

# Salads, Vegetables, and Desserts

## Tips for Preparing Vegetables

### Canned Veggies:

- Drain off liquid, unless going in a stew or soup. Season with small amount of chicken, beef or ham base or bouillon.
- Season with onions sautéed in fat-free Italian dressing in iron skillet, and add veggies.
- Use small amount of brown sugar or orange or pineapple juice in carrots.
- Season with salsa, mushrooms or wine.

### Frozen Veggies:

- Steam with low sodium Greek or Cajun seasoning.
- Sauté Brussels sprouts in iron skillet with small amount of low sodium liquid seasoning (for example Dale's seasoning) or low salt seasoning and small amount water.
- Keep small amount of broccoli or cauliflower thawed and add to salad. Also works well with English peas.
- Toss most frozen veggies into any casserole, stew or soup.
- Cook spinach, drain, add small amount of low sodium liquid seasoning, low-fat Velveeta-type of cheese and bread crumbs.

### Fresh Veggies:

- Cook many veggies on the grill outside or use an indoor grill. You can grill several different types of vegetables such as onions, peppers, sweet potatoes, eggplants, yellow and zucchini squash, halved Brussels sprouts, tomatoes, mushrooms, broccoli or carrots. If making kabobs for the grill, some firmer vegetables, such as carrots and Brussels sprouts, may need to be precooked slightly softer texture.
- Steam in microwave with few drops of water and use low sodium seasoning. Cover well to cook. Make extra to use in salads later.
- Broil tomatoes, broccoli, cabbage quarters, onion, peppers and squash in oven with fat-free Italian dressing. Cut through thickest part of the vegetable so all will be ready at same time.
- Eat veggies raw tossed with fat-free salad dressing of choice, or use flavored vinegars for great taste. Vegetables can also be precooked slightly if you do not prefer the taste of raw vegetables.

**Other tips:**

- Chop any vegetable and add to soups, stews, casseroles.
- Keep small bags of frozen chopped veggies, cooked or raw, to add to an omelet, casserole, or topping on meats.

**Quick Green Bean Salad****Makes 6 servings**

2 16-oz. cans	Green beans, drained
1 8-oz. bottle	Fat-free Italian salad dressing
2	Tomatoes, cut into wedges
1	Cucumber, sliced
1	Onion, sliced

Combine green beans with salad dressing in bowl, mix well. Chill for 2 hours or longer. Top with tomatoes, cucumber and onion. Add other veggies as desired.

*Nutritional Information for one serving:*

*Calories: 80, Total Fat: 0.5g, Cholesterol: 0mg, Sodium: 890 mg, Total Carbohydrate: 16g, Dietary Fiber: 5g, Sugars: 7g, Protein: 3g, Vitamin A: 15%, Vitamin C: 30%, Calcium: 8%, Iron: 10%.*

*Cost per serving: \$1.07*

**Orange Sherbet****Makes 16 servings**

1 can	Sweetened condensed milk – do NOT use fat-free
1 2-liter	Sugar-free orange soda

Combine sweetened condensed milk with some orange soda in ice cream freezer. Add orange soda to fill line and stir well. Freeze. (Try adding crushed pineapple or different flavors of soda.) Makes one large container of ice cream.

*Nutritional Information for one serving:*

*Calories: 70, Total Fat: 1.5g, Saturated Fat: 1g, Cholesterol: 5mg, Sodium: 25mg, Total Carbohydrate: 12g, Dietary Fiber: 0g, Sugars: 12g, Protein: 2g, Vitamin A: 2%, Vitamin C: 0, Calcium: 6%, Iron: 0.*

*Cost per serving: \$0.50*

## Grilled Vegetables

Makes 6 servings

- 2 Eggplants, peeled
- 2 Yellow or zucchini squash
- 1 Large onion
- 2 Large peppers, green, red, or yellow

Slice eggplants and squash, cutting slits in larger sections. Slice onion and peppers. Spray all veggies with fat-free salad dressing spritzer of choice and season with salt free Greek seasoning. Grill 5 to 7 minutes per side, and brush with fat-free salad dressing if desired. Grill extra to use in salads and sandwiches during week. Try grilled turnip root, carrot, Brussels sprouts, pineapple, peaches or nectarines.

