

Made From Scratch

Foods for Skin Health

Fruit salad with avocado coconut lime dressing

Ingredients for salad dressing

- 1 avocado
- 1 (5.3-oz) nonfat coconut crème flavor Greek yogurt
- 3 Tbsp lime juice
- 1 tsp honey

Ingredients for salad

- 2 avocados, diced
- 1/2 cup strawberries, quartered
- 1 mango, diced
- 1/2 cup blueberries
- 1 cup red grapes
- 2 kiwis, sliced and quartered
- 1 large banana, sliced and quartered
- 2 mandarin oranges, peeled and segmented



Directions

1. Add all salad dressing ingredients into a food processor and blend until smooth. If the dressing is too thick, add 1-2 Tbsp of nonfat milk (or non-dairy milk) to liquefy the dressing.
2. Refrigerate until needed, up to 24 hours. (Use the remaining dressing for another use.)
3. Add all the salad ingredients into a large bowl.
4. When ready to serve, toss with avocado coconut lime dressing to taste.

Servings: 8 | **Serving size:** 1 cup | **Nutrition facts per serving:** Calories 200; Total fat 11g; Saturated fat 2g; Sodium 30mg; Carbohydrates 30g; Fiber 7g; Protein 4g

Pineapple mint water

Ingredients

- 12 mint leaves
- 1 cup pineapple, cubed
- 10 cups water

Directions

1. Lightly crush the mint leaves in your hand to help release their flavor. Add the mint, pineapple, and water to a pitcher. Refrigerate overnight before serving to infuse the flavors fully.



Servings: 10 | **Serving size:** 1 cup | **Nutrition facts per serving:** Calories 10; Total fat 0g; Saturated fat 0g; Sodium 10mg; Carbohydrates 2g; Fiber 0g; Protein 0g

Trout with skillet-roasted peppers

Ingredients

- 1 tsp olive oil and 2 tsp olive oil, divided use
- 2 medium poblano peppers, ribs, and seeds discarded, thinly sliced
- 1 cup grape or cherry tomatoes, halved
- 1 medium garlic clove, minced
- 1-2 tsp balsamic vinegar
- 1/4 tsp salt and 1/4 tsp salt, divided use
- 1/4 tsp pepper
- Paprika to taste
- 4 trout fillets or any other thin mild fish fillets (about 4 oz each)
- 1 medium lime, cut into 8 wedges

Directions

1. Heat a large nonstick skillet over medium-high heat. Add 1 tsp oil, swirling to coat the bottom. Cook the peppers for 4 to 6 minutes or until beginning to richly brown on the edges, stirring frequently.
2. Gently stir in the tomatoes. Cook for 2 minutes or until soft, stirring gently and frequently. Remove from heat.
3. Gently stir in the garlic, vinegar, and 1/4 tsp salt. Transfer to a small bowl. Cover to keep warm.
4. In the same skillet, heat the remaining 2 tsp oil over medium-high heat, swirling to coat the bottom. Sprinkle the pepper, paprika, and remaining 1/4 tsp salt over both sides of the fish. Cook for 3 minutes on each side or until the fish flakes easily when tested with a fork. Transfer to a platter.
5. Squeeze one lime wedge over each fish fillet. Spoon the poblano mixture on top. Serve with the remaining lime wedges to squeeze over the poblano mixture if desired.



Servings: 4 | **Serving size:** 3 oz fish and 1/3 cup pepper mixture | **Nutrition facts per serving:** Calories 189; Total fat 7.5g; Saturated fat 1.5g; Sodium 332mg; Carbohydrates 6g; Fiber 1g; Protein 24g

Sun-kissed health salad

Ingredients

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp orange juice
- 1 avocado, pitted, peeled, and diced (divided use)
- 1/4 cup fresh parsley, stems removed
- 1/4 tsp salt
- 1 clove garlic
- 1 head bibb or Boston lettuce, cut into 1-in pieces
- 1 cup grape or cherry tomatoes, cut in half
- 1/2 cup quinoa, cooked according to package directions and cooled
- 1 package frozen shelled edamame, cooked according to package directions
- 1 cup unsalted pepitas

Directions

1. Make the citrus dressing: In a blender or food processor, blend olive oil, lemon juice, orange juice, 1/4 of the avocado, parsley, salt, and garlic until smooth. Set aside.
2. In a large bowl, combine lettuce, tomato, quinoa, edamame, the rest of the avocado, and pepitas. Pour dressing over salad and toss gently. Serve immediately or chill until ready to serve.

Servings: 6 | **Serving size:** 1 1/2 cups | **Nutrition facts per serving:** Calories 190; Total fat 12g; Saturated fat 1.6g; Sodium 105mg; Carbohydrates 17g; Fiber 5g; Protein 7g