

Healthy Budget Cooking

Presents

Sizzlin' Summer Salads

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.

Nutrition Facts (per one cup serving)

Calories	200
Total Fat	8g
Carbohydrate	8g
Sodium	260mg
Fiber	1g
Protein	22g



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.

Nutrition Facts (per one cup serving)

Calories	130
Total Fat	3g
Carbohydrate	26g
Sodium	50mg
Fiber	2g
Protein	1g



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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.