

# February 2013 recipes

## what's in season?

Arugula, bok choy, broccoli, brussel sprouts, cabbage, carrots, celery, clementines, garlic, grapefruit, green onions, greens, lemons, lettuce, oranges, radishes, spinach, strawberries, sweet potatoes, tangerines

### Tips for adding seasonal produce to snacks and meals:

1. Make your own flavored water by adding slices of lemon and oranges to a pitcher of water.
2. Try an almond butter and tangerine sandwich. Bizarre sounding, but delicious tasting! Or if you're not feeling adventurous, almond butter and strawberries work well together too!
3. Cook sweet potatoes in advance and store in refrigerator for use at any time. Chunks of cold sweet potatoes added to spinach salad (top with pecans) is divine.
4. Snack on celery stuffed with low- fat ricotta cheese.
5. Add chopped or shredded radish to tuna salad for some added crunch.

## monthly recipes

This month's recipes feature 2 different coleslaws to help assure added cabbage and/or broccoli slaw to your diet. Add coleslaw to turkey sandwiches or wraps, fish tacos or try mixing it in with a can of tuna. Now that's creative thinking....

### crunchy coleslaw

Two servings of vegetables in every portion!

#### Ingredients

- 2 tablespoons sunflower seeds, raw and unsalted
- 2 tablespoons almonds, sliced
- 4 tablespoons apple cider vinegar
- 1 teaspoon black pepper
- 1 teaspoon celery seed
- 3 tablespoons canola oil
- 1 Granny Smith apple, diced and not peeled
- 1 pound bag shredded cabbage
- 1 cup shredded carrots

#### Directions

1. Place the sunflower seeds and almonds into a warmed sauté pan. Heat over low until lightly toasted. Remove the nuts from the pan and set aside to cool.
2. Combine the vinegar and spices in a large bowl, then whisk in oil.
3. Toss all ingredients in the bowl to combine. Cover and chill for at least one hour before serving.

Makes 10 one-cup servings.

Per serving: 70 calories, 6 g total fat, 6 g carbohydrate, 1 g protein, 1.6 g fiber, 0 mg cholesterol, 13 mg sodium

Recipe source: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1704787>

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## tangy summer slaw

While this recipe has a name marked for summer, you'll find it contains all in-season fruits and veggies!

### Ingredients

1 tablespoon plus 1 teaspoon tahini  
3 tablespoons balsamic vinegar  
2 cloves garlic, smashed and chopped  
1 teaspoon low-sodium soy sauce  
1 tablespoon warm water  
1 clementine (or use tangerine)  
1 bag (12 ounces) broccoli slaw or cabbage slaw

### Directions

1. Prepare the sauce: Whisk together tahini, vinegar, garlic, soy sauce and water in a large bowl.
2. Zest two of the oranges into the sauce, and stir to combine.
3. Cut the clementine or tangerine in half, and squeeze the juice into the sauce.
4. Add the broccoli slaw to the sauce. Stir to combine.
5. Cover and chill for one hour before serving.

Makes 5 one cup servings

Per serving: 53 calories, 2 g fat, 7 g carbohydrate, 2 g protein, 2 g fiber, 0 mg cholesterol, 28 mg sodium

Recipe Source: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1704844>

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## breakfast pizza

### Ingredients

1 toasted English muffin  
1 tablespoon old-fashioned peanut butter  
1 tablespoon preserves  
1/2 cup strawberries

### Directions

1. Spread each half of the English muffin with peanut butter and jam.
2. Top with strawberries.

Makes 1 serving.

Per serving: 397 calories, 14 g protein, 51 g carbohydrate, 17 g total fat, 4g saturated fat, 360 mg sodium, 6 g fiber 18 g sugar

Note: To reduce sugar and calories in recipe, omit preserves.

Recipe source: <http://www.foodandhealth.com/recipes.php?id=375>