*Nutritional Information for one serving:*

*Calories: 70, Total Fat: 0.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 5mg, Total Carbohydrate: 16g, Dietary Fiber: 7g, Sugars: 7g, Protein: 3g, Vitamin A: 8%, Vitamin C: 100%, Calcium: 4%, Iron: 4%.*

*Cost per serving: \$1.55*

## Pickled Pineapple

Makes 8 servings (¼ cup each)

- 1 20-oz. can Pineapple chunks
- ½ cup Pineapple juice
- ¼ cup Sugar substitute
- 1/3 cup White vinegar
- 5 Whole cloves
- ½ Cinnamon stick, broken
- 3 Whole allspice

Drain pineapple chunks and reserve juice. Place chunks in a covered container. Place reserved juice and all other ingredients in a microwave-proof bowl and microwave on high for 5 minutes. Pour over pineapple. Cover and refrigerate. Wait 1 day before serving. Keeps refrigerated for 2 months. This recipe is great used with meats, as a side dish, and on salads.

*Nutritional Information for one serving:*

*Calories: 45, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 12g, Dietary Fiber: 1g, Sugars: 10g, Protein: 0g, Vitamin A: 0%, Vitamin C: 10%, Calcium: 2%, Iron: 2%.*

*Cost per serving: \$0.74*

## Grape Salad

Makes 10-12 servings

8 oz.	Low-fat cream cheese, room temp. (Do not use fat-free)
½ cup	Powdered sugar
1 teaspoon	Vanilla flavoring
2 lbs.	Seedless grapes, washed and dried (may use any grape)
1 cup	Chopped pecans, roasted (optional – adds calories)

Blend cream cheese with powdered sugar and vanilla flavoring. Fold in grapes and pecans.

*Nutritional Information for one serving:*

*Calories: 200, Total Fat: 12g, Saturated Fat: 3g, Cholesterol: 10mg, Sodium: 65mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugars: 19g, Protein: 4g, Vitamin A: 4%, Vitamin C: 15%, Calcium: 4%, Iron: 6%.*

*Cost per serving: \$0.76*

## Cornbread Layered Salad

Makes 6 to 8 servings

1 pkg. (8 ½ oz.)	Cornbread mix and ingredients for mix
6	Green onions, chopped
1 med.	Green pepper, chopped
1 can (15 oz.)	Whole kernel corn, drained
1 can (15 oz.)	Pinto beans, rinsed and drained
½ cup	Low-fat mayonnaise
1 cup	Fat-free sour cream
2 medium	Tomatoes, chopped
½ cup	Low-fat shredded sharp cheddar cheese

Prepare cornbread according to package directions and cool. (Or use leftover cornbread that you have frozen.) Crumble cornbread into a 2-quart glass serving bowl. Add a layer of mixed onions, pepper, corn, beans. Follow with second layers of cornbread and vegetables. *Optional:* add green beans and cucumbers.

In a small bowl, combine mayonnaise with sour cream. Spread over the top layer. Sprinkle with tomatoes and cheese. Refrigerate.

*Nutritional Information for one serving:*

*Calories: 350, Total Fat: 9g, Saturated Fat: 2g, Cholesterol: 40 mg, Sodium: 840 mg, Total Carbohydrate: 55g, Dietary Fiber: 7g, Sugars: 14 g, Protein: 14g, Vitamin A: 15 %, Vitamin C: 40 %, Calcium: 35 %, Iron: 10%.*

*Cost per serving: \$1.12*

## **Frozen Fruit Cups for the Kids**

**Makes 9 ½ dozen (114 foil cups)**

5 pkg. (3 oz. each)	Sugar-free lemon gelatin (may use strawberry)
10 cups	boiling water
5 cans (20 oz. each)	Unsweetened pineapple tidbits, undrained
5 cans (11 oz. each)	Mandarin oranges, drained
5 cans (6 oz. each)	Frozen orange juice concentrate, partially thawed
5 large	Firm bananas, sliced

In a very large bowl, dissolve gelatin in boiling water; cool for 10-15 minutes. Stir in the remaining ingredients. Spoon into foil cups. Put in cupcake tins if desired. Freeze until firm. Remove from the freezer 20-30 minutes before serving.

