

Broccoli Salad

Tip:

Reduced-fat bacon pieces are available near the salad dressings in the grocery store. You could make this even more low-fat by using fat-free mayonnaise and omitting the cheese. Splenda could also be substituted for the sugar in the dressing.

Gather Ingredients:

3 heads of broccoli (florets only, chopped)
 6 green onions, chopped
 1 cups reduced-fat cheddar cheese, grated
 ½ cup unsalted peanuts
 1 package reduced-fat bacon pieces

Dressing:

1 cup light mayonnaise
 1/3 cup apple cider vinegar
 ½ cup sugar

Nutrition Facts

Servings per Recipe: 24
 Serving Size: ½ cup

Calories per Serving: 120
 Total Fat: 7g
 Saturated Fat: 2.5g
 Cholesterol: 10mg
 Sodium: 350mg
 Total Carbohydrate: 8g
 Dietary Fiber: 1g
 Sugars: 5g
 Protein: 6g

%DV Vit A: 10%
 %DV Vit C: 45%
 %DV Calcium: 4%
 %DV Iron: 0%

Steps:

1. Combine chopped broccoli florets, chopped green onions, reduced-fat grated cheese, peanuts, and reduced-fat bacon pieces in a large bowl.
2. Mix light mayonnaise, vinegar, and sugar together with a whisk until combined well and smooth.
3. Pour dressing over broccoli mixture and combine well.
4. Refrigerate for at least 30 minutes before serving.

Chinese Chicken Salad

Salads

Gather Ingredients:

1 head cabbage
3 grilled chicken breast
3 diced green onions
3 tablespoon sliced almonds
3 tablespoon toasted sesame seeds
½ cup instant oriental noodles (noodles only)
1 can mandarin oranges

Dressing:

½ cup canola oil
3 tablespoon vinegar
2 tablespoon sugar
½ teaspoon salt
½ teaspoon pepper

Nutrition Facts

Servings per Recipe: 4
Serving Size:

Calories per Serving: 560
Total Fat: 36g
Saturated Fat: 3.5g
Cholesterol: 30mg
Sodium: 490mg
Total Carbohydrate: 43g
Dietary Fiber: 9g
Sugars: 28g
Protein: 20g

%DV Vit A: 20%
%DV Vit C: 150%
%DV Calcium: 15%
%DV Iron: 15%

Steps:

1. Combine all salad ingredients.
2. Cut chicken into shredded bite size pieces and add to salad.
3. Sprinkle sesame seeds and almonds; add the dry uncooked oriental noodles, breaking them into the salad.
4. Add dressing and stir.
5. Refrigerate for an hour before serving

Egg Salad

Salads

Tip:

Eggs are easily contaminated with Salmonella organisms. Never eat or serve a dish or beverage made with raw fresh eggs.

Salmonella is destroyed by cooking eggs to an internal temperature of 145 degrees F.

Egg-Milk dishes, such as custard, must be cooked to an internal temperature of 160 degrees F.

The freshest eggs sink and lie flat on their sides when submerged in cool water. By the time the egg is a week old the broad end of the egg tilts up when submerged in cool water. (These eggs are easier to peel when hard-cooked.) A week or two later, the broad end of the egg will point straight up when submerged in water. (These eggs should only be used in sauces where it doesn't matter if it isn't picture-perfect.) After four weeks, the egg will float. Throw it away.

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 233

Total Fat: 10g

Saturated Fat: 2.5g

Cholesterol: 215mg

Sodium: 482mg

Total Carbohydrate: 26g

Dietary Fiber: 3.5g

Sugars: 12g

Protein: 12g

%DV Vit A: 6%

%DV Vit C: 0%

%DV Calcium: 8%

%DV Iron: 13%

Gather Ingredients:

4 hard-cooked eggs

1 teaspoon mustard

2 tablespoons lite mayonnaise

2 tablespoons plain lowfat yogurt

1 medium dill pickle

Salt (optional)

8 slices whole wheat bread

Steps:

1. Mash hard-cooked eggs with fork in bowl.
2. Measure out mustard, mayonnaise and yogurt. Mix in with egg.
3. Chop pickle very fine. Stir into egg mix. Add salt if needed.
4. Chill.
5. Serve on whole wheat bread.

