
LETTUCE WRAPS**

LIVE WELL UTAH

Celebrate Family Mealtime Month and prepare one of these quick, healthy lettuce wrap ideas for your next family dinner.

As you are probably aware, lettuce wraps are trending right now in the food department. They are fun, easy, and most of all, delicious. Even kids have a fun time eating their veggies with wraps. There are many types of lettuce you can use to change things up a bit. Here are some ideas that may be just the ticket for your next quick, easy and nutritious dinner:

Chicken Club Wrap

Bacon bits, cooked shredded chicken (can use leftover grilled chicken too), chopped tomatoes, avocados and ranch dressing (I make my own with buttermilk and reduced fat mayo).

Quinoa Basil Wrap

Fresh basil leaves, grated Parmesan cheese, lemon juice, olive oil, 4 cloves garlic, minced, 1/4 teaspoon ground black pepper, 2 cups cooked quinoa, 1 15-ounce can no-salt-added red kidney beans, rinsed and drained.

Taco Wrap

You guessed it...use the lettuce as the shell...the rest is taco meat, cheese, sour cream, salsa, etc. Whatever your favorite taco fillings are, they are perfect in a lettuce wrap!

Tasty Tuna Wrap

Make tuna salad as you like it. I like to make the dressing with plain Greek yogurt, mustard and lemon pepper seasoning. Add shredded carrots, chopped celery, and diced green onion. Chopped apple or sliced grapes are also a nice addition. You can also use chicken or hard boiled eggs to change up your salad filling.

Cheeseburger Wrap

Brown ground beef, add chopped onion and seasoned salt to taste. Melt cheddar cheese on top, place in lettuce and top with tomatoes, pickles, ketchup and other cheeseburger favorites.

Hawaiian Pineapple Wrap

Place sliced ham, cheese, and pineapple chunks inside lettuce. Top with chopped celery and chopped green onions. Drizzle with your favorite teriyaki sauce.

Asian Shredded Pork

Place cooked shredded pork, chopped water chestnuts, chopped celery, chopped green onion, shredded carrots and teriyaki glaze in a lettuce leaf. Enjoy! We also like sesame seeds, coconut and drained, crushed pineapple on ours.

There are so many other ideas, from a Greek/Mediterranean twist, to a smoked salmon filling, to a Thai with peanut sauce filling. The sky's the limit! Wraps are fun to experiment with, and are a great way to stretch leftover meat. Whole cooked grains like cracked wheat, barley and brown rice also make a great addition. Or what about couscous? Have fun!

This article was written by Teresa Hunsaker, USU Extension family and consumer sciences educator, Weber County

Ten Easy Snacks for Summertime Fun



LIVE WELL UTAH

10 EASY
SUMMER
SNACKS

Skip the pre-packaged unhealthy snacks, and try these 10 easy and nutritious summer snack ideas.

It's that time of year again. School is out, and kids are making plans for summer adventures – which will naturally include snacks.

Check out the 10 fun, summertime snack ideas below. Some will take a little more prep time, but once they are done, they will be easy for kids to grab out of the freezer so they can be on the way to their next adventure.

1. Frozen grapes – This is a simple yet tasty snack, and red grapes tend to work best. Pull grapes off the vine, toss them into a freezer bag and freeze. When your kids ask for a popsicle or snow cone, give them a handful of frozen grapes in a cup instead. Better yet, fill an ice-cream cone with grapes, and they can also eat the container!
2. Watermelon balls – Eating watermelon in the summer is always refreshing, not to mention, it has water to keep your kiddos from getting dehydrated. Rather than just giving a slice or a chunk of watermelon to your kids, grab a melon baller and make little balls. Let them help you so they can take part in making a healthy snack. They can even put them on a skewer for serving.
3. Homemade fruit roll-ups – Nearly every kid loves fruit roll-ups. Homemade roll-ups are even better AND are very simple. Choose 4 cups of your favorite fruit and puree. You can add a little sugar if desired. This will make enough for two pans. Spread half of the puree until it is about $\frac{1}{8}$ -inch thick in a 9×13-inch pan lined with parchment paper and sprayed lightly with cooking spray. Spread the other half in the second pan. Bake at 175 F for 3-4 hours. Make sure the fruit doesn't become burned or too crispy. Once done, pull the parchment paper with

the dried fruit out of the pan. Transfer the dried fruit to wax paper, roll up and cut into 1 to 2-inch strips. Store in an air-tight container or freeze.

4. Ants on a log – This classic treat has always been an easy “go to” for parents. It is also fun for children to eat. All it requires is celery, peanut butter and raisins or dried cranberries. Cut the celery into 3-inch long sticks, fill the center with peanut butter, place the dried fruit along the peanut butter and *Voila!* A healthy snack.
5. Cheese, olives and crackers – This may be the simplest snack out there. Grab a plate and cut some cheese sticks, slices or cubes, open up a can of olives and a sleeve of crackers. Kids can combine the three into a sandwich or eat them individually. Or use toothpicks as a skewer and put small chunks of cheese and olives on them.
6. Strawberry yogurt popsicles – These are a healthy alternative to popsicles filled with sugar. To make this treat, cut tops off the strawberries, and puree the fruit. Using a popsicle mold, layer pureed strawberries with vanilla yogurt. Put in the freezer overnight and freeze. The next day you have a healthy and refreshing frozen treat.
7. Ham and cheese pretzel bites – Kids can help with this hearty snack. Roll cheese up into ham, cut into 1-inch long “bites,” and push a straight pretzel through the side of the roll to hold it all together.
8. Butterfly quesadillas – This snack gets in many of the food groups and is as cute as a button to make. Start by making a simple quesadilla. Cut the quesadilla into quarters. Using two of the quarters, turn them so the points touch. Use grapes lined up to make the body of the butterfly and straight pretzels for the antennae.
9. Baked apple chips – This snack requires a bit of preparation, but it stores easily for later snacking. Core an apple and cut it into thin slices (the thinner

the better – preferably 1/16-inch thick). Place apple slices so they are not overlapping on parchment paper on a cookie sheet. Bake at 200 F for 2 hours. After one hour, turn the apple slices over and bake for another hour. Once they are done, let cool and enjoy.

