

BLACK BEAN & HAM SALAD

{salad}



ingredients

- 1/3 cup lime juice
- 1/2 cup olive oil
- 1 clove garlic
- 1 tsp salt
- 1/8 tsp cayenne pepper
- 2 cans (15.5 oz) black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 1 avocado, peeled, pitted and chopped
- 1 red bell pepper, chopped
- 2 tomato, chopped
- 6 green onions, chopped
- 1/2 cup fresh cilantro, chopped
- 1 cup pre-cooked ham cubes

preparation

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, ham cubes, and cilantro if using.

Shake lime dressing, and pour it over the salad. Toss well.

Serve immediately or chill.



Total Fat 25, Sat Fat 4, Trans Fat 3, Mono Fat 16, Cholesterol 15, Sodium 1518, Potassium 1391, Carbs 63, Fiber 15, Sugars 7, Protein 21, Vit A 19, Vit C 67, Vit D 0, Calcium 14, Iron 34

THE BEST BROCCOLI SALAD

{salad}



ingredients

- 8 slices bacon
- 2 bunches broccoli, chopped
- 1 1/2 cups sharp cheddar cheese, grated
- 1/2 red onion, chopped
- 1/8 cup sugar
- 1 tsp salt
- 2/3 cup mayonnaise
- 1 tsp lemon juice

preparation

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and let cool.

In a large bowl, combine broccoli, cheese, bacon and onion.

Prepare the dressing in a small bowl by whisking together the red wine vinegar, sugar, pepper, salt, mayonnaise and lemon juice.

Toss dressing with salad.

Cover, and refrigerate until ready to serve.



Total Fat 16, Sat Fat 5, Trans Fat 11, Mono Fat 8, Cholesterol 21, Sodium 353, Potassium 452, Carbs 8, Fiber 3, Sugars 2, Protein 8, Vit A 35, Vit C 158, Vit D 0, Calcium 15, Iron 6

THAI CUCUMBER SALAD

{salad}



ingredients

- 3 cucumber, peeled, seeded and sliced into ¼ inch slices
- 1 Tbsp salt
- ½ cup sugar
- ½ cup rice vinegar
- 2 jalapeno pepper, seeded and chopped
- ¼ cup fresh cilantro, chopped
- ½ cup peanuts, chopped

preparation

Toss the cucumbers with the salt in a colander, and leave in the sink to drain for 30 minutes. Rinse with cold water, then drain and pat dry with paper towels.

Whisk together the sugar and vinegar in a mixing bowl until the sugar has dissolved.

Add the cucumbers, jalapeno peppers, and cilantro; toss to combine. Chill.

Sprinkle chopped peanuts on top before serving.



Total Fat 9, Sat Fat 1, Trans Fat 1, Mono Fat 5, Cholesterol 0, Sodium 1749, Potassium 411
Carbs 35, Fiber 3, Sugars 30, Protein 6, Vit A 3, Vit C 12, Vit D 0, Calcium 4, Iron 5

STRAWBERRY FETA SALAD

{salad}



ingredients

- 9 cups baby spinach
- 5 cups strawberries, chopped
- ¼ cup honey roasted almonds, chopped
- ½ cup feta cheese crumbled
- ½ cup vegetable oil
- ¼ cup raspberry wine vinegar
- ⅓ cup sugar
- 1 pinch paprika
- 2 Tbsp poppy seeds

preparation

In a large bowl toss the spinach with the strawberries and *honey roasted almonds.

In another small bowl whisk together vegetable oil, raspberry wine vinegar, sugar, paprika and poppy seeds. Pour over the spinach, strawberries and almonds; toss to combine.

Sprinkle the feta over the top of salad.
Serve immediately.

