

RECIPES FOR HEALTHY LIVING

SALADS AND SMOOTHIES

APRIL 2014

FABULOUS FRUIT SALAD



"How could this recipe miss with ripe nectarines, apples, walnuts, and dried cranberries, all stirred in a bowl with lemon yogurt. Chill and enjoy."

Prep Time: 20 minutes

Ready in: 20 minutes

Servings: 4

INGREDIENTS:

- 1 red apple, cored and chopped
- 1 Granny Smith apple, cored and chopped
- 1 nectarine, pitted and sliced
- 2 stalks celery, chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- 1 (8 ounce) container nonfat lemon yogurt

DIRECTIONS:

In a large bowl, combine red apple, Granny Smith apple, nectarine, celery, dried cranberries, and walnuts. Mix in yogurt. Chill until ready to serve.

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MOCK TUNA SALAD



"This is a chickpea spread that tastes like tuna salad! No kidding! Great served in a sandwich."

Prep Time: 20 Minutes

Ready In: 20 Minutes

Servings: 4

INGREDIENTS:

1 (19 ounce) can garbanzo beans (chickpeas), drained and mashed
2 tablespoons mayonnaise
2 teaspoons spicy brown mustard
1 tablespoon sweet pickle relish
2 green onions, chopped
salt and pepper to taste

DIRECTIONS:

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well.

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ZESTY TUNA SALAD



"Sweet dill pickles and Dijon mustard give this tuna salad a bit of kick. And if you've never tried making your tuna sandwich with nice thick slices of raisin bread, then why not give it a try.

Prep Time: 5 Minutes

Ready In: 5 Minutes

Servings: 2

INGREDIENTS:

- 1 (6 ounce) can tuna, drained
- 1 teaspoon mayonnaise
- 1 teaspoon sweet pickle relish
- 1 teaspoon Dijon-style prepared mustard
- 1 stalk celery, chopped
- 1/4 cup chopped onion
- 1/4 teaspoon ground black pepper

DIRECTIONS:

Mash tuna in a small bowl with a fork. Add mayonnaise, pickle relish, mustard, celery, onion, and black pepper; stir to combine. Chill and serve.

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HEALTHY CAESAR SALAD

INGREDIENTS:

- 2 large fresh portobello mushrooms (about 4 ounces each)
- 2 teaspoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- 2 teaspoons Dijon-style mustard
- 1 teaspoon Worcestershire sauce
- 1 clove garlic, minced
- 1/8 teaspoon ground black pepper
- 1/2 cup fat-free mayonnaise dressing or salad dressing
- 8 cups torn romaine lettuce
- 1/2 cup fat-free croutons
- 1 tablespoons shaved Parmesan cheese

DIRECTIONS:

1. Wipe mushrooms clean with a damp cloth. Remove stems and gills from mushrooms. Brush mushrooms lightly with olive oil. For a charcoal grill, grill mushrooms on the rack of an uncovered grill directly over medium coals for 5 minutes. Turn and grill 5 to 7 minutes more or until tender. (For a gas grill, preheat grill. Reduce heat to medium. Place mushrooms on grill rack over heat. Cover and grill as directed above.)
2. Meanwhile, in a small bowl, combine lemon juice, red wine vinegar, Dijon-style mustard, Worcestershire sauce, garlic, and pepper. Whisk in mayonnaise.
3. Slice grilled mushrooms. Toss lettuce with dressing in a very large bowl. Divide among serving plates. Top each with sliced mushrooms, croutons, and cheese.

Nutrition Facts (Healthy Caesar Salad)

71 kcal cal.; 3 g Fat, total; 3 mg chol.; 1 g sat. fat; 10 g carb.; 2 g Monosaturated fat; 3 g fiber; 4 g sugar; 3 g pro.; 1 mg iron; 256 mg sodium; 0 mg Riboflavin; 0 mg Thiamin; 40 mg calcium; 19 mg vit. C; 4227 IU vit. A; 395 mg Potassium; 2 mg Niacin; 0 mg Pyridoxine (Vit. B6); 113 µg Folate; 0 µg Cobalamin (Vit. B12) Percent Daily Values are based on a 2,000 calorie diet



EatingWell[®]
WHERE GOOD TASTE MEETS GOOD HEALTH

From EatingWell: February/March 2006, EatingWell for a Healthy Heart Cookbook (2008), The EatingWell Healthy in a Hurry Cookbook (2006)

Five-spice powder is a Chinese seasoning shortcut combining multiple flavors in one convenient package. Tossed with orange juice and chicken, it makes a terrific salad with a complex, layered taste that belies the simple recipe.