*Nutritional Information for one serving:*

*Calories: 50, Total Fat: 0g, Saturated Fat: 0g, Cholesterol :0mg, Sodium: 105mg, Total Carbohydrate: 8g, Dietary Fiber: 1g, Sugars: 6g, Protein: 2g, Vitamin A: 4%, Vitamin C: 25%, Calcium: 0%, Iron: 0%.*

*Cost per serving: \$0.19*

## **Broiled Tomato**

**Makes 2 servings**

2 large	Fresh tomatoes
¼ cup	Bread crumbs
¼ cup	Parmesan cheese

Wash tomatoes. Cut bottoms off just enough to make level. Core out the top half of tomatoes, saving the insides. Mix the insides of the tomatoes with the bread crumbs and cheese. Place back in the tomatoes and bake at 350° for 20 minutes or until outside skin starts to break open.

*Nutritional Information for one serving:*

*Calories: 150, Total Fat: 5g, Saturated Fat: 2g, Cholesterol: 10mg, Sodium: 350mg, Total Carbohydrate: 17g, Dietary Fiber: 2g, Sugars: 5g, Protein: 9g, Vitamin A: 2%, Vitamin C: 40%, Calcium: 25%, Iron: 6%.*

*Cost per serving: \$1.99*

## **Oriental Bean and Almond Salad**

**Makes 4 servings (1 cup each)**

1 9-oz. pkg.	Frozen cut green beans, steamed and drained
¼ cup	Sliced, toasted almonds
1 6-oz. can	Bean sprouts, drained well
1 tablespoon	Canola oil
1 tablespoon	Reduced sodium soy sauce

Combine beans, almonds, and sprouts in a salad bowl. Whisk oil, soy sauce, and vinegar together. Pour dressing over bean mixture and serve. Will keep for two days in refrigerator.

*Nutritional Information for one serving:*

*Calories: 100 , Total Fat: 7g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 110mg, Total Carbohydrate: 6g, Dietary Fiber: 3g, Sugars: 0g, Protein: 3g, Vitamin A: 2%, Vitamin C: 15%, Calcium: 6 %, Iron: 4%.*

*Cost per serving: \$1.18*

## **Frozen Fruit Salad**

**Makes 10 servings**

8 oz.	Low-fat cream cheese
1 can	Reduced sugar cherry pie filling
1 10-oz. pkg.	Frozen strawberries, no sugar, thawed
1 15-oz. can	Crushed pineapple, drained
1 6-oz. can	Mandarin oranges, drained
1 10-oz. tub	Reduced sugar whip topping

Blend room-temperature cream cheese to soften. Add all fruits. Fold in whip topping. Spray 9" square pan with nonstick spray. Spread mixture into pan, cover and freeze. Soften to cut. Keep in freezer. Works with any fruit you may have on hand.

*Nutritional Information for one serving:*

*Calories: 270 , Total Fat: 15g, Saturated Fat: 2.5g, Cholesterol: 15mg, Sodium: 280mg, Total Carbohydrate: 33g, Dietary Fiber: 2g, Sugars: 14g, Protein: 5g, Vitamin A: 10 %, Vitamin C: 40 %, Calcium: 4 %, Iron: 6%.*

*Cost per serving: \$1.05*

## **Sage Green Beans**

**Makes 4 servings**

1 lb.	Fresh green beans or canned whole
1 teaspoon	Melted margarine
2 Tablespoons	Chopped fresh sage
	Pepper to taste

Combine all ingredients in large bowl and toss to coat. Spread beans on cookie sheet and roast at 425° for 5 minutes each side.

*Nutritional Information for one serving:*

*Calories: 35, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 10mg, Total Carbohydrate: 7g, Dietary Fiber: 4g, Sugars: 3g, Protein: 1 g, Vitamin A: 6%, Vitamin C: 15 6%, Calcium: 6 %, Iron: 2%.*

*Cost per serving: \$0.58*

## **Copper Penny Carrots**

**Makes 8 servings**

2 lbs.	Fresh carrots, peeled, sliced and cooked until crisp tender
1 small	Fresh green pepper, sliced thin
1 small	Fresh onion, sliced in thin rings

### ***Marinade***

1 can	Low-fat cream of tomato soup
½ cup	Vegetable oil
¾ cup	Splenda
¾ cup	Vinegar, <i>I use half white and half red wine</i>
1 teaspoon	Yellow prepared mustard
1 teaspoon	Worcestershire sauce
1 teaspoon	Oregano or Italian seasoning

Combine carrots, pepper and onion in large bowl with sealable lid. Combine marinade ingredients in small microwave-proof dish. Heat marinade ingredients until warm and sugar equivalent is dissolved. Pour over carrot mixture and toss until vegetables are well coated. Chill at least 8 hours before serving. Better after 24 hours. Will keep for two weeks in refrigerator. *May add cauliflower or broccoli.*