*plain sliced almonds can be substituted (not included in nutrition information)



Total Fat 28, Sat Fat 15, Trans Fat 11, Mono Fat 1, Cholesterol 11, Sodium 181, Potassium 239
Carbs 26, Fiber 6, Sugars 20, Protein 5, Vit A 82, Vit C 140, Vit D 0, Calcium 19, Iron 15

SPARKLING SUMMER FRUIT SALAD

{SALAD}



ingredients

- 1/2 cup orange juice
- 1/2 cup lemon juice
- 1/2 cup brown sugar, packed
- 1/2 tsp orange zest
- 1/2 tsp lemon zest
- 1 tsp vanilla extract
- 2 cups fresh pineapple chunks
 - 3 kiwi, peeled, halved and sliced
 - 3 bananas, sliced
- 1 can (15 oz) mandarin oranges, drained
- 1 cup seedless grapes, halved
- 2 cups blueberries

preparation

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat.

Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.

Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries.

Pour the cooled sauce over the fruit.

Cover and refrigerate for 3 to 4 hours.

Just before serving pour 7-Up over fruit.



Total Fat 0, Sat Fat 0, Trans Fat 0, Mono Fat 0, Cholesterol 0, Sodium 12, Potassium 356 Carbs 3, Fiber 28, Sugars 1, Protein 3, Vit A 5, Vit C 85, Vit D 0, Calcium 4, Iron 3

KID FRIENDLY CHICKEN NUGGET TACO SALAD

{MAIN DISH}



ingredients

- 1 box (12 oz) frozen chicken nuggets
- 1 jar (10 oz) enchilada sauce
- 1/2 cup sour cream
- 1 bag (9 oz) romaine lettuce with carrots
- 1 1/4 cups Cheddar cheese, shredded
- 2 roma (plum) tomato, seeded and diced
- 2 1/2 cups corn chips

preparation

Bake chicken nuggets as directed on package.

Pour 1/2 cup of the enchilada sauce into large custard cup. Dip nuggets, one at a time, into enchilada sauce; shake off excess.

Place coated nuggets back on pan. Bake 2 to 3 minutes longer or until hot. Reserve remainder of sauce.

In small bowl make dressing by mixing remaining enchilada sauce and sour cream with whisk; set aside.

Divide lettuce among 5 dinner plates. Top with cheese, corn chips and chicken nuggets.

Drizzle with dressing.

Serve immediately.



Total Fat 60, Sat Fat 15, Trans Fat 7, Mono Fat 1,6 Cholesterol 70, Sodium 1413, Potassium 443, Carbs 75, Fiber 6, Sugars 4, Protein 30, Vit A 50, Vit C 42, Vit D 0, Calcium 58, Iron 13

HEALTHY AMBROSIA FRUIT SALAD

{salad}



ingredients

- 1 ½ cups fresh pineapple chunks
- 2 cups green grapes
- 1 cup strawberries, quartered
- 1 cup blueberries
- 1 can (15 oz) mandarin oranges
- 1 cup plain Greek yogurt
- ¼ tsp vanilla extract

preparation

Combine fruits in a large bowl and mix gently, being careful not to crush mandarin oranges.

In a separate bowl, combine Greek yogurt, sugar and vanilla and mix well.

Gently fold Greek yogurt sauce into fruit salad.

Serve immediately.



Total Fat 0, Sat Fat 0, Trans Fat 0, Mono Fat 0, Cholesterol 2, Sodium 46, Potassium 266
Carbs 49, Fiber 4, Sugars 44, Protein 3, Vit A 10, Vit C 86, Vit D 0, Calcium 13, Iron 3

GREEK GOODNESS SALAD

{salad}



ingredients

- 3 tomato, chopped
- 2 cucumber, peeled, seeded and chopped
- 1 red onion, chopped
- ¼ cup olive oil
- 4 tsp lemon juice
- 1 ½ tsp dried oregano
- salt & pepper to taste
- 6 black Greek olives, pitted & sliced

preparation

In shallow salad bowl, or on serving platter, combine tomatoes, cucumber, and onion.

In a jar with lid, shake together olive oil, lemon juice, oregano, and salt and pepper to taste until well combined. Drizzle over tomatoes, cucumbers and onions.

Sprinkle feta cheese and olives over the top.

Serve immediately.