4 servings |

FIVE-SPICE CHICKEN & ORANGE SALAD

INGREDIENTS:

- 6 teaspoons extra-virgin olive oil, divided
- 1 teaspoon five-spice powder, (see Note)
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 1 pound boneless, skinless chicken breasts, trimmed
- 3 oranges
- 12 cups mixed Asian or salad greens
- 1 red bell pepper, cut into thin strips
- 1/2 cup slivered red onion
- 3 tablespoons cider vinegar
- 1 tablespoon Dijon mustard

PREPARATION:

1. Preheat oven to 450°F. Combine 1 teaspoon oil, five-spice powder, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. Rub the mixture into both sides of the chicken breasts.
2. Heat 1 teaspoon oil in a large ovenproof nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, 3 to 5 minutes. Turn them over and transfer the pan to the oven. Roast until the chicken is just cooked through (an instant-read thermometer inserted into the center should read 165°F), 6 to 8 minutes. Transfer the chicken to a cutting board; let rest for 5 minutes.
3. Meanwhile, peel and segment two of the oranges (see Tip), collecting segments and any juice in a large bowl. (Discard membranes, pith and skin.) Add the greens, bell pepper and onion to the bowl. Zest and juice the remaining orange. Place the zest and juice in a small bowl; whisk in vinegar, mustard, the remaining 4 teaspoons oil, remaining 1/2 teaspoon salt and freshly ground pepper to taste. Pour the dressing over the salad; toss to combine. Slice the chicken and serve on the salad.

Five-Spice Chicken & Orange Salad (continued)

Nutrition:

Per serving : 278 Calories; 10 g Fat; 2 g Sat; 6 g Mono; 63 mg Cholesterol; 23 g Carbohydrates; 26 g Protein; 7 g Fiber; 491 mg Sodium; 450 mg Potassium
1 Carbohydrate Serving

Exchanges: 1 fruit, 1 1/2 vegetable, 3 lean meat, 1 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Prepare through Step 2. Store the chicken in an airtight container in the refrigerator for up to 2 days. Slice and serve chilled.
- **Note:** Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.
- **Tip:** To segment citrus: With a sharp knife, remove the skin and white pith from the fruit. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding the membranes.

Smoothy Recipes from Prevention.com

BEST BLENDS

These delicious healthy smoothie recipes make it easy to eat healthy with fruit, milk, immune-boosting yogurt, and other nutritious ingredients.



ORANGE DREAM CREAMSICLE

Need to cool down after a tough workout or a hot day at the beach? Lap up this low-cal, citrus-infused drink.

SERVINGS: 1

1 navel orange, peeled
¼ c fat-free half-and-half or fat-free yogurt
2 Tbsp frozen orange juice concentrate
¼ tsp vanilla extract
4 ice cubes

COMBINE the orange, half-and-half or yogurt, orange juice concentrate, vanilla, and ice cubes. Process until smooth.

NUTRITION (per serving) 160 cal, 3 g pro, 36 g carb, 3 g fiber, 28 g sugars, 1 g fat, 0.5 g sat fat, 60 mg sodium



WORLDS BEST SMOOTHIE

Slurp down this smoothie at breakfast, and you'll feel satisfied until lunchtime.

SERVINGS: 1

1 c plain nonfat yogurt
1 banana
½ c orange juice
6 frozen strawberries

COMBINE the yogurt, banana, juice, and strawberries for 20 seconds. Scrape down the sides and blend for an additional 15 seconds.

NUTRITION *(per serving)* 300 cal, 14 g pro, 63 g carb, 5 g fiber, 45 g sugars, 0.5 g fat, 0 g sat fat, 180 mg sodium



PINEAPPLE PASSION

This decadently thick drink can even satisfy your desire for ice cream!

SERVINGS: 1

1 c low-fat or light vanilla yogurt
6 ice cubes
1 c pineapple chunks

- 1. COMBINE** the yogurt and ice cubes. Blend, pulsing as needed, until the ice is in large chunks.
- 2. ADD** the pineapple and blend at "whip" speed until smooth.

NUTRITION (*per serving*) 283 cal, 3.5 g fat, 2 g sat fat, 167 mg sodium, 53.5 g carbs, 48 g sugars, 2 g fiber, 13 g protein