*Recipe analyzed without added salt.

Fancy Fruit Salad

Salads

Tips:

Children can help make this quick and easy fruit salad. By using reduced fat and sugar free products this becomes a low calorie treat.

On special occasions you can add ½ cup chopped pecans or walnuts. This will add an additional 38 calories and 4 grams of total fat per serving.

Gather Ingredients:

- 1 large can fruit cocktail
- 1 large can pineapple chunks
- 1 can mandarin oranges
- 1 small box sugar free orange gelatin
- 8 ounces fat-free sour cream
- 1 small container light whipped topping

Steps:

1. Open all cans of fruit and pour into colander in the sink. Rinse lightly to drain off syrups.
2. Transfer fruit to a large bowl and stir to mix.
3. In a separate mixing bowl, mix the gelatin powder and sour cream. Fold in whipped topping.
4. Combine gelatin mixture and fruit. Add marshmallows. Stir until evenly mixed. Store in refrigerator.

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 recipe

Calories per Serving: 90
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 20mg
Total Carbohydrate: 18g
Dietary Fiber: 1g
Protein: 1g

%DV Vit A: 4%
%DV Vit C: 15%
%DV Calcium: 4%
%DV Iron: 0%

Ham Salad (for sandwiches)

Salads

Tips:

Even the kids will love this quick and easy alternative to the traditional old' sandwich. Serve Ham Salad on 100% whole wheat bread, tortillas, or pitas.

CAUTION: The sodium content of this recipe is high (greater than 50% of your daily needs) due to the use of luncheon meat. Persons on a limited sodium meal plan should not use this recipe. Others should be mindful of their daily intake of sodium from other meals. Serve with fresh vegetables such as leaf lettuce and tomatoes.

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ cup

Calories per Serving: 150
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 55mg
Sodium: 1470mg
Total Carbohydrate: 3g
Dietary Fiber: 0g
Protein: 19g

%DV Vit A: 34%
%DV Vit C: 18%
%DV Calcium: 30%
%DV Iron: 10%

Gather Ingredients:

1 pound lean lunchmeat ham
2 teaspoons pickle relish
1/8 cup chopped celery
1 tablespoon chopped onion
Low-fat or Fat-free mayonnaise

Steps:

1. Using a cutting board, chop ham into small pieces.
2. In a bowl, mix the ham, pickle relish, chopped celery and chopped onion.
3. Add mayonnaise slowly; you'll need just enough to make the mixture stick together. Refrigerate until ready to use.

Hot Chicken Salad

Salads

Tips:

Substituting with Campbell's "Healthy Request" soups in recipes can decrease the sodium and fat content.



Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 cup

Calories per Serving: 180
Total Fat: 2g
Saturated Fat: 0.5g
Cholesterol: 95mg
Sodium: 310mg
Total Carbohydrate: 21g
Dietary Fiber: 1g
Sugars: 2g
Protein: 17g

%DV Vit A: 8%
%DV Vit C: 20%
%DV Calcium: 4%
%DV Iron: 6%

Gather Ingredients:

- 4 eggs, boiled
- ¾ cup fat-free mayonnaise
- 1 can low-fat cream of chicken soup
- ¼ cup chicken broth or bouillon
- 2 tablespoons lemon juice
- 4 cups cooked chopped chicken breasts
- 1-small jar drained chopped pimentos
- 1 cup chopped celery
- 2 tablespoons finely chopped onions
- ¼ cup chopped green pepper
- 1 ½ cups cooked long grain rice (¾ cup uncooked)
- 1 tsp. salt (optional)
- 1 cup low-fat grated cheese
- 2 cups baked potato chips

Steps:

1. Mix mayonnaise, soup, broth, and lemon juice together.
2. Add chopped cooked chicken, pimentos, celery, onions, green pepper, cooked rice, and salt to mayonnaise mixture. Stir well.
3. In a 9 X 13 casserole dish, make a layer of chicken mixture, add ½ of sliced hard boiled eggs, and repeat the layers.
4. Top with grated cheese and crushed baked potato chips. Bake at 350* for 30 minutes.

