



BEAT THE HEAT: SUMMER RECIPES

& Wellness Resources

Refresh Your Routine with
Hot Weather Recipes and
AvMed Wellness Tools





WELCOME

Summer is a great time to reset everyday habits that support hydration, steady energy, and balanced eating.

This short ebook brings together simple recipes designed for warmer weather, along with wellness resources available through AvMed to help members keep making healthy choices.

Inside, members will find where to access the Meal Planning online course, the WebMD ONE® Recipe Library, and the Omada® Diabetes Prevention Program for eligible members ages 18 and older.

WHAT'S INSIDE

-  **3 Refreshing Recipes**
Easy, delicious, and perfect for the summer
-  **Wellness Resources**
Tools and programs to support your health
-  **Simple Tips & Ideas**
Small changes for a healthier you

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INFUSED WATERS

Yield: About 1 quart (4 servings)



Choose Your Flavor: 3 Easy Infused Water Options

1 Option 1: Cucumber & Lime Ingredients:

- 8 to 10 fresh mint leaves, lightly crushed
- 1 cucumber, thinly sliced
- 1 lime, thinly sliced

2 Option 2: Strawberry, Orange & Mint Ingredients:

- 8 to 10 fresh mint leaves, lightly crushed
- 1 cup fresh strawberries, hulled and sliced
- 1 orange, thinly sliced

3 Option 3: Pineapple, Blueberry & Basil Ingredients:

- 8 to 10 fresh basil leaves, lightly crushed
- ½ cup fresh blueberries
- 1 cup fresh pineapple, cut into small chunks
- 2 to 3 thin slices fresh ginger (optional)



Instructions:

1

Add the fruits and herbs (aromatics) to the bottom of a sealable pitcher or 1-quart mason jar.

2

Pour in cold water and stir gently to combine.

3

Allow the water to infuse at room temperature for 1 to 2 hours, or refrigerate for 3 to 4 hours before serving.

4

Enjoy over ice, if desired.



Chef's Note:

Lightly crush the herb leaves before adding them to the water to release their natural oils and enhance the flavor.



If the infused water is not consumed within 12 hours, remove the fruit and herbs to prevent the flavors from becoming too strong. Store the infused water in the refrigerator for up to 3 days.



SUMMER HARVEST MELON SALAD

Yield: 4 servings



INGREDIENTS:

1 Salad:

- 2 cups cantaloupe, cut into bite-sized cubes or melon balls
- 2 ripe peaches, sliced into wedges
- 1 cup cherry tomatoes, halved
- ¼ cup thinly sliced red onion
- ½ cup crumbled feta cheese
- ¼ cup fresh basil leaves, torn

2 Honey Lemon Vinaigrette:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- ½ teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper



INSTRUCTIONS:

- 1 In a small bowl, whisk together the olive oil, lemon juice, honey, Dijon mustard, salt, and pepper until well combined.
- 2 In a large serving bowl, gently combine the cantaloupe, peaches, cherry tomatoes, and red onion.
- 3 Drizzle the vinaigrette over the salad and toss gently to coat.
- 4 Sprinkle with the crumbled feta and torn basil leaves just before serving.
- 5 Serve immediately or refrigerate for up to 30 minutes before serving for a chilled salad.



Chef's Note:

For the best flavor and texture, use ripe, in-season fruit and add the feta and basil just before serving to keep them fresh and vibrant. A drizzle of balsamic glaze or a sprinkle of toasted pistachios adds an elegant finishing touch.



ZUCCHINI NOODLES WITH SPINACH PESTO

Yield: 4 servings



✓ Fresh Veggie Noodles + Homemade Spinach Pesto



INGREDIENTS:



INSTRUCTIONS:

Zucchini Noodles:

- 3 large zucchinis (about 2½ pounds)
- ½ cup spinach pesto
- 2 tablespoons freshly grated Parmesan cheese, optional garnish
- 2 tablespoons toasted pine nuts, optional garnish

Spinach Pesto:

In a food processor, combine the spinach, Parmesan cheese, pine nuts, garlic, lemon juice, salt, black pepper, and olive oil. Pulse until smooth and well combined. Taste and adjust the seasoning as needed. Refrigerate until ready to use.

Spinach Pesto:

- 3 cups fresh baby spinach
- 1 cup freshly grated Parmesan cheese
- ⅓ cup pine nuts
- 1 garlic clove
- juice of ½ lemon
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup extra-virgin olive oil

Zucchini Noodles:

Peel the zucchini into long ribbons using a vegetable peeler, or spiralize with a spiralizer.

Place zucchini noodles on a serving platter and toss with pesto until well coated. Garnish with Parmesan cheese and toasted pine nuts, if desired.



Chef's Note:

Homemade or store-bought pesto both work beautifully in this recipe. Fresh zucchini noodles are available from the produce section of your grocery store. Toasting the pine nuts enhances their nutty flavor and adds a delicious crunch. Grilled chicken, shrimp, salmon, or your favorite protein make excellent additions for a heartier meal.



Make-ahead tip: Keep zucchini noodles and pesto separate until serving for the freshest texture and flavor.

SMALL CHOICES. BIG IMPACT.

Nourish your body, stay hydrated, and build healthy habits with simple recipes and helpful wellness resources from AvMed.



..... WELLNESS RESOURCES TO SUPPORT YOU



MEAL PLANNING

Interactive online course to help you plan nutritious meals, save time, and support your well-being

[Start Meal Planning](#) ➔



WEBMD ONE® RECIPE LIBRARY

Available to All AvMed Members 18+

Explore healthy recipes with nutrition information, ingredients, and helpful preparation tips.

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DIABETES PREVENTION PROGRAM

Available to All Eligible AvMed Members 18+

A virtual program to help you lose weight, prevent chronic conditions, and live healthier

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We're here to help you live your healthiest life.

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