

Healthy Recipes

The foods we eat affect our health. You have to eat healthy to be healthy. To help you make healthy — and good tasting — meals, we suggest the following recipes. Their variety will keep you from getting bored with the same old foods. Try them on your friends to help them eat healthy, too. You might be surprised at how much they like them.

> Grape Apple Waldorf Salad

2 large red delicious apples, unpeeled, cored and cut into cubes
 1/2 cup green grapes, cut in half
 1/4 cup diced celery
 1/4 cup chopped pecans, toasted
 2 tablespoons 100% apple juice
 2 tablespoons plain nonfat yogurt
 2 tablespoons reduced calorie mayonnaise
 Combine cubed apple, grapes, celery and pecans in a medium bowl. Set aside.

In a small bowl, combine juice, yogurt and mayonnaise. Stir with a wire whisk until smooth. Pour over prepared apple mixture. Toss well. Makes 4 servings (approximately 1/2 cup per serving).

Nutritional Information:

Nutrition Facts: Calories 90, Protein 1.2 gm, Carbohydrate 16.3 gm, Dietary Fiber 2.4 gm, Fat 3.1 gm, Saturated Fat 0.5 gm, Sodium 50 mg.

Meal Planning: 1 Carbohydrate, 1/2 Fat

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> Orange Creamsicle Punch

1/2 gallon fat-free milk
 1 (2-liter) bottle diet lemon lime soda
 1 quart orange sherbet
 1 quart reduced-fat vanilla ice cream
 Combine milk and soda in a large punch bowl. Scoop in sherbet and ice cream, and mix until well-combined and melted. Makes about 26 servings.

Nutritional Information:

Nutrition Facts Per Serving: Calories 99, Protein 4g, Carbohydrate 17g, Fat 2g, Calcium 150mg

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Healthy Recipes con't

> Crustless Spinach Pie

Green is truly a lucky color when it comes to the nutrition value of green-colored foods. Dark green vegetables, like spinach, are excellent sources of folic acid, Vitamins E and K and minerals like calcium, magnesium, manganese, iron and potassium. The phytochemical lutein, also found in green vegetables, is strongly associated with vision health and the prevention of macular degeneration and other age-related vision changes. Celebrate the luck of the Irish with this delicious (and very green) Crustless Spinach Pie. By eliminating the crust and using healthier ingredients, we're saving 230 calories, 21 grams of total fat and 14 grams of saturated fat per slice. Talk about lucky!

1 (10 oz) package frozen chopped spinach
1 tablespoon olive oil
1 medium onion, chopped
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/4 teaspoon nutmeg
8 ounces (2 cups) shredded fat-free mozzarella cheese
1/2 cup grated Parmesan cheese
1 tub (15-ounces) non-fat ricotta cheese
3/4 cup egg substitute or 3 large eggs
Preheat oven to 350 degrees F. Coat a deep pie pan with no-stick cooking spray.

Place spinach in a colander to thaw and drain thoroughly.

Coat a large skillet with no-stick cooking spray. Add oil to skillet over medium heat. Add onion and sauté until tender and translucent. Add spinach, salt, pepper and nutmeg. Sauté until all liquid evaporates.

Combine mozzarella, Parmesan and ricotta cheeses in large bowl. Mix in eggs or egg substitutes.

Fold spinach mixture into cheese mixture, and blend well. Spoon filling into prepared pie pan.

Bake for 40 minutes until filling is set and pie is brown on top. Let stand for 10 minutes before cutting and serving. For variation, add 1/4 cup chopped sun-dried tomatoes. Makes 8 slices.

Nutritional Information:

Nutrition Facts Per Slice (Made with Egg Substitute): Calories 180, Protein 23g, Carbohydrate 7g, Dietary Fiber 1g, Total Fat 8g, Saturated Fat 2g, Sodium 623mg, Calcium 595mg

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