



SUMMER PICNIC MENU

MEMORIAL HERMANN®

MEMORIAL HERMANN AND THE INFORMAL GRUB TEAM UP FOR A SUMMER PICNIC MENU

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Hi, I'm Chelsea Johnson. I'm a dietitian at Memorial Hermann where my focus is helping people eat food that makes them feel as good as it tastes.

I'm here to tell you that nutrition can be simple and stress-free.



Hi, I'm Casey with The Informal Grub. After receiving several health diagnoses, I started my personal wellness journey and "The Grub" in 2016 with a focus on science-based nutrition and self-care techniques. The Informal Grub is a place where I share personal stories, seasonal recipes, lifestyle tips and wonderful local businesses and farms to support.

I recently earned my Masters in Human Nutrition to become a board certified Integrative Nutritionist and am looking forward to helping others the way in have helped heal myself.

SUMMER PICNIC MENU

- Seasonal Summer Salad
 - Sweet Potato Fries
- Turkey Sliders on Butter Leaf Lettuce with Pickled Onions and Habanero Aioli
- Grapefruit and Mint Summer Spritzer

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SEASONAL SUMMER SALAD

SALAD

2 bunches mixed greens
1 avocado, diced
1 ear of corn, cooked and removed from cob
2 nectarines or peaches, sliced
1 cucumber, halved and sliced

1 shallot, sliced
1/2 cup almonds, sliced
1/4 cup goat cheese, crumbled, optional
2 tablespoons hemp seeds

CHAMPAGNE VINAIGRETTE

Extra virgin olive oil
1 garlic clove, finely chopped
2 tablespoons Dijon mustard
1/4 cup champagne vinegar

2 tablespoons fresh lemon juice
1/2 teaspoon pink Himalayan salt
1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

In a large bowl, add mixed greens, corn, nectarines, avocado, shallot, cucumbers, almonds, goat cheese and hemp seeds.

Whisk together the garlic, mustard, vinegar, lemon juice, honey, salt and pepper in a large bowl.

Slowly whisk in the olive oil until the dressing is emulsified. Alternatively, you can add all ingredients in a blender or food processor and blend until smooth.

Add the dressing, toss well and serve. For added freshness, leave in the fridge until you're ready to serve.

Nutrition Facts

Servings 6.0	
Amount Per Serving	
Calories	208
	% Daily Value *
Total Fat 13 g	20%
Saturated Fat 2 g	12%
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 7 mg	2%
Sodium 216 mg	9%
Potassium 428 mg	12%
Total Carbohydrate 21 g	7%
Dietary Fiber 5 g	20%
Sugars 8 g	
Protein 6 g	13%
Vitamin A	34%
Vitamin C	49%
Calcium	22%
Iron	36%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

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