

February 2012 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. Mix pre-shredded broccoli slaw with plain nonfat yogurt and mustard to make a lowfat creamy slaw and then add to turkey sandwiches.
2. Add broccoli florets to pizza toppings.
3. Snack on celery stuffed with hummus.
4. Eat a clementine (or two) for a snack and make a game out of peeling it. Try to get the peel off in one large piece.
5. Add grapefruit slices to salad.

monthly recipes

roasted garlic

After an hour or so in the oven, individual cloves of garlic become sweet, caramelized and infinitely spread-able.

Ingredients

10 medium heads of garlic
3 Tablespoons olive oil

Directions

1. Preheat oven to 400°
2. Arrange heads of garlic on a baking sheet and sprinkle with olive oil
3. Bake 40 minutes to 1 hour. When the garlic is soft and squeezable it's ready.
4. Remove, let cool and serve.

Makes 15 servings.

Per serving: 79 calories, 12 g carbohydrate, 2 g protein, 3 g total fat, 1 g fiber, 6mg sodium, 0mg cholesterol

Recipe source: www.allrecipes.com

broccoli soup

Ingredients

3 cups chopped broccoli (or 2 10-ounce packages frozen broccoli)
1/2 cup diced celery
1/2 cup chopped onion
1 cup low sodium chicken broth
2 cups nonfat milk
2 Tbsp cornstarch
1/4 tsp salt
Dash pepper
Dash ground thyme
1/4 cup grated Swiss cheese

Directions

1. Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender (about 8 minutes).
2. Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.
3. Remove from heat. Add cheese and stir until melted.

Makes 4 servings.

Per serving: 140 calories, 20 g carbohydrate, 11 g protein, 3 g total fat, (2 g saturated fat), 270 mg sodium, 5 g fiber, 10mg cholesterol.

Recipe Source: www.fruitsandveggiesmatter.org

pineapple slaw

Ingredients

- 2 ½ cups shredded cabbage
- 1 cup shredded carrots
- 1 cup pineapple chunks
- ¼ cup raisins
- 2 ½ Tablespoons pineapple juice

Directions

1. Combine all ingredients in a large bowl.
2. Toss and serve or put in a refrigerator covered until serving time.

Makes 6 servings.

Per serving: 60 calories, 14 g carbohydrate, 1 g protein, 0 g fat, 2 g fiber, 20 mg sodium, 0mg cholesterol

Recipe Source: www.fruitsandveggiesmatter.org