

Food for Thought

July 2026

Keep Your Cool with No-Cook Summer Meals

No-cook meals are perfect for hot summer days. These are often quick and easy meals that can help keep you cool. In your no-cook meals try to include:

- **Protein rich foods:** canned tuna, rotisserie chicken, hard-boiled eggs, Greek yogurt, cottage cheese, hummus, nut butters.
- **Whole Grains:** whole grain tortillas, bread, and crackers, and oats prepared overnight style
- **Fruits & Veggies:** pre-washed salad mixes, baby carrots, cherry tomatoes, frozen fruit (thaws quickly), sliced cucumbers.

Easy No-Cook Meal Ideas

Wrap It Up

- Fill a whole-wheat tortilla with lean turkey or chicken, hummus, lettuce, cucumbers, shredded carrots, and tomatoes. Roll it up and serve with fresh fruit.



Build a Colorful Salad

- Start with leafy greens and add colorful vegetables, beans, grilled chicken (prepared ahead of time), cheese, nuts, or seeds. Top with a light vinaigrette and enjoy with whole-grain crackers.



Create a Yogurt Parfait

- Layer low-fat yogurt with fresh berries, sliced bananas, and whole-grain cereal or granola for a quick breakfast, snack, or light meal.



Make a Healthy Snack Board

- Each family member can build their own meal.

Try including:

- Fresh fruits such as grapes, melon, berries, or apple slices
- Crunchy vegetables like carrots, cucumbers, bell peppers, or cherry tomatoes
- Whole-grain crackers or pita
- Cheese cubes or string cheese
- Hard-boiled eggs, hummus, or nut butter
- Nuts and seeds for older children and adults

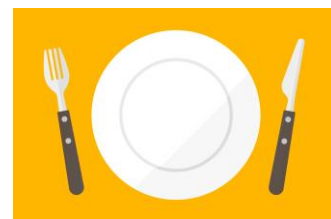


Keep It Safe

Cold foods stay freshest when kept refrigerated until serving. If you're eating outdoors or packing a picnic, use an insulated cooler with ice packs and avoid leaving perishable foods out for more than 2 hours—or 1 hour if the temperature is above 90°F.

No-Cook Breakfast Recipes

- **Overnight Oats** – Mix oats, milk, yogurt, and fruit; refrigerate overnight. Enjoy!
- **Whole-Grain Toast with Nut Butter and Banana** – Top with sliced bananas and a sprinkle of cinnamon.



No-Cook Lunch Recipes

- **Turkey and Veggie Wrap** – Fill a whole-wheat tortilla with turkey, lettuce, tomatoes, cucumbers, and hummus.
- **Chicken Salad Lettuce Wraps** – Use pre-cooked chicken mixed with Greek yogurt or light mayonnaise, served in lettuce leaves.
- **Mediterranean Pita** – Stuff a whole-wheat pita with hummus, cucumbers, tomatoes, spinach, and feta cheese.
- **Black Bean Salad** – Combine canned black beans (rinsed), corn, tomatoes, bell peppers, cilantro, and lime juice.

No-Cook Dinner Recipes

- **Tuna Salad Sandwiches** – Mix tuna with Greek yogurt or light mayonnaise and serve on whole-grain bread with lettuce and tomato.
- **Caprese Salad** – Fresh tomatoes, mozzarella, basil, and a drizzle of olive oil and balsamic vinegar. Add whole-grain bread for a complete meal.
- **Snack Board Dinner** – Arrange sliced vegetables, fruit, cheese, whole-grain crackers, hummus, hard-boiled eggs, and lean deli meat.

No-Cook Snack Recipes

- **Peanut butter and banana roll-ups (or sunflower seed butter if needed)**
- **Hummus with veggie dippers and pita**
- **Cheese, whole-grain crackers, and apple slices**
- **Turkey and cheese roll-ups with grapes**

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Eat Smart Idaho Administrator or Coordinator:

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