



2022 SUMMER Fun Guide

LOOK INSIDE FOR THIS YEAR'S



Healthy Recipes

The healthy recipes are always a big hit within GPBCH member organizations! We have a great mix of new and "classic" recipes that you MUST try!



Summer Activities

Summer is the perfect time to get outside and enjoy the warm weather. Inside, we've put together a list of suggested resources you can use if you're looking for local or national activities!



Health & Safety Tips

Spending time outdoors and getting active is beneficial for our mental and physical health. However, we should be mindful of health and safety for ourselves and loved ones. Look inside for this year's health & safety tips!



Our 2022 Summer Fun Guide is our fifth edition & was organized by the GPBCH Health & Well-being Interest Group. Special thanks to the American Heart Association, HealthWell Solutions, & Wellness Coaches for contributing recipes & tips. We've created this Guide to provide our member organizations & their employees with healthy food recipes, activity suggestions, & safety tips to contribute to a healthy, happy summer. This Guide is meant to be openly shared with your colleagues, family, & friends. GPBCH would like to wish all of you a happy, safe summer!

Healthy Summer Recipes

Our 2022 healthy beverage list below will keep you cool and refreshed all summer long!



Bluey Smoothie

1 cup frozen blueberries; 2 cups frozen peach slices; 2 cups packed, fresh spinach; 1 cup fat-free milk; 1 tsp honey

Into a blender, add all the ingredients. Blend until the mixture is smooth, about 1 to 2 minutes, stopping to scrape down mixture if needed. Pour into 2 glasses and serve.



Chai Iced Tea

18 black peppercorns; 4 cloves; 2 cinnamon sticks; 2 star anise; 8 green cardamom pods; 8 allspice berries or 1 1/4 teaspoon ground allspice; 6 cups water; 4 bags black tea; 1 vanilla bean; 1-inch piece ginger root, chopped; 6 cups unsweetened almond milk; 1/2 cup agave nectar

Grind the peppercorns, cloves, cinnamon, star anise, cardamom, & allspice in a spice grinder or food processor. In a large pot bring water to a boil & add the tea bags & ground spice mixture. Lay your vanilla bean flat, split it, & scrape. Add the vanilla seeds & ginger to the pot, turn the heat to low, & let the mixture simmer 15 minutes. Add the almond milk & return to a boil, & then add agave nectar. Stir thoroughly for 1 minute & remove from heat. Strain into a container & refrigerate until ready to serve. Alternatively, you can purchase pre-made chai concentrate.



Fruit-Infused Iced Water

Cucumber, mint, & lime; Strawberries; Raspberries & blackberries; Lemon & lime wedges; Mango, papaya, & pineapple

Simply slice up your ingredients, toss them into your water, & let them infuse before drinking.



Iced Mocha Latte

1 cup coffee; 1/2 almond milk; 1 tsp. pure maple syrup to taste; 1 tsp. cacao powder; 1/2 tsp. maca powder (optional); Ice cubes

Brew your favorite coffee. If you don't have cold-brew coffee prepared, brew the coffee. If you're using instant or espresso, make one. Leave coffee to cool. Prepare chocolate syrup. Boil the water. Place cacao powder & maca powder (if using) in a small cup. Add hot water, two tablespoons should be enough. Mix using the spoon or small whisk. Add in sweetener & mix until it dissolves completely. Chocolate syrup should be smooth without the lumps. Assemble Iced Mocha Latte. Take a tall glass & add ice cubes. Pour cooled coffee over the ice. Add in chocolate syrup & milk. Stir to combine.



Healthy Summer Recipes

Our healthy summer sides & entrees recipe list offers great options for your next dinner or barbecue!

Black Bean Mini Sliders

(2) 16oz cans black beans, drained, rinsed, & dried; 2 carrots finely chopped; 1/2 cup seasoned whole grain breadcrumbs; 1 egg, beaten; 2 tsp. chili powder; 1/4 tsp. garlic powder; 1/4 tsp. pepper; 7 small, whole grain slider buns; 1 red onion, sliced; 1 avocado, sliced or mashed; 1 Roma tomato, sliced

Place 1 1/2 cups of black beans into a large bowl & mash well using a fork. Add remaining black beans & the rest of the ingredients & mix well. Scoop 1/4 cup out at a time & form into a patty. Repeat for the remaining patties. Heat a non-stick skillet over medium heat. Spray the skillet with cooking spray or a teaspoon of olive oil. Place the patties into the skillet & cook until browned on each side, about 2-3 minutes per side. Can also grill on a greased aluminum foil for 5-8 minutes on each side. (350 ° F/ 177°C) Remove from the skillet & enjoy with the toppings of choice.

