

VOGUE

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8 Healthy Recipes for Your Fourth of July Barbecue

Whether you're off to a friend's house for the holiday weekend or hosting a festive barbecue bash, the all-American weekend traditionally revolves around burgers, corn on the cob, and beer. And while we love a good cookout, the lack of greens and lighter fare has some of us feeling a little less than patriotic. But there's no need to fret; summer's fresh fruits and veggies make for seasonal dishes that will even turn the head of the most dedicated burger flipper. From easy tomato salad recipes to tangy ceviche from some of our favorite chefs, we've got you covered.

Here, eight healthy, Fourth of July–approved recipes to make this weekend.



Melon and Tomato Salad

“I wanted to create a spin on one of my favorite summer bites—prosciutto with melon. I took out the prosciutto and subbed in savory tomato and feta cheese to maintain the saltiness, and combined with melon. The end result is a refreshing, tasty summer salad with a bit of a twist.”

—Zene Flinn, executive chef, Park Avenue Summer

Yields 4 servings

Ingredients:

3 heirloom tomatoes (different colors)
1 pint heirloom cherry tomatoes, oven-dried
1/2 honeydew melon
1/4 seedless watermelon
1/2 charentais melon (or cantaloupe)
Dash of olive oil
Squeeze of lemon
1 T lemon zest
Handful of feta cheese crumbles
Thyme to garnish
Fleur de Sel to garnish
Aged balsamic vinegar to garnish

Instructions:

1. Cut cherry tomatoes in half, toss with olive oil, and salt and cook in a 250-degree oven for 30 minutes or until slightly dried out.
2. Cube or crumble feta. Take the seeds out of the melons and cut to desired shape using a melon baller if you have one.
3. Cut large tomatoes into slices and arrange them on a serving platter as your base, dressing them with olive oil and Fleur de Sel. Toss the different melon pieces in olive oil, Fleur de Sel, and lemon juice, and place on top of tomatoes. Add feta and oven-dried cherry tomatoes.
5. Finish with fresh-picked thyme, lemon zest, and aged balsamic vinegar.