Italian Vegetable Salad

Tips:

This is a great “make ahead” salad to feed a large bunch. You can reduce the fat by leaving out the olives and using less cheese and creamy dressing.

Gather Ingredients:

5 cups broccoli florets (1 large bunch)
5 cups cauliflowerets (1 large bunch)
4 plum tomatoes, chopped
1 medium cucumber, peeled & sliced
1 medium sweet onion, thinly sliced
1 cup sliced carrots
2 cans (2.25 ounce) sliced black olives, drained
1 (8 ounce) bottle Fat-Free Zesty Italian Salad Dressing
1 (8 ounce) bottle Reduced Fat Creamy Italian Salad Dressing
2 cups shredded part-skim mozzarella cheese

Salads

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1/10 recipe

Calories per Serving: 160
Total Fat: 8g
Saturated Fat: 3g
Cholesterol: 15mg
Sodium: 570mg
Total Carbohydrate: 14g
Dietary Fiber: 3g
Protein: 9g

%DV Vit A: 100%
%DV Vit C: 110%
%DV Calcium: 20%
%DV Iron: 8%

Steps:

1. In a large bowl, combine first 8 ingredients.
2. Combine the salad dressings together. Pour over vegetables and toss to coat.
3. Cover and refrigerate at least 4 hours or overnight.
4. Stir in cheese just before serving.

Mardi Gras Salad

Salads

This salad is a Heart Healthy Dish.

Walnuts, olive oil, beans, fruits and vegetables are all a part of a Heart Healthy diet.

Nutrition Facts

Servings per Recipe: 6

Serving Size: 1 cup

Calories per Serving: 190

Total Fat: 7g

Saturated Fat: 1g

Cholesterol: 0 mg

Sodium: 200mg

Total Carbohydrate: 27g

Dietary Fiber: 6g

Sugars: 12g

Protein: 5g

%DV Vit A: 0%

%DV Vit C: 90%

%DV Calcium: 6%

%DV Iron: 10%

Gather Ingredients:

2 cups shredded red cabbage

19 ounce can Cannellini Beans or your choice, drained and rinsed

11 ounce can Mandarin Oranges, drained

½ cup walnuts

2 green onions, chopped

Dressing:

2 Tablespoons Extra virgin olive oil

2 Tablespoons Balsamic vinegar

2 Tablespoons Orange juice

Steps:

1. Put all the first 5 ingredients in a bowl. Add salt and pepper to taste.
2. Whisk together dressing ingredients. Add to salad and toss all.
3. Serve.

Pasta Salad

Gather Ingredients:

- 1 pkg. cork screw pasta or any pasta
- 1 small onion, chopped
- ½ green pepper, chopped
- 1 small cucumber, chopped
- 1 cup broccoli, chopped
- 1 cup carrots, chopped
- 1 tomato, chopped
- 1 bottle Light Italian salad dressing



Salads

Nutrition Facts

Servings per Recipe: 18
Serving Size: ½ cup

Calories per Serving: 90
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 370mg
Total Carbohydrate: 15g
Dietary Fiber: 3g
Sugars: 3g
Protein: 4g

%DV Vit A: 40%
%DV Vit C: 20%
%DV Calcium: 0%
%DV Iron: 6%

Steps:

1. Cook pasta to al dente.
2. Mix cooked pasta and all ingredients together in a large bowl.
3. Refrigerate 2 hours.

Potato Salad

Salads

Tips:

To reduce the fat in this recipe the mayonnaise and sour cream are substituted with nonfat mayonnaise and sour cream.

Light Italian dressing was also used to reduce the fat in this recipe.