Chick Pea and Veggie Dip

16 oz. can chick peas, drained; 1/2 cup fine chopped onion; 1/2 cup fine chopped scallion; 1/3 cup fine chopped parsley; 3 Tbsp. olive oil; 2 lg. garlic cloves, minced; 2 Tbsp. lemon juice; 2 Tbsp. toasted sesame seed; 1/2 tsp. crushed oregano; 1/4 tsp. salt

Cook onion, parsley, & scallion in oil with garlic, until tender. Mash chick peas & mix in cooked mixture. Add remaining ingredients, & chill.

Fruit Salad w/Lemon-Mint Yogurt Dressing

Dressing

1/2 cup fat-free vanilla yogurt; 1 Tbsps. chopped, fresh mint; 1 tsp honey; 1/2 tsp grated lemon zest; 1 Tbsps. fresh lemon juice

Salad

1/2 cup cantaloupe balls; 1/2 cup blackberries; 1/2 cup raspberries; 4 sprigs fresh mint (optional); 1/2 cup fresh or canned pineapple chunks, packed in their own juice, drained (fresh preferred)

In a small bowl, whisk together the dressing ingredients. In a medium bowl, gently stir together the salad ingredients except the mint, being careful to not crush the berries. Spoon onto small plates. Drizzle with the dressing. Garnish with the mint sprigs.

Grilled Jerk Chicken

2 bunches scallions, chopped; 1/3 cup red wine vinegar; 2 Tbsp. oil; 2 Tbsp. soy sauce; 2 Tbsp. allspice berries, ground; 2 jalapenos, cut in half; 2 tsp. salt; 1 tsp. pepper; 1 tsp. cinnamon; 1/4 tsp. nutmeg; 8 boneless breast halves

Coarsely puree all ingredients but chicken. Coat chicken. Cover & refrigerate at least 3 hours. Grill.

Herbed Mozzarella

1 lb. low fat mozzarella, cubed; 1/2 cup olive oil; 1/2 tsp. pepper; 1 tsp. salt; 1/4 tsp. red pepper flakes; 1/2 tsp. dried oregano; 1/4 tsp. dried rosemary; 1 tsp. dried thyme

Combine all ingredients. Toss. Cover and refrigerate up to 2 weeks, tossing occasionally. Return to room temp before serving.

Healthy Summer Recipes

Linguine w/Cannellini Beans & Summer Squash



8 oz. dried, whole-grain linguine; 1 tsp olive oil; 1/2 small red onion (thinly sliced); 1 small zucchini, halved, thinly sliced crosswise; 1 small yellow summer squash, halved, thinly sliced crosswise; 2 Tbsps. water; 1/4 tsp pepper; 15.5 oz. canned cannellini beans (drained, rinsed) 1 large tomato (chopped); 2 Tbsps. chopped, fresh basil; 1/4 cup shredded or grated Parmesan cheese; 2 Tbsps. balsamic vinegar; 1/4 tsp salt

Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Meanwhile, in a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion for 3 to 4 minutes, or until tender-crisp. Stir in the squashes, water, & pepper. Cook for 6 to 8 minutes, or until the squashes are tender-crisp, stirring occasionally. Stir in the beans, tomato, basil, & vinegar. Cook for 3 minutes, or until heated through, stirring occasionally. Stir in the salt. Serve the bean mixture over the pasta. Sprinkle with the Parmesan.

Picnic Coleslaw



8 oz. packaged coleslaw; 1 cup matchstick-size carrot strips; 1 medium green bell pepper, chopped; 1/2 cup finely chopped onion; 6 medium radishes, thinly sliced and halved 1/4 cup white wine vinegar OR 1/4 cup apple cider vinegar; 3 Tbsps. sugar; 1/2 tsp salt; 1/4 tsp pepper

In a large bowl, gently toss together all the ingredients. Cover with plastic wrap and refrigerate for 15 minutes to 1 hour for peak flavor and texture.

Swordfish w/Roasted Onion Vinaigrette



3 cup sliced red onion; 1 Tbsp. olive oil; 1 tsp. dried thyme, crumbled; 1/2 cup sliced red bell pepper; 1 Tbsp. cider vinegar; 2 swordfish steaks, about 1" thick, 12 oz. each

Bake onions, oil, & thyme at 400, stirring occasionally, about 40 minutes, until golden & tender. Stir in bell pepper & vinegar. Season. Push to one side of baking dish. Add fish, seasoned, alongside vegetables. Bake 10 minutes, until opaque. Arrange vegetables over.