*Nutritional Information for one serving:*

*Calories: 200 , Total Fat: 14g, Saturated Fat: 1.5g, Cholesterol: 0mg, Sodium: 210mg, Total Carbohydrate: 17g, Dietary Fiber: 4 g, Sugars: 8g, Protein: 2 g, Vitamin A: 390%, Vitamin C: 30 %, Calcium: 4%, Iron: 4 %.*

*Cost per serving: \$0.70*

## **Garlic Broccoli and Mushrooms**

**Makes 4 servings**

2 teaspoons Olive oil  
2-3 cloves Garlic cloves, minced  
2 cups Sliced button mushrooms  
4 cups Chopped fresh broccoli crowns, large slices  
1 Tablespoon Chopped fresh rosemary (or 1 tsp. dried)

In large skillet, heat oil. Add garlic and sauté 1 minute. Add mushrooms and sauté 3 minutes, until mushrooms release juice. Add broccoli and rosemary and cook 3-5 minutes or until broccoli is just tender.

*Nutritional Information for one serving:*

*Calories: 50, Total Fat: 2.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 20mg, Total Carbohydrate: 6g, Dietary Fiber: 3g, Sugars: 1g, Protein: 3g, Vitamin A: 45 %, Vitamin C: 110%, Calcium: 4%, Iron: 4%.*

*Cost per serving: \$1.35*

## **Couscous with Sautéed Peppers & Onions**

**Makes 4 servings**

1 Onion, chopped  
1 each Red, green, and yellow pepper, chopped  
1 teaspoon Olive oil  
1 Tablespoon Chicken base or bouillon  
1 cup Couscous

Sauté onion and peppers in oil in non-stick pan until tender. Add water for couscous; should be one cup. Bring mixture to a boil. Add chicken base, stir and add couscous. Remove from heat, and wait 5 minutes for couscous to absorb liquid. Try adding other sautéed veggies such as broccoli, carrots or spinach.

*Nutritional Information for one serving:*

*Calories: 200, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 290mg, Total Carbohydrate: 40g, Dietary Fiber: 4g, Sugars: 3g, Protein: 7g, Vitamin A: 15%, Vitamin C: 160%, Calcium: 2%, Iron: 4%.*

*Cost per serving: \$1.56*

## **Greek Cabbage Coleslaw**

**Makes 10-15 servings**

2 3oz. pkgs. Beef flavored Ramen noodles  
16 oz. Cabbage slaw mix (dry vegetables, no mayonnaise)  
1 cup Sliced almonds, toasted  
1 cup Sunflower seeds  
1 bunch Green onions, chopped

### ***Marinade***

½ cup Sugar  
½ cup Splenda  
1 cup White vinegar  
¾ cup Vegetable oil

Crush uncooked noodles and place in bottom of bowl with resealable lid. Top with slaw mix. Sprinkle almonds, sunflower seeds and green onions on top. Whisk contents from 1 flavor packet with marinade mixture. Heat in microwave until sugar is dissolved. Pour over slaw mixture, cover and chill 24 hours. Toss before servings. Keeps in refrigerator for one week.

*Nutritional Information for one serving:*

*Calories: 410, Total Fat: 23g, Saturated Fat: 2.5g, Cholesterol: 0mg, Sodium: 4110mg, Total Carbohydrate: 43g, Dietary Fiber: 2g, Sugars: 7g, Protein: 6g, Vitamin A: 15%, Vitamin C: 15%, Calcium: 4%, Iron: 10%.*

*Cost per serving: \$0.55*

## Grilled Corn on the Cob

Makes 2 servings

1 teaspoon	Minced garlic
2 teaspoons	Finely chopped fresh cilantro
OR	
1 teaspoon	Onion powder
1 teaspoon	Cumin
1 teaspoon	Crushed red pepper
2 ears	Fresh corn

Cut two 12-inch squares of heavy-duty foil. Spray each ear of corn generously with butter flavored cooking spray. Spread seasonings on corn. Wrap each ear of corn in foil, sealing edges. Allow space for heat expansion. Place on grill, cover and cook on medium heat 10-12 minutes, turning occasionally.

