Blueberry Chicken Salad

Ingredients:
2 cups chopped cooked chicken breasts  
1/2 cup thin diagonally sliced celery  
1/3 cup light mayonnaise  
1 tsp. grated lemon peel  
1/8 tsp. salt  
1/8 tsp. pepper  
1 cup blueberries

Mix chicken, celery, mayo, lemon peel, salt & pepper.
Add blueberries; stir gently to combine.
Serve immediately or cover and refrigerate until ready to serve.

Makes 4 one cup servings.

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<th>Nutrition Facts (per one cup serving)</th>
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Tropical Fruit Salad

Ingredients:
1 cup of chunk pineapple  
1 cup of bite-size mango  
1 cup of bite-size papaya  
1/2 grapefruit, peeled, sectioned  
1/4 cup dried cranberries  
2 tbsp. light mayonnaise  
2 tbsp. light sour cream  
1 tbsp. sugar  
1 tbsp. orange juice

Combine fruit in large bowl  
Mix remaining ingredients until well blended. Add to fruit mixture; toss to coat. Cover.
Refrigerate several hours or until chilled.

Makes 4 one cup servings.

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Cottage Shells ‘N Spinach

Ingredients:
1 pkg. (7oz.) small shell pasta, uncooked
1 pkg. (10 oz.) frozen chopped spinach, thawed, drained
1 cup low fat cottage cheese
1 cup cherry tomatoes, halved
1/2 cup grated parmesan cheese
1/2 cup finely chopped red onion

Cook pasta as directed on package; drain.
Mix remaining ingredients.
Toss warm pasta with cottage cheese mixture.
Makes 6 servings.

Nutrition Facts
(per serving)
Calories 220
Total Fat 4.5g
Carbohydrate 31g
Sodium 320mg
Fiber 3g
Protein 14g

Sweet Potato, Apple, & Spinach Salad

Ingredients:
1/4 cup Catalina Dressing
3 cups chopped, peeled sweet potatoes
1 medium onion, sliced
2 medium apples, chopped
1 medium pear, chopped
1 (10 oz.) bag baby spinach leaves

Heat dressing in large skillet on medium heat. Add potatoes and onion; cook 10 minutes or until tender, stirring occasionally.
Add apples and pears; cook 3 minutes, stirring frequently.
Toss with spinach in large salad bowl. Serve immediately.
Makes six 1-1/2 cup servings.

Nutrition Facts
(per serving)
Calories 140
Total Fat 2.5g
Carbohydrate 29g
Sodium 190mg
Fiber 5g
Protein 3g

Easy Ideas for Healthy Summer Eating

• Keep fresh berries to add to salads and yogurts.
• Dip fresh green beans in low-fat cottage cheese.
• Freeze 100% juice for homemade popsicles
• Mix your favorite fruit, yogurt, and milk in a blender for a fruity summer smoothie.
• Grill meat and veggie kabobs.
• Marinate meats in salsa before cooking/grilling.
• Enjoy seasonal fruits and vegetables like strawberries, pears, summer squash, and sweet corn.
• Keep raw, cut up vegetables in the refrigerator to eat with low-fat dips.