White Bean & Tuna Salad



15 oz. can cannellini, rinsed & drained; 12 oz. can white tuna, drained; 1 large tomato, seeded & diced; 1/4 cup chopped red onion; 1 Tbsp. lemon juice; 2 tsp. Dijon; 1/4 cup olive oil; 1/4 cup chopped fresh basil; Salt & pepper to taste

Combine beans, tuna, tomato, & onion. Mix dressing of lemon, dijon, and oil. Pour over salad. Mix in basil.

Consider Air Frying!

There's nothing like the flavor of fried food: french fries, fried chicken, etc. Fried food, however, uses a tremendous amount of oil, and even pan-frying meat or vegetables requires a fair amount, according to the [Cleveland Clinic](https://health.clevelandclinic.org/are-air-fryers-healthy/). Even if you use healthier oils to deep-fry, including olive oil and avocado oil, they contain a lot of calories. Gram for gram, fats (such as cooking oil) contain more than twice the calories of protein or carbohydrates.

Air fryers are a popular alternative to frying foods as they don't technically fry food. Think of them as mini convection ovens. These countertop appliances use a fan to blow hot air around a basket that contains your food. The result: fries, veggies and other foods that crisp up quickly on the outside while staying moist in the middle. The Cleveland Clinic offers several ideas on how to jazz up your veggies, un-fry your fries, and heat up your meats while staying healthy:

<https://health.clevelandclinic.org/are-air-fryers-healthy/>.

Healthy Summer Recipes

Every now and again we deserve a treat. Try out some of the healthier options below!

Broiled Glazed Peaches Stuffed w/Blueberry Compote & Cream Cheese

1 pint blueberries (divided); 1 Tbsps. cornstarch; 2 Tbsps. fat-free cream cheese; 5 tsp lemon juice (divided); 1 Tbsps. finely chopped nuts like pistachios, walnuts, or almonds; 4 firm but ripe peaches (around 1 pound), halved & pitted; 1/2 cup granulated sugar substitute (divided); 1 cup non-fat vanilla frozen yogurt (optional)

Preheat the broiler on high. Add half the blueberries to a small nonstick pan. Warm over medium-high heat, stirring occasionally, until blueberries begin to burst, about 4 to 5 minutes. Lower the heat to medium; add in remaining blueberries, 1/4 cup sugar substitute, cream cheese, & 2 tsp lemon juice. Stir constantly until cream cheese melts, about 2 to 3 minutes. Remove from heat & reserve until needed. Meanwhile, coat a large baking dish with cooking spray. Halve each peach; remove & discard the pits. Using a teaspoon or a melon baller, remove 1 tsp of peach flesh from the middle of each peach so each peach can hold more filling. Place each peach half cut-side-up in the baking dish.

Make the glaze: In a small bowl, add 1/4 cup sugar substitute, & 1 Tbsps. cornstarch; stir in enough teaspoons of lemon juice to create a glaze consistency, about 2 to 3 tsp. Use a spoon to spread the glaze on the top of each peach half. Broil peaches about 3 to 4 inches from heat until peaches are almost tender, about 5 minutes. Remove dish from the broiler. Divide blueberry mixture between each peach, filling each peach cavity. Place in broiler for another 5 minutes. Remove from boiler again. Top with nuts, using your fingers to press nuts into blueberry compote, if needed. Use a spatula to transfer 2 peach halves to each plate. Top each one with 2 Tbsps. frozen yogurt, if desired. Serve.

Grilled Avocado w/Strawberry & Honey

2 cups strawberries, hulled & quartered; 1 Tbsps. honey; 2 small avocados, halved & pitted; Cooking spray; 2 Tbsps. chopped fresh mint

In a small bowl, gently stir together the strawberries & honey. Cover & refrigerate for 1 to 4 hours, stirring occasionally to let the strawberries macerate & release their natural juices. When the strawberries are ready, preheat the grill on medium high. Lightly spray each avocado with cooking spray. Place the avocados on the grill with the stem side facing 10 o'clock. Grill for 1 to 2 minutes. Rotate the avocados so that the stem side is facing 2 o'clock. Grill for 1 to 2 minutes. Transfer the avocado halves to plates with the flesh side up. Fold the mint into the strawberry mixture. Spoon the strawberry mixture over each avocado half.

Nutrient Packed Popsicles

1 cup 2% plain or vanilla yogurt (Greek for more protein); 1 banana, sliced; 2/3 cup strawberries or raspberries; 2/3 cup blueberries; Honey or Agave Nectar to taste; 4 oz. paper cups or popsicle molds; 4-8 popsicle sticks

In a blender or food processor, add strawberries or raspberries & honey or agave nectar to taste. Puree to smoothie-like consistency. Wipe out blender or food processor & repeat step one with the blueberries. Place 1 piece of sliced banana into the center of each dixie cup. Push popsicle stick into banana so the stick stands up. Pour pureed raspberries or strawberries, yogurt & pureed blueberries into molds to create red, white, & blue layers. Freeze for 1-3 hours.

