

Spinach and Strawberry Salad

- 2 bunches spinach, rinsed and torn into bite size pieces
- 4 cups sliced strawberries
- ½ cup vegetable oil
- ¼ cup white wine vinegar
- ½ cup white sugar
- ¼ tsp paprika
- 2 Tbsp sesame seeds
- 1 Tbsp poppy seeds

In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, toss to coat.

Yield: 8 servings –
Calories per serving: 232, Total Fat 16g, Cholesterol 0mg
Sodium 69mg, Total Carb 22.1g, Fiber 4.6g, Protein 3.5g



Chili Lime Chicken Kabobs

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| 3 Tbs olive oil | ½ tsp garlic powder |
| 1 ½ Tbsp red wine vinegar | cayenne pepper to taste |
| 1 lime, juiced | salt and pepper to taste |
| 1 tsp chili powder | 1 lb boneless, skinless chicken breast halves, cut into 1 1/2 inch pieces |
| ½ tsp paprika | |
| ½ tsp onion powder | |

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic powder, cayenne pepper, salt, and pepper. Place chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour. Preheat the grill to medium high heat. Thread chicken onto skewers, discard marinade. Grill 10-15 mins or until the chicken juices run clear

Yield: 4 servings–
Calories per serving: 227, Total Fat 13g, Cholesterol 65mg
Sodium 26mg, Total Carbs 3.2g, Dietary Fiber 0.8g, Protein 23.9g



Chipotle Peach Salsa with Cilantro

- 1 cup sliced canned peaches, drained and chopped
- 1/3 cup chopped red onion
- 2 cloves garlic, minced
- 1 ½ tsp minced fresh ginger root
- 2 tsp minced chipotle peppers in adobo sauce
- 1/3 cup chopped fresh cilantro
- ½ lime, juiced
- Salt and pepper to taste

In a bowl, mix the peaches, onion, garlic, ginger, chipotle peppers in adobo sauce, cilantro, and lime. Season with salt and pepper. Chill until ready to serve.

Yield: 4 servings
Calories 40, Total Fat 0.1g, Cholesterol 0mg, Sodium 114mg, Total Carbs 10.2, Dietary Fiber 1.5g, Protein 0.8g



Fresh Fruit & Yogurt Pops

- 2 cups fresh blueberries, raspberries, strawberries, and sliced bananas mixed
- 2 cups low fat plain or vanilla yogurt
- ¼ cup white sugar
- 8 small paper cups, 8 popsicle sticks

Place the mixed fruit, yogurt, and sugar into a blender. Cover, blend until fruit is chunky or smooth, as desired.

Fill paper cups ¾ full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.

Freeze for at least 5 hours. To serve, remove foil and peel off the paper cup.

Yield: 8 servings.
Calories 83, Total Fat 1.1g, Cholesterol 4mg, Sodium 45g, Total Carbs 15.7g, Dietary Fiber 1g, Protein 3.5g

