

Smoked Turkey and Jack Cheese Wraps

1 cup yogurt
 1 clove garlic, minced
 1 teaspoon fresh lemon juice
 1 teaspoon Dijon mustard
 1 teaspoon Worcestershire sauce
 Salt and pepper

1 pound smoked turkey, sliced
 8 slices Monterey jack cheese
 Cucumber slices
 Avocado slices (optional)
 8 whole grain wraps

- Line a strainer with cheesecloth and set over a bowl. Place yogurt in strainer. Refrigerate overnight.
- Place yogurt in a small mixing bowl. Stir in garlic, lemon juice, mustard and Worcestershire; season with salt and pepper.
- Place wraps on a clean work surface. Spread some of the yogurt dressing on each (reserve remaining).
- Divide turkey, cheese and cucumber among the wraps. Roll up wraps, tucking in the sides. Slice in half and serve.

Fruit Nut Bars

8 ounces almonds
 ¼ cup sesame seeds
 1-½ cups quick-cooking oats
 ½ cup dried cranberries
 1 cup dried blueberries
 2/3 cup maple syrup
 1 teaspoon cinnamon

- Preheat the oven to 275 degrees. Lightly grease a 9-inch baking pan with canola oil.
- Grind the almonds in a food processor until they resemble a coarse meal.
- Combine the ground almonds and the remaining ingredients in a large bowl and stir well.
- Press the mixture into the prepared pan and bake for one hour.
- Cool bar in pan until room temperature. Slice and serve.

Peach and Strawberry Smoothies

2 cups strawberries
 ¼ cup sugar
 2 ripe peaches
 1 banana
 1 cup yogurt
 Ice cubes

- Wash and hull the strawberries. Place the hulls in a small saucepan with the sugar and ¼ cup of water. Bring to a simmer and stir to dissolve the sugar. Let cool and strain. Discard hulls; reserve syrup.
- Peel, pit and dice the peaches. Add to a blender with the strawberries, banana and yogurt.
- Add 2 cups ice cubes and half the strawberry syrup. Blend until smooth, adding more syrup if you like it sweeter.

Grandma's Vegetable Soup

4 strips bacon
 1 large onion, diced
 2 stalks celery, diced
 3 large carrots, diced
 1 clove garlic, crushed
 1 cup diced tomatoes
 2 large potatoes, diced
 1 cup string beans, cut into ½-inch pieces
 ½ cup barley, rinsed
 1 14-ounce can of red kidney beans
 3 quarts vegetable stock
 1 cup frozen peas
 Fresh basil
 Fresh parsley
 Salt and pepper

- Add bacon to a heavy Dutch oven and bring to medium heat. Cook until the fat is completely rendered from bacon. Drain all but 2 tablespoons of fat from the pan.
- Add the onion, celery and carrots and cook until slightly softened, about 6 to 7 minutes. Add the garlic and cook 2 minutes more.
- Add the tomatoes, potatoes, string beans, barley, kidney beans and stock. Bring to a simmer and cook until vegetables are tender.
- Add peas and cook until heated through.
- Season with basil, parsley, salt and pepper.