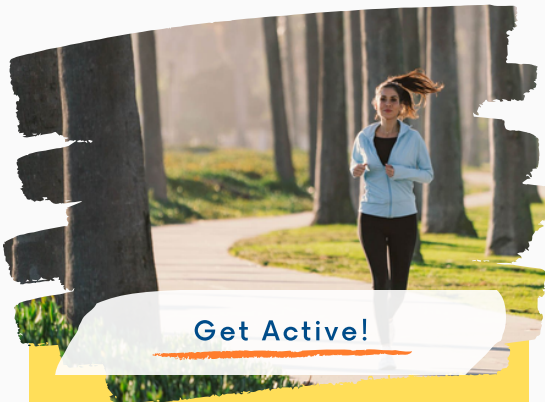
Strawberry-Lemonade Italian Ice

3 Tbsps. fresh lemon juice; 2 Tbsps. sugar; 1 1/2 lbs. ripe strawberries, hulled & halved; 5 cups ice

In a small bowl, whisk together the lemon juice & sugar until the sugar is almost dissolved. In a food processor or blender, process the strawberries & the lemon juice mixture until the strawberries are pureed. Add the ice. Process until the mixture is completely smooth. Pour into a 13 X 9 X 2-inch baking dish. Freeze for 30 minutes. Using a spoon, scrape along the edge of the dish, pushing the outer frozen chunks into the middle of the dish. Using the back of the spoon, spread the ice into an even layer. Freeze for 30 minutes. Repeat the scraping process. Freeze for 1 hour. Using a spoon, scoop the ice into serving cups.

Summer Activities

Summertime is the perfect time to get outside and enjoy the warm weather. Below are several activity suggestions for you to try!



Get Active!

Check out the resources below for running clubs & activity groups in your area: [Active.com](https://www.active.com), [Runningintheusa.com](https://www.runningintheusa.com), [Runsignup.com](https://www.runsignup.com), [Trifind.com](https://www.trifind.com), [Meetup.com](https://www.meetup.com). If you'd prefer to embark on your own trail, check out the following resources for trails near you: [Alltrails.com](https://www.alltrails.com), [Trailfinder.com](https://www.trailfinder.com), & [Traillink.com](https://www.traillink.com).



Start a Garden!

At-home gardening is a great activity for the summer! You can try anything from herb gardening to creating your vegetable garden. It's a great way to engage the family & remind everyone where food comes from. Learn more here: [Almanac.com](https://www.almanac.com), [Garden.org](https://www.garden.org), & [Gardeningknowhow.com](https://www.gardeningknowhow.com).



Visit the Zoo!

If the weather is nice, why not a plan on a family trip to the zoo? Kids love seeing animals up close (adults too) & it's an inexpensive way to get outside; it's an easy way to get your exercise in for the day too! Find a zoo near you by visiting the [Association of Zoos & Aquariums website](https://www.aaz.org).



Learn to Cook!

With summer's slower schedule, learn to cook with the kids, or, if you know how to cook, teach them & allow them to take on some cooking projects. Encourage them to plan the menu & shop for ingredients. Then allow them to cook dinner for the family. Supervise younger kids, but allow teens to go it alone.

Health & Safety Tips

While we're spending more time outdoors this summer, it's important to stay safe and healthy. Check out the tips below for quick reminders!



Stay Hydrated!

Drinking enough fluids is one of the most important things you can do to prevent heat illness. Water is generally sufficient for hydration. Drink water **before** feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion.



Water Safety

GPBCH has included this as a safety tip in all of the Summer Fun Guides because we want to stress how **CRUCIAL** it is to teach kids how to swim & behave safely in & around water. Make sure that a responsible adult is **always** watching children around water. For more information, visit [AmericanRedCross.com](https://www.AmericanRedCross.com).



Protect Your Skin!

The immediate danger of too much sun is sunburn. With repeated sun damage, the skin starts to look dry, wrinkled, & leathery. However, the sun's most serious threat is that it is the major cause of skin cancer, the most common of all cancers. Protect your skin by wearing sunscreen and staying in the shade!



Bonus Tips!

The National Safety Council is America's leading nonprofit safety advocate that focuses on eliminating the leading causes of preventable injuries & deaths. They've put together a list of their own Summer Safety Tips that we would like to share with you! Each tip includes a link for more info.

The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing healthcare quality and safety, and reducing healthcare costs. The Coalition represents employer interests in working with health plans, healthcare providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when healthcare is needed it is accessible, affordable, equitable, high-quality, and safe.



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