*Nutritional Information for one serving:*

*Calories: 100, Total Fat: 3 g, Saturated Fat: 0 g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 19 g, Dietary Fiber: 2g, Sugars: 5 g, Protein: 4g, Vitamin A: 2 %, Vitamin C: 10%, Calcium: 0%, Iron: 2%.*

*Cost per serving: \$0.46*

## Confetti Spaghetti Salad

Makes 8 servings ( $\frac{3}{4}$  cup each)

1 pkg. (7oz.)	Uncooked whole wheat spaghetti, broken
2 cups	Frozen broccoli, cauliflower, carrot mix
$\frac{1}{4}$ cup	Coarsely chopped red onion
1 medium	Tomato, chopped ( $\frac{3}{4}$ cup)
$\frac{1}{2}$ cup	Fat-free Italian dressing

Cook spaghetti as directed on package, adding frozen vegetables during last 5-7 minutes of cooking time. Drain; rinse with cold water to cool. Drain well. In medium bowl, gently toss all ingredients to coat. Cover; refrigerate at least 1 hour to blend flavors.

*Nutritional Information for one serving:*

*Calories: 130, Total Fat: 1.5 g, Saturated Fat: 0 g, Cholesterol: 0mg, Sodium: 230mg, Total Carbohydrate: 23g, Dietary Fiber: 5 g, Sugars: 3g, Protein: 5 g, Vitamin A: 10%, Vitamin C: 6%, Calcium: 4 %, Iron: 10%.*

*Cost per serving: \$0.50*

## **Broccoli & Tomatoes**

**Makes 2 servings**

2 cups	Bite-size fresh broccoli florets
1 cup	Cherry tomatoes, cut in half (1/2 pint)
¼ teaspoon	Dill weed
1/8 teaspoon	Lemon pepper seasoning

Place broccoli in microwave proof bowl, cover with plastic wrap. Cook in microwave for 2-3 minutes until just tender. Add tomatoes; cook 30 seconds. Toss with dill and lemon-pepper seasoning.

*Nutritional Information for one serving:*

*Calories: 35, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 30 mg, Total Carbohydrate: 7 g, Dietary Fiber: 3g, Sugars: 2 g, Protein: 3g, Vitamin A: 60 %, Vitamin C:130 %, Calcium: 4%, Iron: 4 %.*

*Cost per serving: \$1.76*

## **Caramelized Onion and Sweet Potato Skillet**

**Makes 4 servings**

1 teaspoon	Vegetable oil
½ large	Sweet onion, sliced
3 medium	Sweet potatoes, peeled and sliced
2 tablespoons	Brown sugar Splenda
½ teaspoon	Jerk dry seasoning
1 tablespoon	Chopped fresh parsley (optional)

In a 10-inch cast iron or non-stick skillet, heat oil over medium heat. Add onion and sweet potatoes, cook 5 minutes, stirring occasionally, until light brown. Reduce heat to low. Cover and cook 10-12 minutes, stirring occasionally, until potatoes are tender. Stir in brown sugar Splenda and jerk seasoning. Cook uncovered 3 minutes, until glazed. Sprinkle with parsley.

*Nutritional Information for one serving:*

*Calories: 120, Total Fat: 1g, Saturated Fat: 0 g, Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrate: 26g, Dietary Fiber: 3 g, Sugars: 13g, Protein: 2 g, Vitamin A: 90%, Vitamin C: 30%, Calcium: 2%, Iron: 4 %.*

*Cost per serving: \$0.80*

## Crockpot Sweet Potatoes

Makes 6-8 servings

2 lbs.	Sweet potatoes, peeled and cut into chunks
1 can	Reduced sugar apple pie filling
¼- ½ cup	Brown sugar Splenda
¼- ½ teaspoon	Cinnamon to taste

Place potatoes in 3 ½-4 quart crock pot that has been coated with non-stick spray. Pour apple pie filling over potatoes. Sprinkle brown sugar substitute and cinnamon on top. Cover and cook on low for 6-8 hours or until potatoes are tender and glazed, stirring once during cooking time. You can double this and freeze for later use.

*Nutritional Information for one serving:*

*Calories: 190, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 95mg, Total Carbohydrate: 48g, Dietary Fiber: 4g, Sugars: 24g, Protein: 2 g, Vitamin A: 100%, Vitamin C: 25%, Calcium: 2%, Iron: 4%.*

*Cost per serving: \$1.15*

## Orange Salad

Makes 8-10 servings

2 pkg.	Sugar-free orange gelatin
1 small, 8-10 oz.	Fat-free cottage cheese
1 small, 10 oz.	Fat-free whipped topping
1 can	Mandarin orange segments, well drained

Thoroughly mix the dry gelatin into the cottage cheese. Let the mixture sit for 10 minutes to allow the gelatin time to dissolve. Fold in the whipped topping, then the orange segments. Chill for at least 2 hours before serving, or overnight. You can use strawberry, peach, blueberry gelatin and any well-drained fruit. This dish is a good source of calcium. For the picky eater, mash the cottage cheese into smaller bits.