Nutrition Facts

Servings per Recipe: 8
Serving Size: ½ cup

Calories per Serving: 70
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 590mg
Total Carbohydrate: 14g
Dietary Fiber: 1g
Sugars: 0g
Protein: 1g

%DV Vit A: 2%
%DV Vit C: 30%
%DV Calcium: 4%
%DV Iron: 2%

Gather Ingredients:

- 1/3 cup Light Italian dressing
- 7 medium potatoes, cook in jackets, peeled , sliced
- ¾ cup sliced celery
- 1/3 cup sliced green onions
- 4 hard-cooked eggs (optional)
- 1 cup fat-free mayonnaise
- ½ fat-free sour cream
- 1 ½ teaspoons horseradish mustard
- parsley to taste

Steps:

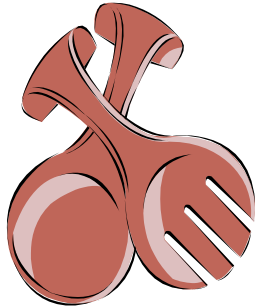
1. Pour Italian dressing over warm potatoes; Chill 2 hours.
2. Add celery and onions. Chop egg whites; add. (optional)
3. Sieve egg yolks (Optional)
4. Mix egg yolks with mayonnaise, sour cream, and mustard.
5. Fold into salad.
6. Add salt and celery salt to taste
7. Chill 2 hours.

Ramen Noodle Salad

Salads

Tips:

Canola Oil is a heart healthy oil. Use the oil in place of other vegetable oils, shortening/lard, or butter.



Nutrition Facts

Servings per Recipe: 8
Serving Size: ½ cup

Calories per Serving: 90
Total Fat: 4.5 g
Saturated Fat: 1.5g
Cholesterol: less than 5mg
Sodium: 250mg
Total Carbohydrate: 11g
Dietary Fiber: less than 1g
Sugars: 0g
Protein: 1g

%DV Vit A: 6%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 4%

Gather Ingredients:

2 cups packaged coleslaw or broccoli slaw
1 package Chicken Flavored Ramen Noodle soup mix
4 green onions, green and white parts, thinly sliced
2 tbs. Sugar
3 tbs. Apple cider vinegar
1 tbs. Canola Oil
¼ cup water
1 tsp. grated, peeled fresh gingerroot (optional)

Steps:

1. Mix coleslaw, onions, noodles in a large bowl.
2. Mix remaining ingredients (including spice mix from soup) together in a small bowl using a wire whisk.
3. Add dressing to coleslaw mixture; toss to coat evenly.
4. Chill, covered, for one hour before serving.

Salmon Salad

Salads

Tip:

Heat sterilization processes for canned salmon softens the bones and skin to the point where they can be easily mashed and blended into salads, casseroles and other delicious dishes.

A 3.5 ounce portion (about $\frac{3}{4}$ cup) contains 1.7 grams of omega-3 fatty acid and 213 milligrams of calcium.

You can safely eat 12 ounces per week of cooked fish—just pick a variety of different species.



For more recipes using salmon, visit The Alaska Seafood Organization at www.alaskaseafood.org

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 206
Total Fat: 6g
Saturated Fat: 1.5g
Cholesterol: 27mg
Sodium: 645mg
Total Carbohydrate: 25g
Dietary Fiber: 3.5g
Sugars: 11g
Protein: 15g

%DV Vit A: 2%
%DV Vit C: 1%
%DV Calcium: 15%
%DV Iron: 12%

Gather Ingredients:

- 1 stalk celery
- 1 medium dill pickle
- 2 tablespoons light mayonnaise
- 2 tablespoons plain lowfat yogurt
- 1 cup pink salmon

Steps:

Do Ahead Preparation:

1. Chop celery and pickle very fine.
2. Mix everything together in bowl.
3. Chill.

Once chilled, serve on whole wheat bread for sandwiches.

*Recipe analyzed using 100% whole wheat bread slices

Spinach Salad

Salads

Tip:

Spinach is a good source of vitamin A and vitamin C. Spinach has a lot of calcium, but your body absorbs very little due to the presence of a compound called oxalic acid. The most nutritious way to serve this food is fresh or lightly steamed to preserve its vitamin C.

When buying spinach, look for fresh, dark-green leaves that are free of dirt and debris. Avoid yellowed leaves. Store loose leaves in a roomy plastic bag in the refrigerator. When ready to use, wash the spinach under cool running water. Trim the ribs and stems which are a good source of fiber. Refrigerate the damp leaves to make them crisp for your salad.



