



fresh taste of Summer

Vibrant seasonal flavors are the hallmarks of these family-friendly recipes.

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Apple-Blueberry Chicken Salad

This versatile recipe is also terrific as a sandwich filling for pita bread or flour tortillas.

- ½ cup slivered almonds
- ¼ cup plain, 2% fat, Greek-style yogurt
- ¼ cup reduced-fat mayonnaise
- 1 teaspoon lemon juice
- 1 Tablespoon fresh chives, chopped
- 2 teaspoons fresh thyme, chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon lemon zest
- 4 cups cooked chicken, chopped
- 1 Gala apple, peeled (optional), seeded and diced
- ½ cup fresh blueberries, roughly chopped

Preheat oven to 350° F. Bake almonds in a single layer on a baking sheet 5 minutes or until lightly toasted and fragrant. Cool completely in pan on a wire rack (about 15 minutes).

Stir together yogurt and next 7 ingredients in a large bowl. Fold in almonds, chicken, apples and blueberries; cover and chill 2 hours. **PREP:** 20 min. **BAKE:** 5 min. **COOL:** 15 min.

CHILL: 2 hr. **YIELD:** 6 servings

Carrot-Dill Orzo

Though made with orzo rather than rice, this hearty side is similar in creaminess to risotto. Make a main dish by stirring in chopped, cooked chicken. Use a Dutch oven if you don't have a large skillet.

- 4 medium carrots (about 2 cups), cut into 1-inch pieces
- 6 slices bacon
- 3 Tablespoons vegetable oil
- 1 medium onion, chopped
- 2 cups uncooked orzo pasta
- 2 garlic cloves, minced
- 3½ cups low-fat, low-sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup freshly grated Parmesan cheese
- 2 Tablespoons fresh dill, chopped
- 1 teaspoon fresh lemon juice

Process carrots in a food processor 12 seconds or until finely chopped.

Arrange bacon on a paper towel-lined microwave-safe plate; cover with a paper towel. Microwave bacon at HIGH 2 minutes or until bacon is cooked. Allow to cool; crumble and set aside.

Cook carrots and onion in skillet in hot oil over medium-high heat 7 minutes or until tender. Add orzo and garlic, and cook 1 minute.

Meanwhile, combine 1½ cups water and broth in a microwave-safe measuring cup. Microwave at HIGH 5 minutes or until very hot.

Slowly stir hot broth mixture, salt and pepper into orzo mixture. Cook, stirring often, 15 to 18 minutes or until liquid is absorbed. Stir in bacon, Parmesan cheese, dill and lemon juice until blended. Serve orzo immediately. **PREP:** 20 min.

COOK: 25 min. **YIELD:** 6 to 8 servings **FL**

What's For Dessert?



Get our recipe for Summer Fruit Smoothie Pops at go.myFarmLife.com/freshtaste.