10. Peanut butter and chocolate chip oatmeal energy balls – These energy balls are simple, easy to make, easy to store and require no baking! The recipe below makes about 12 oatmeal energy balls.

Ingredients:

- 1 cup dry oats
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup mini chocolate chips
- Dash of salt
- $\frac{1}{2}$ teaspoon vanilla, optional

Instructions:

In a medium bowl, add all of the ingredients, and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.

Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

So there you have it. Ten easy, fun snacks that will keep your children healthy and happy. Have a great summer, and happy snacking!

This article was written by Summer Hansen, USU Extension intern, Box Elder County

Resources:

<https://www.blessthismessplease.com/2017/03/8-no-bake-oatmeal-energy-balls.html?m>

Quick and Easy Mug Frittata

QUICK AND EASY MUG FRITTATA



LIVE WELL UTAH

Try this quick and easy mug frittata for a protein-packed breakfast.

Eggs are budget-friendly and packed with high quality protein, vitamins and minerals our bodies need. This single-serving mug frittata takes just 3 minutes to make and is perfect for any weekday meal, not just breakfast. Feel free to add additional mix-ins based on your preferences.

Ingredients:

- 2 eggs
- Cooking spray or oil of choice
- Salt and pepper, to taste
- Desired fruits or vegetables, sliced or chopped
- Salsa, if desired

Directions:

1. Grease mug with cooking spray or any type of oil.
2. Fill mug with desired fruit and/or vegetables and crack both eggs into mug.
3. Add salt and pepper to mug and mix all ingredients together.
4. Microwave for 2 minutes.
5. Flip mug over onto plate and top frittata with salsa, if desired.

This recipe article was written by Kali Anderson, Extension Intern for Utah County. Recipe adapted from: <https://eateachlaughcraft.com/food/three-minute-omelette-recipe/>

Family Mealtime // Crispy Granola 3 Ways



FAMILY MEALTIME:

CRISPY
GRANOLA
3 WAYS

LIVE WELL UTAH

Family mealtime can be anytime- why not at breakfast? Mix up some delicious granola on the weekend for a fast and easy weekday family breakfast option. Use your family's favorite mix-ins, or try one of our suggested variations.

Crispy Granola

Adapted from the Live Well Utah Cookbook, Family Mealtime Edition

- 2 egg whites
- 1/4 cup honey
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla
- dash of salt
- 3 cups uncooked rolled oats
- 1 cup shredded coconut (optional)
- 1/2 cup chopped nuts (optional)
- 1/2 cup raisins, or other dried fruit (option)

Preheat oven to 325 degrees Fahrenheit. Spray baking sheet with cooking spray. Put egg whites in a large bowl and whisk until frothy. Stir in honey, cinnamon, and salt. Add oats and all other ingredients (except dried fruit). Stir until ingredients are coated with egg mixture. Spread mixture on baking sheet. Bake for 20-30 minutes, or until golden brown, stirring every 5 minutes. Remove from pan, add dried fruit if using, and cool completely. Granola will continue to crisp as it cools. Store in an airtight container.

Variations

Pumpkin Spice: substitute pumpkin pie spice for the cinnamon, pure maple syrup for the honey, use pumpkin seeds for nuts, and add 1 tablespoon chia seeds.

Tropical Crunch: use macadamia nuts, yogurt covered raisins and/or chopped dried pineapple.

Cherry Garcia: use sliced almonds, dried cherries, and add semisweet chocolate chips when granola is cool.

September is National Family Mealtime month. Each Friday this month we'll be posting on that topic – specifically from the Live Well Utah Cookbook, Family Mealtime Edition. This publication is available for free at your local Extension office, or available digitally [here](#). It features some great tips on the importance of family mealtime and meal planning, plus 21 quick, inexpensive, and nutritious recipes that are sure to please even the pickiest eaters.

Baked Sweet and Sour Chicken Recipe!



When you make your own Chinese food at home, you won't have to rely on a fortune cookie to grant you with good health!

Don't Walk the Wok

Who doesn't love a good helping of Chinese food every once in a while? While going out for Chinese food is fast and delicious, it's not necessarily the healthiest choice. Many Chinese dishes are prepared in woks and fried with lots of oil. In addition, restaurants often add high amounts of sodium and MSG to their food to enhance the flavor.

If you love Chinese but still want to be healthy, have you ever thought about making your own Chinese dishes at home?! [This sweet and sour chicken recipe](https://eatwellutah.org) from eatwellutah.org is too good not to try. Not only is the chicken baked instead of fried, all of the ingredients are simple and low in sodium.

This recipe is a great way to get your Chinese fix without sacrificing your health. It's a win-win for everyone!

Source

[Eat Well Utah](#)