Nutrition Facts

Servings per Recipe: 2
Serving Size: ½ of recipe

Calories per Serving: 57
Total Fat: 5g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 109mg
Total Carbohydrate: 1g
Dietary Fiber: 5g
Sugars: 0g
Protein: 2g

%DV Vit A: 60%
%DV Vit C: 22%
%DV Calcium: 5%
%DV Iron: 21%

Gather Ingredients:

¼ pound fresh spinach (washed and torn into bite-sized pieces, tough veins & stems removed or trimmed)
2 teaspoons canola oil
2 teaspoons cider vinegar
1/8 teaspoon black pepper
1 packet artificial sweetener
2 teaspoons Imitation bacon bits (optional)

Steps:

1. Wash spinach and tear into bite-sized pieces; drain in colander. Spinach can be stored several hours or overnight in large container or plastic bag in refrigerator.
2. Put oil, vinegar, and pepper in Dutch oven; heat to sizzling; turn off heat; add spinach and artificial sweetener; toss to evenly distribute hot dressing on spinach. Serve immediately. Sprinkle with bacon bits, if desired.

*Recipe analyzed with imitation bacon bits.

Strawberry-Avocado Salad

Salads

Tips:

Make sure to allow time to refrigerate the dressing when preparing this recipe—it's a must to impress your taste buds!



Avocados are packed with vitamins and minerals. Even though avocados have a fair amount of fat, mostly monounsaturated, they are fairly reasonable on calories when compared to other high-fat toppings like butter, sour cream, and cream cheese. Monounsaturated fats, when substituted for saturated fats, can help to lower LDL (bad) cholesterol and maintain HDL (good) cholesterol levels.



Nutrition Facts

Servings per Recipe: 8
Serving Size: 1.5 cups

Calories per Serving: 160
Total Fat: 11g
Saturated Fat: 1.5g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 187mg
Total Carbohydrate: 15g
Dietary Fiber: 3g
Sugars: 12g
Protein: 1.5g

%DV Vit A: 71%
%DV Vit C: 53%
%DV Calcium: 3%
%DV Iron: 6%

Gather Ingredients for Dressing:

¼ cup olive oil
¼ cup Raspberry wine vinegar
1½ Tablespoons sugar
¼ teaspoon hot sauce
¼ teaspoon salt
1/8 teaspoon black pepper
¼ teaspoon ground cinnamon

Gather Ingredients for Salad:

1 pound of Romaine lettuce, torn (about 8 cups)
1 cup mandarin oranges canned in light syrup
1 cup strawberries, stemmed and quartered
½ small red onion, sliced
¼ cup toasted pecans, chopped coarsely
½ avocado, sliced

Steps:

1. Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar.
2. Shake well and refrigerate 2 hours.
3. Combine the romaine lettuce, oranges, strawberries, onion, pecans and avocado in large bowl.
4. Top with half the dressing; toss well. Serve with the remaining dressing.

Recipe from: Intercourses—an aphrodisiac cookbook by Martha Hopkins and Randall Lockridge

Tuna Salad

Tips:

Canned tuna can often be high in sodium. To reduce the salt or sodium content, drain the tuna when opened. Next, place the tuna in a colander or strainer and gently run hot water over the meat. Drain the excess water and continue with the recipe.



Albacore tuna makes a great substitution for white tuna. Albacore tuna contains higher amounts of omega-3 fatty acids, which may help to reduce inflammation and lower your risk for Coronary Heart Disease.

Salads

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 196
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 15mg
Sodium: 547mg
Total Carbohydrate: 25g
Dietary Fiber: 3.5g
Sugars: 11g
Protein: 17g

%DV Vit A: 2%
%DV Vit C: 1%
%DV Calcium: 6%
%DV Iron: 13%

Gather Ingredients:

- 1 stalk celery
- 1 medium dill pickle
- 2 tablespoons light mayonnaise
- 2 tablespoons plain lowfat yogurt
- 6½ or 7 ounce can of tuna, drained
- 8 slices of whole wheat bread

Steps:

Do Ahead Preparation:

1. Chop celery and pickle very fine.
2. Mix everything together in bowl.
3. Chill.

Once chilled, serve on whole wheat bread.