Total Fat 16, Sat Fat 5, Trans Fat 3, Mono Fat 8, Cholesterol 22, Sodium 289, Potassium 344
Carbs 9, Fiber 2, Sugars 1, Protein 5, Vit A 15, Vit C 20, Vit D 0, Calcium 14, Iron 5

DECEPTIVELY SIMPLE CRAB SALAD

{MAIN DISH}



ingredients

- 14 OZ crab meat (can also used imitation crab)
- ½ cup mayonnaise
- 2 stalks celery, chopped
- ½ tsp dried dill weed
- ½ tsp Old Bay Seasoning
- salt & pepper to taste

preparation

Into a medium bowl, chop crab into ½-inch pieces.

Add remaining ingredients and gently stir until well combined.

Serve immediately or cover and refrigerate to store.

This salad can be served on whole wheat buns, croissants, or crackers. *(not included in nutrition information)*



Total Fat 4, Sat Fat 0, Trans Fat 1, Mono Fat 1, Cholesterol 26, Sodium 692, Potassium 140 Carbs 2, Fiber 0, Sugars 1, Protein 10, Vit A 0, Vit C 6, Vit D 0, Calcium 3, Iron 2

BRUSCHETTA SALAD

{SALAD}



ingredients

- 6 roma (plum) tomato, seeded and diced
- ½ lb mozzarella cheese, shredded
- 1 cup garlic flavored bagel chips
- ½ cup fresh basil, chopped
- ¼ cup olive oil
- 3 Tbsp red wine vinegar
- 2 clove garlic, minced
- 1 Tbsp dried basil
- salt & pepper to taste

preparation

Combine tomatoes, mozzarella cheese, bagel chips, basil and red onion in a bowl.

In a jar with a lid, combine olive oil, red wine vinegar, garlic, basil, salt and pepper.






Shake well and pour over tomato and cheese mixture until evenly combined.

Refrigerate until chilled, 15 to 30 minutes.



Total Fat 42, Sat Fat 13, Trans Fat 11, Mono Fat 15, Cholesterol 66, Sodium 942, Potassium 730 Carbs 62, Fiber 15, Sugars 13, Protein 38, Vit A 78, Vit C 79, Vit D 0, Calcium 115, Iron 55


RECIPE LEGEND

-  PRE-HEAT TEMPERATURE
-  TOTAL TIME
-  NUMBER OF SERVINGS
-  LEVEL OF EASE (e=EASY, M=MEDIUM, H=HARD)
-  COOKING METHOD

- | | |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|  BAKE |  CHILL |
|  STOVETOP |  FREEZE |
|  MICROWAVE |  READY TO EAT |
|  SLOW COOKER |  MULTIPLE |
|  GRILL | |

- Units of Measure**
- grams
- total fat
 - sat fat
 - trans fat
 - mono fat
 - carbs
 - fiber
 - sugars
- milligrams
- cholesterol
 - sodium
 - potassium
 - vitamin C4
 - Calcium
 - iron
- I.U.
- vitamin A
 - vitamin D3

-  NUMBER OF CALORIES PER SERVING

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  CONTAINS DAIRY |  LOW SODIUM
(MAIN DISH: < 420 MG OTHERS: < 140 MG) |
|  CONTAINS FISH |  HIGH PROTEIN
(MAIN DISH: > 45 G OTHERS: > 15 G) |
|  CONTAINS NUTS |  HIGH FIBER
(MAIN DISH: > 10 G OTHERS: > 5 G) |
|  LOW CALORIE
(MAIN DISH: > 360 OTHERS: < 120) |  HEART HEALTHY
(TOTAL FAT < 6.5 G + SAT FAT < 1 G + TRANS FAT < 0.5 G + CHOL < 20 MG + SODIUM < 480 MG) |
|  LOW CARB
(MAIN DISH & OTHERS: < 15 G) |  GLUTEN FREE |
|  LOW FAT
(MAIN DISH: < 9 G OTHERS: < 3 G) |  VEGETARIAN |