*Nutritional Information for one serving:*

*Calories: 80, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 130mg, Total Carbohydrate: 13g, Dietary Fiber: 0g, Sugars: 6g, Protein: 3g, Vitamin A: 6%, Vitamin C: 10%, Calcium: 2%, Iron: 0%.*

*Cost per serving: \$0.60*

## Roasted Broccoli with Asiago or Parmesan Cheese

Makes 4 servings

1 ½ pounds      Fresh broccoli stalks trimmed to 2 inches below crowns  
1 tablespoon    Olive oil  
1 cup             Grated Asiago or Parmesan cheese

Preheat oven to 450° F. Cut each crown of broccoli lengthwise into 4 spears. Place broccoli in large mixing bowl and toss with olive oil. Transfer broccoli to large baking sheet. Roast broccoli until just tender and stalks begin to brown, about 25 minutes. Put grated Asiago cheese in mixing bowl. When broccoli is done, return to mixing bowl with cheese. Using tongs, toss to coat.

*Nutritional Information for one serving:*

*Calories: 200, Total Fat: 12g, Saturated Fat: 4.5g, Cholesterol: 20mg, Sodium: 590mg, Total Carbohydrate: 9g, Dietary Fiber: 3g, Sugars: 2g, Protein: 17g, Vitamin A: 6%, Vitamin C: 250%, Calcium: 45%, Iron: 17%.*

*Cost per serving: \$1.38*

## Grilled Asparagus Medley

Makes 8 servings

1 lb.              Fresh asparagus, trimmed  
1 each            Red, yellow and green pepper, julienne cut (narrow strips)  
1 cup             Sliced fresh mushrooms  
1 medium        Tomato, chopped  
1 medium        Onion, sliced  
1 tablespoon    Olive oil  
1 tablespoon    Minced garlic  
1 tablespoon    Lemon pepper seasoning

In a disposable foil pan, combine vegetables and garlic; drizzle with oil and toss to coat. Sprinkle with lemon pepper seasoning. Grill, covered, over indirect medium heat for 20 minutes.

*Nutritional Information for one serving:*

*Calories: 80, Total Fat: 0.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 95mg, Total Carbohydrate: 14g, Dietary Fiber: 4g, Sugars: 7g, Protein: 4g, Vitamin A: 25%, Vitamin C: 190%, Calcium: 4%, Iron: 6%.*

*Cost per serving: \$1.26*

## **Crock Pot Hot Fruit Salad**

**Makes 16 servings**

1 jar	Chunky applesauce (25 oz.)
1 can	Reduced sugar cherry pie filling
1 can	Pineapple chunks, undrained (20 oz.)
1 can	Water packed sliced peaches, undrained (15 oz.)
1 can	Apricots, undrained (15 oz.)
1 can	Mandarin oranges, undrained (15 oz.)
½ cup	Brown sugar Splenda
1 teaspoon	Ground cinnamon

Coat crock pot with non-stick spray. Put in all fruit and stir gently. Combine brown sugar Splenda and cinnamon; sprinkle over fruit mixture. Cover and cook on low for 3 hours.

*Nutritional Information for one serving:*

*Calories: 120 , Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 10mg, Total Carbohydrate: 29g, Dietary Fiber: 2g, Sugars: 24g, Protein: 1g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 2%, Iron: 4%.*

*Cost per serving: \$1.39*

## **Rutabaga Fries**

**Makes 4 servings**

2 large	Fresh rutabagas
1 teaspoon	Olive oil
1 teaspoon	Salt free Creole seasoning
	Butter flavored non-stick pan spray

Preheat oven to 450°. Peel rutabagas, using a vegetable peeler. Cut into strips the size of steak fries. Toss fries with olive oil until coated. Sprinkle with Creole seasoning. Place fries in single layer on cookie sheet. Bake for 25-30 minutes or until tender and cooked to your liking. A great substitute for regular fries.

