

March 2012 recipes

what's in season?

arugula, asparagus, 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 a creamy salsa dressing using plain nonfat yogurt + salsa and use for dipping celery stalks and baby carrots.
2. Blend frozen strawberries + skim milk or plain nonfat yogurt for a quick protein smoothie.
3. Add lemon and orange slices to glasses of water, pitchers of water and/or water bottles.
4. Stuff celery stalks with low-fat cottage cheese and sprinkle with dill.
5. Top pre-washed and bagged baby spinach with rotisserie chicken and sliced strawberries. Drizzle lightly with olive oil.

monthly recipes

citrus cups

Grapefruits and oranges are enhanced with a warm pineapple-lime glaze. Citrus fruits contain monoterpenes which may help prevent cancer.

Ingredients

3 oranges
1 grapefruit
1 lime zest and juice
1/3 cup pineapple juice concentrate

Directions

1. Peel and dice oranges and grapefruit. Remove seeds. Place in medium-sized bowl.
2. Place lime zest and juice and pineapple juice concentrate in a small sauce pan. Bring to a boil then pour over oranges and grapefruit.
3. Mix well and serve in individual bowls or chill for later use.

Makes 4 servings.

Per serving approximately 3/4 cup: 120 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 28 g carbohydrate, 3 g fiber, 13 g sugars, 2 g protein

Recipe source: www.foodandhealth.com

sweet potatoes with raisin sauce

Ingredients

1 pound orange-fleshed sweet potatoes/yams (about 3)
1/2 cup apple juice
1/4 cup raisins
2 teaspoons apple cider vinegar
pinch cinnamon
pinch ginger

Directions

Preheat the oven to 350 °. Peel and cube the sweet potatoes. Place all ingredients together in a large covered casserole dish and mix well. Cover and bake until tender, about 45 -60 minutes. Serve hot.

Makes 4 (1/2 cup) servings.

Per serving: 159 calories, 39 g carbohydrate, 2 g protein, 0.2 g total fat, 4 g fiber, 13 mg sodium, 0 mg cholesterol

Recipe Source: www.foodandhealth.com

celery salad**Ingredients**

3/4 cup sliced celery

1/3 cup dried sweet cherries

1/3 cup frozen green peas, thawed

3 tablespoons chopped fresh parsley

1 1/2 tablespoons fat-free mayonnaise

1 1/2 tablespoons plain low-fat yogurt

1 tablespoon chopped pecans, toasted

1 1/2 teaspoons fresh lemon juice

1/8 teaspoon salt

1/8 teaspoon black pepper

Directions

Combine all ingredients; chill.

Note: If you prefer, substitute dried cranberries and walnuts for the dried cherries and pecans.

Makes 2 (2/3 cup) servings.

Per serving: 160 calories, 28 g carbohydrate, 4 g protein, 4 g total fat, 4.5 g fiber, 332 mg sodium, 0mg cholesterol

Recipe Source: Cooking Light, November 2002.