

Green Bean Salad

Serves 4

Ingredients:

2 Tablespoons Dijon mustard
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon fresh tarragon or ¼ teaspoon dried tarragon
1 pound green beans
1 Tablespoon butter
½ cup thinly sliced shallots
2 Tablespoons low-fat or non-fat yogurt

Directions:

1. Combine Dijon mustard, salt, black pepper, and tarragon.
2. Steam green beans, covered, 5 minutes or until tender. Keep warm.
3. Melt butter in a medium saucepan. Add shallots; sauté for about 3 minutes. Stir in mustard mixture and green beans. Toss to coat. Cook 2 minutes or until thoroughly heated. Stir in yogurt. Remove from heat and serve immediately.



Eggs Benedict Salad

Serves 4

Ingredients:

2 cups sliced asparagus
1 package (3 ounces) mixed greens, preferably bitter
½ small red onion, thinly sliced
4 large eggs
Lemon Vinaigrette

Directions:

1. Cook asparagus until tender. Drain and submerge in cold water. Toss with about 2 tablespoons vinaigrette. Set aside.
2. Combine lettuce and onions.
3. Poach eggs or fry over easy.
4. Combine asparagus with lettuce and onions. Toss with remaining dressing. Divide salad among four plates. Top each with a poached egg.

Lemon Vinaigrette

Ingredients:

½ teaspoon regular or light mayonnaise
½ teaspoon Dijon mustard
1 Tablespoon fresh lemon juice
1/8 teaspoon salt
Black pepper, to taste
3 Tablespoons extra-virgin olive oil

Directions:

1. Combine mayonnaise and mustard. Stir in lemon juice, salt and pepper. Stir until mixture is completely smooth.
2. Slowly whisk in olive oil. Vinaigrette should be slightly thick with no visible separation of oil and vinegar.

Top 10 Reasons to Eat More Fruits and Vegetables

10. **Color and Texture.** Fruits and vegetables add color and texture to your plate.
9. **Convenience.** Nutritious in any form — fresh, frozen, canned, dried and 100% juice.
8. **Fiber.** Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories.** Fruits and vegetables are naturally low in calories.
6. **May Reduce Disease Risk.** Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins and Minerals.** Fruits and vegetables are rich in vitamins and minerals.
4. **Variety.** Fruits and vegetables are available in an almost infinite variety. There's always something new to try!
3. **Quick, Natural Snack.** Fruits and vegetables are nature's treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel, some you don't, and some grow right in your own backyard!
1. **Taste Great!**

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Spring Salad with Peppery Dressing

Serves 4.

Ingredients:

½ head of Romaine lettuce
2 eggs, hard boiled, quartered
¼ cup grated cheese, your choice
1 small cucumber, chopped
Peppery dressing

Peppery Dressing:

¼ cup rice wine vinegar
¼ cup pepper jelly
1 Tablespoon fresh lime juice
½ teaspoon salt
2 Tablespoons vegetable or olive oil

Directions:

1. Chop and wash the lettuce. Spin dry.
2. Combine lettuce, egg, cheese and cucumber. Serve with peppery dressing

To Make Dressing:

1. Combine vinegar and jelly. Stir to blend vinegar and jelly.
2. Add lime juice, salt and vegetable or olive oil.

Note: You may need to microwave vinegar and jelly for about 30 seconds to melt the jelly.

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Rhubarb-Strawberry Parfait

Serves 5

Ingredients:

1½ cups strawberries, sliced
2 cups rhubarb, sliced
½ cup orange juice
¼ cup sugar
2 6 oz. containers of plain nonfat yogurt
1 teaspoon vanilla
2 Tablespoons honey, optional

Directions:

1. Combine strawberries, rhubarb, orange juice, and sugar in a medium saucepan. Bring to boil over medium heat, stirring to dissolve sugar. Reduce heat, cover and simmer until fruit is soft, about 10 minutes. Put mixture in a bowl and refrigerate until cold, about 4 hours.
2. Mix yogurt and vanilla. Stir until well combined. If desired, add the honey. Chill until ready to serve.
3. To serve, layer yogurt mixture and strawberry-rhubarb mixture alternately into parfait glasses, ending with the fruit.



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