*Nutritional Information for one serving:*

*Calories: 150 , Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 75mg, Total Carbohydrate: 31g, Dietary Fiber: 10g, Sugars: 22g, Protein: 5g, Vitamin A: 0%, Vitamin C: 160%, Calcium: 20 %, Iron: 10%.*

*Cost per serving: \$0.70*

## Triple Berry Spinach Salad

Makes 6 servings

1 9-oz. pkg.	Fresh baby spinach
1/3 cup	Sliced fresh strawberries
1/3 cup	Fresh raspberries
1/3 cup	Fresh blueberries
¼ cup	Sliced red onion
1/3 cup	fat-free raspberry vinaigrette

Combine spinach with berries and onion in a large serving bowl. Toss with vinaigrette.

*Nutritional Information for one serving:*

*Calories: 45, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 85mg, Total Carbohydrate: 12g, Dietary Fiber: 3g, Sugars: 4g, Protein: 1g, Vitamin A: 30%, Vitamin C: 25%, Calcium: 4%, Iron: 8%.*

*Cost per serving: \$1.32*

## Broccoli Salad

Makes 10 servings

4 cups	Chopped raw broccoli
1 cup	Raisins
1 medium	Red onion, chopped
1 4-oz. pkg	Salted sunflower seeds
1 2-oz. pkg.	Sliced almonds, toasted

### Dressing:

2 teaspoons	Red wine vinegar
2 teaspoons	Splenda
1 cup	Light mayonnaise

Wash and drain broccoli, cutting into small bite size bits. Add raisins, onion, sunflower seeds and almonds. Keep in sealed container with paper towel to absorb moisture. Combine dressing ingredients in a jar. One hour before serving, mix the salad dressing and toss with the broccoli salad to coat.

*Nutritional Information for one serving:*

*Calories: 240, Total Fat: 18g, Saturated Fat: 18g, Cholesterol: 10mg, Sodium: 270mg, Total Carbohydrate: 20g, Dietary Fiber: 3g, Sugars: 10g, Protein: 5g, Vitamin A: 110%, Vitamin C: 60%, Calcium: 4%, Iron: 10%.*

*Cost per serving: \$0.99*

## Gazpacho

Makes 8 servings ( $\frac{3}{4}$  cup each)

4 large	Tomatoes, peeled, seeded and chopped
1 cup	Low sodium tomato juice
1 cup	Chopped cucumber
1	Avocado peeled and chopped
1	Red pepper, chopped
2 teaspoon	Chopped jalapeno pepper
$\frac{1}{4}$ cup	Chopped scallions or yellow onion
2 Tablespoons	Lemon juice
1 teaspoon	Sugar equivalent
$\frac{1}{2}$ teaspoon	Garlic powder

Combine all ingredients and marinate in refrigerator for at least 2 hours. Serve as a chilled soup, salad, or as a dip with raw vegetables. Gazpacho keeps well for 3 days in refrigerator.

*Nutritional Information for one serving:*

*Calories: 80, Total Fat: 4 g, Saturated Fat: 0.5g, Cholesterol: 0mg, Sodium: 30mg, Total Carbohydrate: 11g, Dietary Fiber: 3g, Sugars: 5 g, Protein: 2g, Vitamin A: 10%, Vitamin C: 70%, Calcium: 2%, Iron: 4%.*

*Cost per serving: \$1.21*

## Pasta Salad

Makes 4 servings (1 cup each)

3 oz.	Whole wheat spaghetti pasta or other wheat pasta
1/3 cup	Low sodium tomato juice
1 tablespoon	<i>Good Seasons</i> garlic and herb dressing mix
1 teaspoon	Olive oil
3 teaspoons	Lemon juice
1	Zucchini, sliced thin
4 oz.	Fresh mushrooms, sliced thin
¼ cup	Chopped celery

Cook pasta according to package directions. Rinse with cold water and drain well. Combine raw vegetables in salad bowl, toss with drained pasta. Whisk tomato juice, dressing mix, oil, and lemon juice together. Toss dressing with pasta and vegetables before serving. Serve immediately, or chill. *Optional:* Add cooked meat for a complete meal.

*Nutritional Information for one serving:*

*Calories: 120, Total Fat: 1.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 490mg, Total Carbohydrate: 22g, Dietary Fiber: 3g, Sugars: 3g, Protein: 5g, Vitamin A: 4%, Vitamin C: 30%, Calcium: 2%, Iron: 6%.*

*Cost per serving: \$0.61*